



Random Acts of Kindness

At *I Know Why She Stayed*, much of our work is centered around reframing the narrative of someone's life after abuse. As abuse survivors, we know that survivors often keep their personal truths close to the chest. We don't know what someone's life might be like, but we can bring something positive to it.

This month, take the time to share kindness with others. Show yourself kindness too, perhaps with a little self-care. You deserve it.



Random Acts of Kindness:

Hold the door open for someone in a public place.

Leave an uplifting message on a sticky note in a library book.

Do volunteer work.

Tell someone you love why they are special to you.

When you get good service at a store, call and tell the manager.

Donate old clothes to a homeless or domestic violence shelter.

Donate food to the food pantry.

Call / Message someone safe that you haven't spoken to in a while and say hello.

Teach someone something new.

Leave a positive review for a small business.

Post positive notes around your community.

Compliment someone you interact with.

Hug a friend or family member.

Pick up trash in your neighborhood.

Make a meal for a friend.

Read a book to a child.

Surprise someone with a coffee or tea.

Leave books at a little free library.

Ask someone how you can help and then do it.