Kindness…the quality of being friendly, generous, and considerate

A little-known fact is, kindness and health are deeply connected.

For free mental health resources, contact your local ESSP Rep or scan a QR code:

Hourly: carelon Behavioral Health

Salaried: lyra





The Health Benefits of Simple Acts of Kindness

- Helps those with depression or anxiety to divert their attention from themselves
- Contributes to boosting mood and reducing stress
- Can lower blood pressure
- Improves social connection

Psychiatry.org - The Mental Health Benefits of Simple Acts of Kindness

The case for kindness (apa.org)

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CHALLENGE YOURSELF WITH KINDNESS

- Hold the door for a stranger.
- Tell your family and friends how much you love and appreciate them.
- Bring coffee to a colleague.
- Help a friend move.
- Check in on a neighbor.
- Pick up some litter lying around in the street or sidewalk.
- Send someone a kind card, note, or letter.

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If you would like information on free and confidential counseling and other health and wellness resources, contact your local ESSP Representative or the CDR/EAP Agencies:

Hourly

Call Carelon Behavioral Health: 800-227-9622
or Scan the QR code:

Salaried

Call Lyra Health: 877-207-9822 or
Scan the QR code:

ESSP & Wellbeing Site:

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