



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

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### Topic of the Month: SELF-KINDNESS

Exploring ways to care for our emotional, mental, and physical well-being, including practicing self-compassion.

### Put Your Kindness into Action

When we practice self-kindness, we are taking care of our physical and mental health by doing things to help our bodies and minds function and operate more efficiently. When our personal batteries are charged, we are better positioned to feel our best, and be both a good friend and a caring citizen. **Some activities to consider:**



#### Practice Self-Care

Regular activity, brain breaks and healthy foods are an important part of self-care. Our bodies and minds deserve to be treated with kindness. Journal your activities and reflect on the different choices you have made and how they make you feel inside and out.



#### Take A Mindful Moment

Head outside for a mindful walk, taking in your surroundings and being present in the moment. Or set aside five minutes and listen to a meditation about taking care of yourself. There are many free and wonderful meditations to access over the internet and through different apps.



#### World Bullying Prevention Month

Take the pledge to stand up against bullying. Part of practicing self-kindness is applying that same care and compassion towards others. Participants can use the printable pledges on the following page or create one of their own.



#### Essential Needs Collection

If you live in Palm Beach County, join in collecting essential items for our neighbors who are hungry or without houses. Visit the [Kindness Angels Facebook page](#) for items needed this month. Drop items off on the third Saturday of the month from 2:30–3:30pm at St. Gregory's Church, 100 NE Mizner Blvd. in Boca Raton.



#### Create Your Own Project

Consider what your community might lack or need and explore a project to create to address those needs while practicing the monthly topic. KM365 Ambassadors can visit the Ambassador Resource Library for ideas.

Share your Kindness in Action and be sure to tag [@kindnessmatters365org](#) on Facebook and [@kindnessmatters365](#) on Instagram so we can measure our collective impact!

Questions? Email [ambassadorsupport@km365.org](mailto:ambassadorsupport@km365.org).