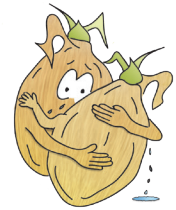




# Ways to Demonstrate Care



Below are some ideas and suggestions on how to demonstrate care.

We invite you to spread care in any way that inspires you.

Acts of caring can change the world, one person at a time.

- Compliment someone today
- Send a greeting card to someone you care about
- Send a thank you card to someone who cared for you in the past
- Volunteer one-hour in service (go to elderly home, animal shelter or youth program)
- Donate items from your home to a nonprofit
- Send an email to someone and tell them how much you love them
- Fix something that is broken
- Bring healthy snacks to work and share them
- Send a loving text to a family member
- Say a very sincere “thank you” to a customer service professional
- Put a note in your mail box for your mail delivery person thanking them for what they do
- Read an inspiring self-development book
- Make a list of things you appreciate about yourself
- Pick up some trash
- Play with a child
- Say please all day
- Call a family member and say hello
- Give as many hugs as possible
- Focus on listening
- Say thank you as much as possible

- Pay attention to animals. Give them affection
- Stop and be quiet for 5 minutes – just focus on your breathing
- Make a list of all the people you love and then think of ways to tell them
- Send flowers to someone (or make a bouquet from wild flowers)
- Make it a point not to interrupt anyone
- Write a positive review about a store or someone who helped you at a business
- Leave a generous tip
- Share a good book with a friend
- Find a plant that needs attention and trim it, water it or transplant it
- Take a little time to stretch your body
- Open doors for people
- Let someone go ahead of you in line
- Be extra careful
- Make a list of your favorite self-care activities
- Make a play list of songs that inspire care
- Look at people in the eye today. Be more present
- Leave a little note on someone's desk with a nice message
- Tell someone they were right about something
- Acknowledge or recognize someone publicly
- Ask someone how their day went, and really be interested and listen
- Forgive someone (you may or may not need to even tell them)
- Get rid of something old in your house that you no longer use
- Spend ten minutes reading about kindness, caring or peace
- Meet someone new today
- Give thanks to whomever prepared your meal (even if it was you)