50 random acts of kindness

- Call a friend
- Make someone laugh
- Send someone flowers out of the blue
- Have a clear out and take items to a charity shop
- Cook a dish for someone else
- Leave a surprise note of drawing on someone's desk
- Send a handwritten note to someone
- Donate to a charity
- Household chores
- Help with someone's shopping
- Help someone who is lost
- Help someone who is lonely
- Listen to someone who is having a bad day
- Have coffee with someone you haven't seen in a while
- Make someone a cup of tea
- Offer a smile and say hello to people you may pass every day, but have never spoken to before
- Say good morning
- Sign up to do voluntary work in your local community
- Let someone know why you're thankful for them
- Offer to babysit for a friend
- Pop into a coffee shop and ask to pay for a coffee for someone to give to someone later that day for free
- Pick up rubbish lying around in the street

Mental Health Foundation

Sharing is caring! We want to hear your KindnessStories. You can tag us @mentalhealth on Twitter and @mentalhealthfoundation on Instagram.

www.mentalhealth.org.uk
Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health.

Today, why not take action within your schools, workplaces and local neighbourhoods to help people and communities thrive? It’s so important to look after each other within our communities. This is how we protect and sustain good mental health for all.

What are the benefits?

1. Helping others feels good
When you help others, it promotes positive physiological changes in the brain associated with happiness.

Helping others improves social support, encourages us to lead a more physically active lifestyle, distracts us from our own problems, allows us to engage in a meaningful activity and improves our self-esteem.

2. It brings a sense of belonging and reduces isolation
Being a part of a social network leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

3. It helps to keep things in perspective
Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realise how lucky you are, helping you to achieve a more positive outlook on things that may be causing you stress.

4. It helps make the world a happier place – it’s contagious!
Acts of kindness have the potential to make the world a happier place. It can also encourage others to repeat the good deed that they’ve experienced themselves – it contributes to a more positive community.

5. The more you do for others, the more you do for yourself
Evidence shows that the benefits of helping others can last long after the act itself by providing a ‘kindness bank’ of memories that can be drawn upon in the future.

Physical health benefits

1. It reduces stress
Positive emotions reduce stress and boost our immune system, and in turn can protect us against disease.

2. It helps get rid of negative feelings
Negative emotions such as anger, aggression or hostility have a negative impact on our mind and body. Engaging in random acts of kindness can help decrease these feelings and stabilise our overall health.

3. It can help us live longer
Giving and helping others may increase how long we live. Studies of older people show that those who give support to others live longer than those who don’t.

Turn the page for 50 random acts of kindness.