

It's The Little Things

There are people in the workplace who struggle every day. While some appear to live a fairly trouble-free life, we cannot know what may be happening in their lives.

Sometimes we are too quick to judge the people around us. It is human nature make assumptions. We can become so complacent or caught in our own worlds that we forget to look at those around us.

Do you notice when people could use a helping hand?

In a study, University of Oregon researchers showed that by regularly engaging in random acts of kindness, we create neural pathways that enhance feelings of well-being and the natural flow of feel-good endorphins.

The little things such as a smile mean the most and goes a long way. Be a light in the darkness.

- Listen. Don't interrupt. We underestimate how important and comforting it is to be listened to.
- Find opportunities to give compliments. It costs nothing, takes no time and could make someone's entire day. Don't just think it; say it, "*I appreciate you*".
- Don't ignore the homeless. Make eye contact and smile.
- Call someone you haven't spoken to in a while.

It's the little things that make it worthwhile.

Sometimes people just need to hear some encouraging words to bring a smile to their face. There is no limit to the ways in which we can be kind to others. "...people will never forget how you made them feel." - [Maya Angelou](#)

EASE has counselor available if you want to talk 800-882-1341.



“Strength is the courage...to reach out!”