

Weekly Wisdom

Grow the Green for You and Your Team



“Be kind whenever possible. It is always possible.” – Dalai Lama

Kindness for the Win!

Last week, The New York Times ran a fun article [“100 Small Acts of Love”](#) in honor of Valentine’s Day. Much to our surprise (sort of) nearly all the acts of love were also acts of kindness, such as making a grilled cheese sandwich or filling a water bottle. It was clear that small acts of kindness cement good romantic relationships, but what about our relationships at work?

We know that kindness and generosity are linked to greater life satisfaction, stronger relationships, longevity, and better mental and physical health. And science proves that kindness is contagious.

We spend a lot of our waking time at work, so practicing kindness here is good for us, our colleagues, & patients. Here are a few steps to try.

Use practices that **grow compassion and connectedness to others**. Write about a time you felt a strong connection to someone. Take an “awe walk.” Try a compassion meditation.

Be **intentional about practicing kindness at work**. Give up your seat on the bus. Bring a co-worker a snack. Express appreciation. Offer to help an overwhelmed colleague. Take someone out for coffee. Thank a patient.