

Acts of Kindness

One day this week, do five kind things for other people. These people can be complete strangers or friends and family members. When you do kind things for other people, look them in the eye and smile, but do not expect anything in return. These can be small acts of kindness such as holding a door open, sharing a genuine compliment or giving somebody a hug.



Here is another twist - you must also do one kind thing for you. People with chronic pain tend to put others first and forget to be kind to themselves.

It's important to take care of yourself, too!

My five random acts of kindness for others were:

The kind thing I did for myself was:
