Random Acts of Kindness

Kind things that can really help brighten someone's day.

A bad night's sleep a long list of to-dos, worry and anxiety; there are many everyday stresses that feel too all-consuming when they strike.

In these times, a smile from a stranger, laughing at a joke or taking a walk with a friend, may be all that's needed to release a bit of the built up tension. And these are things that can be done any day of the year.

When we're kind - just to be kind - the reward centre in the brain lights up and leaves us with a warm feeling of satisfaction. So doing small acts of kindness is also a good way to be kind to yourself.

Here are a few things you can do today to help get someone's day back on track:

- Pick one thing you could use more of in your life (support, kind words, gratitude, compliments) and offer that to someone else

- If someone looks like they need a break, ask them to go for a walk with you. A bit of exercise, fresh air and a chat will help to clear their thoughts

- When you pass rubbish on the floor, pick it up and put it in a bin

- Remember that no action is too small; hold a door open for someone or smile at a stranger

- Bake something yummy for your colleagues

- Text a friend or loved one to let them know you're thinking of them when you wake up or before you go to sleep

- Write bad jokes and positive comments onto post-it notes and secretly put them in random places such as, in your staff room, on a door or on a colleagues desk