

ALERT: Acts of kindness are happening as we speak!



In our hurry up world, doesn't it seem that people don't have time to be kind to each other? Yet here we are — amid the holidays — and there are reports of actual acts of consideration taking place. For example, people have been seen:

- Allowing other people to cut in front of them in supermarket lines if they're rushing or have fewer items to check out
- Giving up on "contested" parking spaces rather than honking horns, ranting or blocking the space so no one can get in
- Saying "thank you" to waiters and waitresses, checkout people and other employees who provide even a small service
- Leaving a bottle of water for the mail carrier
- Putting a coin into a stranger's parking meter that's about to expire
- Giving up a seat on a bus or train if someone looks like he or she really needs it

- Taking old blankets or towels to the local animal shelter
- Donating old clothes to the local homeless shelter
- Raking leaves or bringing meals to a neighbor who's not well
- Sending a card or flowers to someone "just because"

There are countless ways to be kind. During holiday season, take a moment each day and consider something kind you can do. You'll feel good about yourself and you'll help make someone else's day brighter.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.