**Kindness and gratitude**

November 13 is World Kindness Day. Research shows being kind boosts your mental and emotional health. It also shows kindness can be contagious. This month, learn tips and tools for spreading kindness.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured blog on 7 easy ways to make someone’s day**  **Meditation for practicing gratitude**  **Podcast and accompanying guide on “Journaling for Self-Compassion”**  **Calendar with tips for daily acts of kindness**  **Printable flyer for promoting World Kindness Day**  **Member training “Building a Culture of Kindness: Strategies for promoting positive mental health and strong relationships**  **Manager training resources, including the podcast “Supporting Employees with a Kindness in Leadership Workplace Culture”** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-US)

**What to expect each month:**

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|  | **Latest topics** – Connect with up-to-date content that focuses on a new topic every month. |
|  | **More resources** – Get access to additional resources and self-help tools. |
|  | **Content Library** – Ongoing access to your favorite content. |
|  | **Support for everyone** – Share toolkits with those you think might find the information meaningful. |