



WELL-BEING WEEK IN LAW

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

RIPPLES OF KINDNESS FOR WORK & HOME

Activity Guide By [Anne M. Brafford](#)

Science shows that [doing acts of kindness](#) for others is not just helpful to those we benefit, it also boosts our own mental well-being and [physical health](#) and makes us feel more effective and [like we have more time](#). So, consider launching a workplace or family practice of “Friendly Fridays” (or whatever day of the week you like) to shower your colleagues, clients, family, and friends with kindness. Or you might draw names for Secret Pals within your work team or family for whom to do small secret, kind acts.

Research suggests a few guidelines that will help you squeeze the most out of your Friendly Fridays:

1. Do a bunch of small acts of kindness or one big act on one day rather than spread out over a week. Research suggests that we’ll get the biggest well-being boost when we take this approach.
2. Choose kind acts that we *want* to do, not acts that we think we *should* do.
3. Do things outside of our normal routine but not so much so that it creates a sense of burden.
4. Shake it up with a variety of types of kind acts.

These pointers will help make sure we don’t feel pressured or get bored, which can harm the positive effects and the likelihood that we sustain our kindness practice.

To get ideas for bringing your Friendly Fridays to life, a whole website dedicated to [Random Acts of Kindness](#) is available. It includes a page of [fun, free resources](#) like a Kindness Calendar, Kindness Coloring Pages, Kindness Bingo, “[Tag, You’re It](#)” cards, and more. Big Life Journal offers a [Kindness & Community Kit](#) for ages 5-11.

Ideas for kind acts at work and home are offered below.

“Do things for people not because of who they are or what they do in return, but because of who you are.”

— *Harold S. Kushner, American Rabbi*



RIPPLES OF KINDNESS FOR WORK & HOME

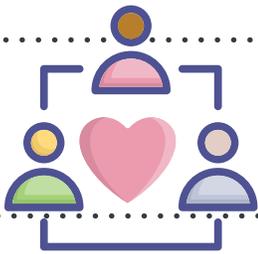
KINDNESS IDEAS FOR SIBLINGS & PARENTS

- Give a loving hug.
- Make them a card.
- Handwrite a kind note.
- Give them a compliment.
- Write a fun song about them.
- Make them a snack.
- Draw them a picture.
- Say thank you.
- Write them a gratitude letter.
- Read them a story.
- Pick up their mess.
- Play a game with them.
- Do one of their chores.
- Make their bed.
- Teach them something new.
- Do a puzzle together.
- Pick them flowers.
- Make something for them.
- Say 3 things you love about them.
- Make them hot chocolate.
- Ask what you can help with.
- Bake them a treat.
- Make them breakfast.
- Do an art project together.
- Create a care package with some of their favorite things.
- [Paint rocks](#) together as surprise gifts for family or neighbors.
- Tell them you love them.
- Perform a play or puppet show together for the family.
- Give them homemade “coupons” to redeem for chores, hugs, etc.
- Do a science experiment together.
- Leave them kind little notes.

KINDNESS IDEAS FOR SPOUSES/PARTNERS

- Make up fun, kind nicknames.
 - Join them in something they love.
 - Smile at them.
 - Write a story about them.
 - Be really nice to them ALL DAY.
 - Perform a family concert with them.
 - Pick an Appreciation Day for each sibling/kid.
- Leave kind notes where they’ll find them throughout the day.
 - Plan a date night.
 - Do a chore they typically do.
 - Wash their car or fill it up with gas.
 - Give a shoulder massage.
 - Turn off electronics and talk.
 - Surprise them with doughnuts.
 - Draw a heart on a steamy mirror or on the mirror with soap.
 - Text them just to say “You’re awesome. I love you.”
 - Give them a list of all the things you love and admire about them.
 - Make their favorite dinner.
 - Assume their good intentions; they’re probably not trying to annoy you.
 - Interact in kind ways.
 - Eliminate the corrosive “[4 horseman of the Apocalypse](#)”: 1) Criticism, 2) Contempt, 3) Defensiveness, and 4) Stonewalling.
 - [Respond to their good news](#) and accomplishments with [enthusiasm](#).
 - Read their favorite book and discuss it.
 - Let them watch what they want on TV.
- Hide a love note in their wallet/purse/bag/suitcase.
 - Ask how you can help them.
 - Surprise them with tickets to a favorite event (e.g., game, concert, show).
 - Create a photo collage of your favorite moments together.
 - Hold hands.
 - Have a favorite food delivered to them.
 - Give encouraging words—especially after tough days.
 - Ask them what makes them feel special and make a habit of doing it.
 - Surprise them with a goodie bag when you part in the morning.
 - Be a cheerleader for them.
 - Send a note to them in the mail.
 - Celebrate their birthday like it’s a national holiday.
 - Give them a care package during a work or personal challenge.
 - Tell them why you appreciate them.
 - Cheer them up after disappointments.
 - Write, make, or buy something to provide encouragement when they’re experiencing difficulties.
 - Really be present and listen to them without interrupting or looking at your phone.
 - Learn something new about them.
 - Compliment them to others.
 - Enable their growth.
 - Buy them a book they’ll love.
 - Scout for reasons to give compliments.
 - Make the first thing you say to them each day a compliment or words of support or appreciation.
 - Make them laugh.

