



February 2025

Coming in February:

2/4: Recovery
University

2/13: MHRS Board
meeting

2/17: Presidents
Day-office closed

Embracing Random Kindness



Random Acts of Kindness Week (February 9-15) is a global celebration of compassion, reminding us of the profound impact that small gestures can have on our well-being and community. Research shows that acts of kindness release serotonin and oxytocin, enhancing happiness and reducing stress for both the giver and receiver.

This week is the perfect time to spread kindness, whether by writing a heartfelt note, helping a neighbor, or simply sharing a smile. Small actions can create a ripple effect, inspiring others to pay it forward and amplifying positivity in our communities.

Kindness also plays a vital role in promoting mental wellness. Whether offering support to a loved one, volunteering, or showing appreciation at work, these moments of connection foster a sense of belonging and hope.

Let's use this week to make a difference, one act of kindness at a time. Together, we can build a culture of care that uplifts everyone. How will you spread kindness this week?

Kindness
MATTERS

