

Connect

Be Active

Take Notice

Keep Learning

Give

Give

Kindness is a win win behaviour. It feels good when someone is kind to us and it feels good when we know we have had that effect on someone.

Identifying the strengths of others is a great way to raise self esteem and to help us appreciate the attributes of those around us. Choose a compliment from below to give to someone.

Visit www.learnhappy.org.uk/workplace-wellbeing for further resources.

You are hard working

You are friendly

You are fun to be around

You are patient

You are creative

You are determined

You are considerate

You are energetic

You are thoughtful

You are supportive