

Houston County Health & Wellness

February 2023 Edition

Random Acts of Kindness!

QUOTE OF THE MONTH

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

Princess Diana



DID YOU KNOW?

Engaging in acts of kindness produces endorphins, the brain's natural painkiller! Perpetually kind people have 23% less cortisol (the stress hormone) and age two times slower than the average population.



WHAT DO WE MEAN BY KINDNESS

Kindness is all the different ways – both big and small – we express care, concern, and consideration for ourselves and those with whom we share the world.

Kindness shows up as a supportive smile, a comforting embrace, and a helping hand when we need it the most – but may expect it the least.

It exists as heartfelt words of encouragement, thoughtful gestures of affection, and compassionate acts of generosity so many of us witness, perform, and receive as we move through life.

There are so many ways to help others as part of our everyday lives. Good deeds don't always take much time or cost any money.

HEALTH BENEFITS OF KINDNESS

1. Helping others feels good – Helping others can also improve our support networks and encourage us to be more active. This, in turn, can improve our self-esteem.
2. Kindness creates a sense of belonging and reduces isolation – Helping others is thought to be one of the ways that people create, maintain, and strengthen their social connections.
3. Kindness helps to keep things in perspective. – There is evidence that being aware of our own acts of kindness, as well as the things we are grateful for, can increase feelings of happiness, optimism and satisfaction.
4. Kindness helps to make the world a happier place – one act of kindness can often lead to more. They may also encourage others to repeat the good deeds they've experienced themselves contributing to a more positive community.
5. The more you do for others, the more you do for yourself – The benefits of helping others can last long after the act itself, for those who offer kindness, and those who benefit.

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Random Acts of Kindness Day is February 17th!

Random Acts of Kindness Week will be celebrated in
Houston County Schools February 12th-17th.

Let's Make Kindness the Norm.

Imagine a world where you can succeed by being nice.
Where we all pay it forward.
Where people look out for each other.
It all starts with an act.

Kindness Week
February 13-17th 2023



Monday
Kindness Rocks
Dress Like a Rock Star!

Tuesday
Kindness is Love
Wear Red or Pink



Wednesday
Crazy for Kindness
Wear Crazy Socks or Crazy Hat



Thursday
Peace Love and Kindness
Wear Tie Dye



Friday
Team up for Kindness
Wear your school colors!



Share a Random Act of Kindness to enter to win a giftcard! Giveaway is open to all middle and high school students enrolled in a Houston County School. Videos/Photos cannot be recorded on campus! Winners will be selected on February 17th.



Scan the QR code
above to record your
act and enter to win!

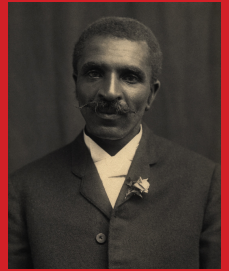




February is dedicated as Black History Month, honoring the triumphs and struggles of African Americans throughout U.S. history. Black History Month was created to focus attention on the contributions of African Americans to the United States.

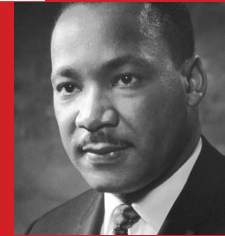
LOVE

LEAD LIKE HARRIET



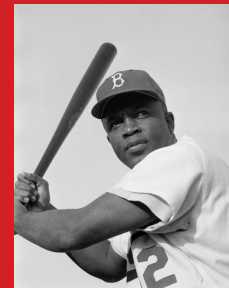
INVENT LIKE GEORGE

DREAM LIKE MARTIN



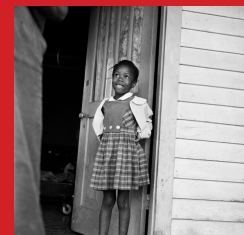
WRITE LIKE MAYA

PLAY LIKE JACKIE



SHOOT FOR THE STARS LIKE MAE

LEARN LIKE RUBY



CHALLENGE LIKE ROSA