

Paying It Forward



Performing a random act of kindness for someone, even a complete stranger, can create a contagion effect leading to a chain of positive deeds. The idea is that kindness makes people happy and happy people are more likely to do kind things for others. This is the concept behind “paying it forward” – someone does something nice for you and you in turn feel good and do something nice for someone else. Another benefit is that people report feeling a “helper’s high” after doing something spontaneous for someone else.

Want to give it a try? Here are some simple ideas of ways to pay it forward:

- Genuinely compliment someone.
- Help someone struggling to reach something in the grocery store.
- Leave a note for a few neighbors expressing how much you appreciate them.
- Place kindness rocks with positive messages along a trail or sidewalk.
- Let someone go in front of you in line.
- Take the time to express how helpful a clerk or someone in customer service has been to their manager.
- Hold the door or elevator for someone.
- Send a gratitude email to a coworker who may be in need of recognition.
- Offer to babysit for a friend who needs a break.
- Pick up trash along a favorite trail or park.
- Say “hello” to strangers and smile.
- Offer your seat to someone who needs it more than you.

There are so many ways to make a positive impact on others just by simple daily spontaneous acts of kindness. Looking for ways to give back in your community? Your EAP can help match you with local volunteer opportunities. Reach out today for more information.

Psychology Today. Pay It Forward. Retrieved October 15, 2021. <https://www.psychologytoday.com/us/articles/200607/pay-it-forward>



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