

# Random Acts Of Kindness Challenge 2025

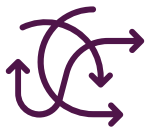
Random Acts of Kindness Day takes place on Monday, February 17, 2025 — but at Western, we're making it a month-long event. Helping others benefits those around us and positively impacts our mental health.

Acts of kindness reduce stress and enhance emotional well-being. Incorporating a winter wellness challenge, like this Random Acts of Kindness Challenge, can amplify these benefits. When you perform kind actions, you create a cycle of positivity—what you give, you receive.

Engaging in kindness can even rewire your brain and improve your mood! When you are kind to others, your body releases oxytocin, a hormone that reduces stress by lowering cortisol levels and blood pressure.

The Challenge: Aim to complete as many random acts of kindness as possible throughout the month of February.

- These acts don't need to be grand — focus on spontaneous, simple gestures of kindness
- Track Your Progress: Use the calendar below to log and track your acts of kindness
- Submit your calendar to [livingwell@western](mailto:livingwell@western) by noon on February 28, 2025, for your chance to be entered into a draw!



Guide someone who's lost



Make someone laugh



Volunteer



Help a family or a friend with chores



Ask someone to lunch



Share a story about kindness with others



Say thank-you to someone who may not always hear it



Host or encourage a wellness break



Write a letter of appreciation to a co-worker (See **Make Kindness Count** for ideas)



Pick up a piece of trash or organize a park clean-up



Host a staff potluck



Compliment and support friends



Send someone flowers



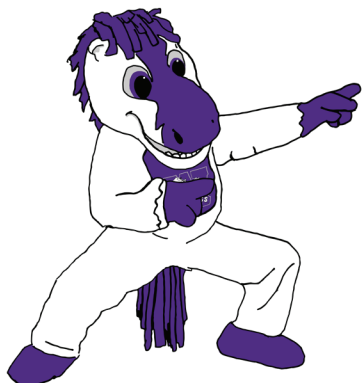
Make a point to hold the door for others throughout the day



Smile at someone

# February 2025 — Random Acts of Kindness Tracker

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
15	17	18	19	20	21	22
23	24	25	26	27	28	



**Useful Resources:**

[make kindness the norm. AT WORK](#) — Random Acts of Kindness Foundation

[Top 6 Winter Wellness Challenges for Employee Wellbeing in 2024](#) — wellness 360

