

KINDNESS CALENDAR

A Kindness Calendar provides daily suggestions and inspiration for practicing kindness towards oneself and others throughout Stress Awareness Month. It encourages individuals to actively cultivate empathy, compassion, and positive connections, aligning with the "Lead with Love" theme and promoting Unconditional Positive Regard (UPR).



1 Write down three things you appreciate about yourself.	2 Spend 15 minutes doing something you enjoy just for yourself.	3 Hold the door open for someone.	4 Practice a mindful breathing exercise or meditation.	5 Write a "love note" to yourself, highlighting your strengths.
6 Treat yourself to something special such as a bath or yummy drink	7 Pick up litter in your neighbourhood	8 Offer a genuine compliment to a colleague or friend	9 Help someone with a task or chore.	10 Express gratitude to someone who has made a difference in your life.
11 Practice active listening and show empathy towards someone.	12 Donate to a charity or volunteer your time.	13 Perform a random act of kindness for a stranger.	14 Forgive yourself for a past mistake or someone who has hurt you.	15 Practice using positive and encouraging language.
16 Create a "Kindness Jar" to put notes about kind things you do.	17 Actively listen without interrupting.	18 Bring a small snack to share with a friend.	19 Make a list of things you're grateful for.	20 Express your appreciation for someone's efforts.
21 Offer encouraging words to someone who is struggling.	22 Help someone carry their things.	23 Smile at people you encounter throughout the day.	24 Offer your seat on public transportation.	25 Write down three kind things about yourself.
26 Ask someone how their day was and really listen.	27 Donate a gently used item such as a book.	28 Let someone go ahead of you in line.	29 Spread positivity by sharing inspiring quotes or stories.	30 Reflect on all the acts of kindness you've witnessed and performed throughout the month.

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