

# Did You Know Acts of Kindness Increases Your Well-Being?

**Take on extra work to lighten someone's load**

**Lend an ear to someone in need**

**Run an errand for friend/colleague/family member**

**Give up your seat**

**Make conversation with a cashier**

**Give praise or compliments**

**The transition from high school to university is hard. Be kind to yourself by being kind to others!**

Learn More Here!

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