

HEALTHFUL TIPS

Spread Holiday Cheer

It's easy to get into the holiday spirit when you start with a plan. Put one or more ideas from the list below into play each day this holiday season and watch what happens.

COMPLIMENT THREE PEOPLE BEFORE NOON TODAY.

LEAVE A BOX OF GOODIES IN YOUR MAILBOX FOR YOUR MAIL CARRIER.

SEND A POSITIVE TEXT MESSAGE TO FIVE DIFFERENT PEOPLE.

HOLD THE DOOR OPEN FOR THE PERSON BEHIND YOU.

CLEAN OUT ALL YOUR OLD CLOTHES AND DONATE THEM TO SOMEONE IN NEED.

WRITE A POSITIVE ONLINE REVIEW ABOUT A LOCAL BUSINESS YOU LIKE.

LISTEN INTENTLY TO PEOPLE.

DONATE BLOOD—ONE PINT CAN SAVE UP TO THREE LIVES.

VOLUNTEER AT A HOSPITAL, HOMELESS SHELTER, NURSING HOME. VOLUNTEERMATCH.COM CAN HELP YOU FIND A GOOD FIT.

PUT INSPIRATIONAL QUOTES ON STICKY NOTES AND LEAVE ON CO-WORKERS' DESKS.

WRITE A RECOMMENDATION FOR A CO-WORKER ON LINKEDIN.

BABYSIT FOR PARENTS WHO NEED A NIGHT OUT.

WRITE A POSITIVE COMMENT ON A FRIEND'S SOCIAL MEDIA PAGE.

LEAVE A BIG TIP FOR GOOD SERVICE.

UNEXPECTED KINDNESS
is the most powerful, least costly,
and most underrated agent of
HUMAN CHANGE.

BOB KERREY

LEARN THE NAMES OF PEOPLE YOU ENCOUNTER THROUGHOUT YOUR DAY AND GREET THEM BY NAME.

SMILE AND SAY HELLO TO THREE STRANGERS.

BUY EXTRA CAT AND DOG FOOD AND GATHER OLD BLANKETS TO DONATE TO YOUR LOCAL ANIMAL SHELTER. SPEND SOME TIME PLAYING WITH THE ANIMALS WHILE YOU ARE THERE.

SEND A THANK YOU CARD TO THE OFFICERS AT YOUR LOCAL POLICE OR FIRE STATION.

HELP OUT AN ELDERLY OR NEEDY NEIGHBOR BY SHOVELING THEIR WALK, CHECKING ON THEM, VISITING, OR DROPPING OFF FOOD.

GIVE A CHILD YOUR UNDIVIDED ATTENTION.

PAY FOR THE PERSON IN LINE BEHIND YOU.

CREATE A CARE PACKAGE AND SEND IT TO AN ACTIVE MILITARY UNIT (OPERATIONGRATITUDE.COM)

HUG A FRIEND AND LET THEM KNOW HOW MUCH THEY MEAN TO YOU.

SEND AN UNEXPECTED CARD TO SOMEONE YOU KNOW.

COOK A LITTLE EXTRA AND SHARE IT WITH A NEIGHBOR OR FRIEND IN NEED.

HELP A SENIOR WITH EVERYDAY TASKS LIKE GROCERY SHOPPING, CLEANING, OR FOOD PREP.