

Be Kind - It's Good for You

By now, the reality that the COVID-19 pandemic is NOT going away this year has set in. We are hearing the anger is not fading, and we've previously shared coping mechanisms for these difficult emotions.

But instead of focusing on coping with your negative emotions, you may benefit from flipping the script and putting your energy into positive actions. **Research shows that people who are focused on doing good instead of dealing with bad have documented benefits to their health and well-being** - ranging to positive people having more of an immune system-boosting chemical in their saliva, to what types of positive acts of kindness can have the most benefits.

Read the article "Why Doing Good Boosts Health And Well-Being" [available here](#) to learn more about the health benefits of being kind in these difficult times. And look for the opportunities to shift your energy into positive acts to help improve your well-being in your everyday work and life. These small gestures will not only help your wellbeing but will be instrumental in lifting someone else up as we never know what may be going on in their life.

