

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

NOVEMBER 2021

INSPIRE TO MOVE - World Kindness Day



Photo Credit: Aaron Burden of Unsplash

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The holidays are right around the corner. It is a time of the year filled with planning, prepping, hustle, and bustle. This year, let's try to slow down a bit, appreciate the little things that carry meaning and make us truly happy, and make time to be kind to others. World Kindness Day is celebrated on November 13 and helps us to understand compassion for others, ourselves, and the world.

To get off to a good start, check out the [Workplace random acts of kindness calendar](#). It has daily tips on how to pay it forward, as well as how to be kind to

ourselves.

Kindness to others: Fall is a great time to clean out that closet and donate items you no longer need. Get some exercise while being kind by helping a neighbor with yardwork. Hold a door for someone. Serve a meal at a homeless shelter. If you have a friend in need, lend an ear to listen. These are all ways to help others by showing kindness. Help others on your own campus! Our UIC, UIS and UIUC campuses all have ways to donate to campus programs.

[Chicago -Ignite campaign for UIC](#)

[Springfield -Reaching Stellar alumni and giving campaign](#)

[Urbana-Champaign -We Lead the Way Together campaign](#)

Kindness to ourselves: That is right! Don't forget to be kind to yourself too. Read a book, go see a movie, or get a massage. Gather a group of friends or family and go eat at your favorite restaurant. Treat yourself to a ballgame or visit a museum. Sit outside and enjoy the sunshine or ride your bike. Clear your head and go for a walk in one of your favorite places. On a grander scale, remodel a place in your home that may be used for something you enjoy.

Kindness to the world: Wait a second, I am one person, how can I help the world? What you do matters. There are a lot of causes out there you might consider helping. Our UIUC and UIS campuses are currently running workplace giving campaigns. What a great way to be kind and reach many people in the community and around the world! Our once-a-year voluntary campaigns allow employees to donate to the charitable causes of their choice. Our university supports 12 federations: America's Best Charities, American Cancer Society, American Heart Association, America's Charities, Black United Fund, Community Health Charities, Community Shares, Earth Share, Global Impact, Special Olympics, United Negro College Fund, and United Way.

[Springfield -State and University Employees Combined Appeal \(SECA\)](#)

[Urbana-Champaign -Campus Charitable Fund Drive \(CCFD\)](#)

November may bring feelings of gratitude and kindness that we may share every day, not just on World Kindness Day. Try to make kindness the norm in your daily life. You can change the world this holiday season, one day at a time.

"A warm smile is the universal language of kindness." - William Arthur Ward

