



# ChallengeME

## MONTHLY MINUTE

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### Monthly topic: **Random Acts of Kindness**



#### Ten Ways to Treat Others

1. Use kind words.
2. Help when you can.
3. Share and take turns.
4. Listen to what others have to say.
5. Be honest and truthful.
6. Think before you speak and act.
7. Remember your manners.
8. Hold your temper.
9. Think about the feelings of others.
10. Work and play fairly.

#### Kindness Suggestions

- While driving, make room for the car that wants to enter your lane.
- Give a genuine compliment to a family member, friend, or colleague.
- Do the same for your boss — they probably never get compliments!
- Let go of a grudge and tell that person you forgive them (unless telling them makes it worse).
- Be there for a friend having a tough time. Don't try to fix it; just listen.
- Leave your mail carrier a thank-you note.
- Overtip your delivery person.

#### The Health Benefits of Random Acts of Kindness

Spreading kindness not only helps others feel better about themselves — it can also boost the giver's health and happiness, according to research. It's a win-win for all.

Putting the well-being of others before our own without expecting anything in return — or what is called being altruistic — stimulates the reward centers of the brain, studies have shown. Those feel-good chemicals flood our system, producing a sort of “helper's high.” Volunteering, for example, has been shown to minimize stress and improve depression.

Giving donations to others, or “prosocial spending,” has been shown to reduce blood pressure and improve heart health.

Giving seems to lessen our pain. One study found that regions of the brain that react to painful stimulation appear to be instantly deactivated by the experience of giving.

Researchers found that being kind could boost happiness in as little as three days. They also found that people who did a variety of acts of kindness throughout the week showed greater increases in happiness than those who performed the same activity over and over again.

#### Be sure to visit the ChallengeME website:

##### Sign up for Health Coaching:

Call: TTY: 800.697.0353 | Online: [guidanceresources.com](http://guidanceresources.com)

WellStarME: [wellstar@mcd.org](mailto:wellstar@mcd.org) | 207-620-9202

##### Health & Wellness Navigation Team

[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org) | 207-620-9209

##### For benefits questions, please contact Employee Health & Wellness:

(207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit

<http://maine.gov/mdot/challengeme>

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**Coming up** January: Resilience and Moving on

Comments, questions, ideas, or submissions?  
Please email [Janice.Arsenault@maine.gov](mailto:Janice.Arsenault@maine.gov)