“Kindness gives birth to kindness.” — Sophocles



RIPPLES OF KINDNESS FOR WORK & HOME

KINDNESS IDEAS FOR BOSSES, COLLEAGUES, STAFF, & CLIENTS

- Tell them why you appreciate them.
- Support their ideas.
- Get to know them as people, remember the details, and incorporate them into your relationship activities.
- Share your expertise with them.
- Do great work that's ready to go and requires little more from them.
- Offer to help them with a difficult project or meet a tight deadline.
- Send them flowers.
- Bring their favorite kind of coffee.
- Assume their good intentions.
- Make sure they know why their work matters and how it benefits others.
- Admit to them when you're wrong.
- Invite them to lunch.
- Put your phone away when you're with them.
- Tell them thank you.
- Cheer them up after disappointments.
- Write, make, or buy something to provide encouragement when they're experiencing difficulties.
- Praise them to others.
- Really be present and listen to them without interrupting.
- Learn something new about them.
- Look for opportunities to make helpful introductions.
- Celebrate their accomplishments.
- Help them before they ask.
- If they're overwhelmed with personal or work challenges, ask if you can help in some way.
- Forward articles that may interest them.
- Allow them to help you.
- Pass along useful information.
- Buy them a book they'll love.
- Leave positive sticky notes on their computers.
- Scout for reasons to compliment them.
- Give them a "care package" when they're preparing for trial, participating in a deal closing, etc.
- Send them greeting cards on holidays.
- Notice and note their progress on something important to them.
- Compliment everyday good performance or contribution.
- When you open your inbox each day, make the first email you write a compliment, note of support or appreciation, or other positive jolt.
- Send/leave them surprise treats.
- Don't gossip or talk negatively about them.
- Make them laugh.
- Celebrate their birthdays by making them cards and a cake.
- If they blog or publish online, read, comment, circulate, and encourage others to do the same.
- Create a spreadsheet that includes their likes (e.g., simple things like favorite drink, favorite snack, etc.) and use it regularly.
- Share credit with them.
- Learn and use their names.
- Start meetings by inviting them to share "what's going well"?
- Be their cheerleader. Find out their strengths and accomplishments and share them with others at conferences, networking events, retreats, etc.

Pay Special Attention to Newcomers

Getting started as a new legal professional or even starting at a new workplace is stressful, so try to pay special attention to newcomers when doling out acts of kindness:

- Invite them to networking events and "shepherd" them through.
- Recommend professional associations for them to join.
- Make introductions—to peers, staff, leaders, clients, insiders, etc.
- Invite them to attend hearings, meetings, etc. with you as learning opportunities.
- Offer to observe them in a performance activity and provide feedback.
- Mentor them.
- Give guidance on developing their professional reputations.
- Help them learn the organization's "political" ropes.
- Praise them to higher-ups and insiders.
- Leave a "welcome" greeting card signed by everyone on the team.
- Tell them all the great reasons they were hired.
- Leave a note saying, "We're glad you're here!"
- Take a strengths assessment together and share ideas about using those strengths at work.
- Discuss their goals and how you can support them.

"No act of kindness, no matter how small, is ever wasted." —Aesop