

Random acts of kindness ideas

Being kind to others can improve your mood, reduce stress and even lower your blood pressure. Below are some ideas you can use to show kindness to others.

- Be kind to your server or cashier.
- Plant a tree.
- Send a note.
- Pay for the person behind you.
- Ask a senior about his or her past.
- Send flowers.
- Leave quarters at the laundromat.
- Support locally owned restaurants.
- Start a garden and share the harvest.
- Foster a pet waiting for adoption.
- Donate used books to library, shelter, nursing home or jail.
- Donate gently used suitcases to a foster care program.
- Double your dinner and share with a neighbor.
- Run or walk a 5k for a good cause.
- Pick something up for a friend when you're at the store.
- Send a letter to a service member, a child in the hospital or a senior in a care center.
- Cut out an article and send to someone with the note, "This made me think of you."
- Text a joke, meme or "good morning" to a friend or family member.
- Join the bone marrow registry.
- Watch positive things people do and brag about them.
- Be kind to yourself. Write down three to five things you're grateful for each day.
- Learn the names of people you see regularly, such as cashiers, security, cleaning people and delivery people, and call them by names.
- Follow-up with someone who has had a trauma (death, divorce, cancer diagnosis) a few weeks or months after the initial event happens.
- Pay for someone's dinner at a restaurant.
- If someone has made a meal you liked, praise them and ask for the recipe.
- Leave extra coupons by the item at the grocery store.
- Hide money for someone to find, such as in a library book or a vending machine.



Sources: cedars-sinai.org*; health.harvard.edu*; psychologytoday.com*

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.