

Simple Acts of Kindness

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May is Mental Health Awareness Month. I would like to revisit a video I recorded in May 2017 promoting **simple acts of kindness**. Currently, people feel they have very little control in a world of turmoil. **By promoting simple acts within the family unit, we are able to have a positive impact over our lives.** For example, at dinner ask: "What was your high for the day?", "What was your low for the day?" and "What was your simple act of kindness?" Doing this on a daily basis has an impact on the individual doing simple acts as well as those on the receiving end. In fact, the simple acts often become the high for the day.

There is a program in Corona called **SACK**, which promotes simple acts of kindness in the school environment to **combat bullying**. They provide a curriculum as well as a banner to schools that participate in this program and the goal is to change the culture.

I believe that attitude is a reflection of leadership and if we as leaders perform single act of kindness regularly, we could have a profound impact in the world. I have recorded a video on YouTube (Eric Handler, M.D., UpliftOC with Simple Acts of Kindness: [click here to view](#)), promoting simple acts of kindness, which I hope acts as a starting point towards us being kinder to each other.