

DO
SMALL
Things
WITH
GREAT
Love

Kindness starts with one.



EachMind
MATTERS
California's Mental Health Movement

Activated locally by

St. Joseph Health 
Mission Hospital
St. Joseph Hospital
St. Jude Medical Center



@PromiseToTalk
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Today
is
going
to be
a
Great
Day

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Kindness is contagious!

Pass it on—here are some random acts of kindness you can do:

- Talk with a friend you haven't seen lately
- Help someone with their homework
- Take time to give compliments
- Help make dinner
- Set the table for dinner
- Share sticky notes with nice messages
- Write a thank you note
- Hold the door for someone
- Leave flowers for a family member
- Make a new friend
- Help your teacher
- Read a book to someone



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