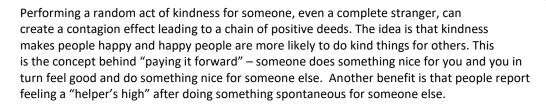
Paying It Forward



Want to give it a try? Here are some simple ideas of ways to pay it forward:

- Genuinely compliment someone.
- Help someone struggling to reach something in the grocery store.
- Leave a note for a few neighbors expressing how much you appreciate them.
- Place kindness rocks with positive messages along a trail or sidewalk.
- Let someone go in front of you in line.
- Take the time to express how helpful a clerk or someone in customer service has been to their manager.
- Hold the door or elevator for someone.
- Send a gratitude email to a coworker who may be in need of recognition.
- Offer to babysit for a friend who needs a break.
- Pick up trash along a favorite trail or park.
- Say "hello" to strangers and smile.
- Offer your seat to someone who needs it more than you.

There are so many ways to make a positive impact on others just by simple daily spontaneous acts of kindness. Looking for ways to give back in your community? Your EAP can help match you with local volunteer opportunities. Reach out today for more information.

Psychology Today. Pay It Forward. Retrieved October 15, 2021. https://www.psychologytoday.com/us/articles/200607/pay-it-forward



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Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

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