



BLUE HUMMING THERAPY

# KINDNESS CHALLENGE

Make it your personal challenge to practice kindness often.  
Can you get at least 1 bingo or clear the entire board?

**Actively listen to someone's feelings and situation**

**Send a message to someone you are thankful for**

**Reach out to a family member**

**Start mentoring someone**

**Take 1 hour to relax**

**Pick up trash in public areas**

**Run an errand for someone**

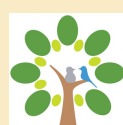
**Bring treats in for your coworkers**

**Offer someone your seat on the bus or subway**

## Mental Health and Kindness

Kindness has a big impact on our mental health and wellbeing and on those around us too. These benefits include:

1. Kindness can help reduce stress and improve our emotional wellbeing.
2. Helping others can help us create, maintain, and strengthen our social connections and circles.
3. The benefits of helping others can last long after the act itself and can improve our self-esteem.



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