

SUBJECT LINE: Please forward: Share kindness and feel better

PREHEADER: Let Mass4YOU help you bring happiness and brighten days

**GIC coordinators, please share the email below with employees in your agency.
Thank you in advance.**



Your Employee Assistance Program

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7 easy ways to make someone's day (including your own!)

We all have an anecdote about how being nice to someone made us feel good. Now, science is beginning to help us understand why. A British study found that when people aged 18 to 60 carried out random acts of kindness every day for 10 days, they reported higher life satisfaction than those who didn't.* Kindness: It's a win-win.

Share the love

In the spirit of kindness, here are 7 simple ways to spread joy and, in turn, feel that joy yourself.

- 1 Tell someone they're doing a great job**
From leaving a thank-you note for your mail carrier to writing an online review about great service, noticing the work someone is putting in and saying thank you can make a huge difference in their day.
- 2 Let someone else go first**
Slowing down often opens opportunities to be kind. Maybe it's letting a car merge in front of you in traffic. Or letting a person with fewer items at the grocery store check out before you. There are countless ways being a little patient can make all the difference to someone else.
- 3 Give something other than money**
What do you own that you can give away? Consider carrying items like granola bars or new socks to share with others. Or pack up used amenities that are still in good condition, like towels and sheets to give to animal shelters.
- 4 Pay someone a compliment**
It's human nature to think that when someone is looking at you, they're judging you. Flip this perception on its head. The next time you're loving a stranger's style, let them know.
- 5 Do someone else's chores**
Whether it's a roommate, family member or colleague, everyone gets overwhelmed. Sometimes doing something small, like the dishes, when it's not your turn can help someone else catch their breath.
- 6 Offer up your time**
Everyone needs a break sometimes. If you know someone with kids or pets, offering to babysit or pet sit for free can be a huge help. Help someone clean out their closet, weed their garden or even move to a new place.
- 7 Get in touch**
Lots of people touch our lives without ever really knowing their impact. If there's an old teacher, coach or friend who changed your life, send them a message of gratitude. It could be exactly what they need that day.



Want to show yourself some kindness?

Sign up for **Self Care from AbleTo**, a mental wellness app that puts evidence-informed self-care tools at your fingertips. Log in by phone or computer to access meditations, breathing exercises 24/7 and available to you and covered dependents (ages 13+) at no extra cost.



AbleTo



For more self-care support and resources, explore your Mass4YOU Employee Assistance Program



Call

1-844-263-1982



Visit

liveandworkwell.com

Use (access code **mass4you**)



Download the

Optum Assist

mobile app

Use (access code **mass4you**)



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*Buchanan KE, Bardi A. [Acts of kindness and acts of novelty affect life satisfaction](#). *The Journal of Social Psychology*. August 2010.

The AbleTo Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The Self Care information contained in the AbleTo Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. AbleTo Self Care is available to all members ages 13+ at no additional cost. Participation in the program is voluntary and subject to the terms of use contained in the Application.

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