Random Acts of Kindness Week

Kindness is more than buying a stranger a cup of coffee. Learning how to be kind to ourselves will help us be authentic and kind to others.

Why Dedicate a Week to Kindness?

Science finds that positive effects of kindness are experienced in the brain of those who receive or witness an act of kindness. Experiencing kindness improves mood and makes people significantly more likely to “pay it forward.”

Participate in the 7 Day Kindness Challenge, Starting February 16, 2020

Take part in our 7 days of science-based strategies to boost kindness, happiness, and social connection. The challenge will encourage you to step out of your comfort zone and do some things that maybe you haven’t done before or have wanted to do but weren’t sure how to get started. Each day’s practice offers a new science-based practice to help give your kindness a supercharge.

Challenge Themes

- Random Acts of Kindness
- Courage
- Assertiveness
- Strengths and Perseverance
- Gratitude
- Focusing on the Good
- Self-Compassion

Start Your Kindness Journey
unh.edu/health/kind

Reflect and Share

After you have completed the 7 day kindness challenge, visit unh.edu/health/kind to tell us how it went for an opportunity to win a free 50 minute massage therapy session at Health & Wellness.
Using Strengths to Persevere

Sometimes we give our limitations more attention than our strengths. Yet research suggests that thinking about personal strengths can increase our happiness, reduce sadness, and motivate us to take action towards our values and goals. Today’s challenge asks you to identify one of your personal strengths—a positive trait that contributes to your character—and consider how you could use it in a new and different way.

How to Do It

Take a moment to think about one of your personal strengths—for instance, perseverance, creativity, bravery, honesty, teamwork, or kindness. Consider how you could use this strength today in a new way. For example, if you choose the personal strength of curiosity, you might attempt an activity that you’ve never tried before. Or if you choose perseverance, you might make a list of tasks that you have found challenging recently, then try to tackle each one. Remember, small steps count!

Describe in writing the personal strength you plan to use today and how you are going to use it. Then, go ahead and do it—act on your strength as frequently as possible throughout the day.

This challenge can continue all week by repeating the steps above every day for one week. You may use the same personal strength across multiple days, or try using a new personal strength each day.

Reflect on your experience. At the end of the day (or week), write about the personal strength(s) that you focused on and how you used them. Write in detail about what you did, how you felt, and what you learned from the experience. And reflect on how your strengths can continue to help you with life’s challenges.

Why It Works

While working to improve shortcomings is important for well-being, it is also important to nurture our strengths and put them to use. Reflecting on strengths can remind us that we do have positive qualities, and this reminder can boost confidence, help us achieve our goals, and increase happiness. Recognizing and exercising strengths can make them stronger and better equip us to meet life’s challenges.

Learn More at unh.edu/health/kind