**Kindness and gratitude**

13th November is World Kindness Day. Research shows that being kind boosts your mental and emotional health. It also shows that kindness can be infectious. This month, learn some 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 practising gratitude**  **Podcast and accompanying guide on ‘Journalling for Self-Compassion’**  **Calendar with tips for daily acts of kindness**  **Printable leaflet 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-GB)

**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 favourite content |
|  | **Support for everyone** – share toolkits with those you think might find the information helpful |