

30 Days of Kindness

A Community Campaign

Get involved by visiting norcocmh.org/kindness

SAY ONLY POSITIVE THINGS *TAKE SOME TIME FOR YOURSELF*

BE CONFIDENT

*LEAVE A POSITIVE NOTE
SOMEWHERE*

**USE A REUSABLE WATER
BOTTLE OR GROCERY BAG**

LOVE YOURSELF **DON'T COMPLAIN FOR 24 HOURS** *TAKE A DEEP BREATH*

REMAIN TRUE

OFFER TO HELP

TO YOUR WORD **SOMEONE IN NEED**

SMILE

ASK A FRIEND OR COWORKER HOW THEY ARE DOING (AND REALLY LISTEN TO THEIR ANSWER)

**COMPLIMENT
SOMEONE**

**TRY TO BE
TRULY PRESENT
WITH OTHERS**

PRACTICE PATIENCE

**LEAVE NOTES WITH POSITIVE MESSAGES
AROUND YOUR TOWN OR OFFICE**

**OFFER A LISTENING EAR TO
SOMEONE WHO IS STRUGGLING**

BELIEVE IN YOURSELF

GIVE EVERYONE THE BENEFIT OF THE DOUBT

SUPPORT A LOCAL BUSINESS

STAND UP FOR SOMEONE

**SHARE SOME
GOOD ADVICE**

**PICK UP
LITTER**

**RELAY AN OVERHEARD
COMPLIMENT TO SOMEONE**

BE GRATEFUL

**ASSUME THE BEST
IN EVERYONE**

**MAKE SURE
EVERYONE IS
INCLUDED**

**ACKNOWLEDGE SOMEONE
WHO DESERVES PRAISE**

BE INCLUSIVE OF OTHERS

START AND END THE DAY WITH POSITIVE INTENTIONS

ENCOURAGE SOMEONE



NORTH COUNTRY
COMMUNITY MENTAL HEALTH

norcocmh.org/kindness
#KINDNESSROCKSNCCMH

