



December 2019

Random Acts of Kindness

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Health Benefits of Being Kind

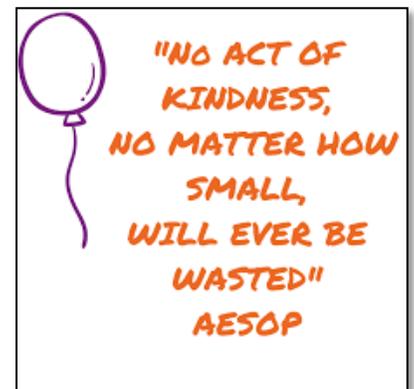
This holiday season, nothing is better than giving– and it doesn't have to be something you purchase from a store! Sometimes an act of kindness can mean much more than a wrapped gift– and it is a gift for the giver and receiver. Random acts of kindness have been shown to increase feel-good brain chemicals, like dopamine, and, with it, happiness and energy. They also decrease pain, stress, anxiety, depression, and blood pressure, for both parties. And random acts of kindness can be easily re-gifted to anyone!

Give it a try this holiday season! Check out a list of ideas posted in the monthly Wellness Newsletter published by the Random Acts of Kindness Foundation. Your goal: do one random act of kindness each day in December (and throughout the year!). More ideas can be found in the December Random Acts of Kindness Calendar posted on the Wellness Website, *News & Activities* tab; and randomactsofkindness.org.

Random Acts of Kindness Ideas for Work

Published at <http://www.liveandlovework.com/2012/12/21/52-ways-to-show-kindness-at-work/>

1. **Make a fresh pot of coffee**
2. **Clean the microwave (even if it isn't your mess).**
3. **Smile.**
4. **Say "thank you" in person.**
5. **Take a co-worker out to lunch.**
6. **Give a glowing recommendation.**
7. **Organize a charity drive in your workplace.**
8. **Organize a volunteer day.**
9. **Hold the door open for the person behind you.**
10. **Give a compliment.**
11. **Ask someone how they are and really listen to the answer.**
12. **Be nice to someone you dislike.**
13. **Be a cheerleader for someone else's idea or project.**
14. **Tell your boss what you appreciate about them.**
15. **Invite a co-worker you don't normally socialize with to sit with you at lunch.**



**Thank you to everyone who have turned in their participation logs for 2019.
Please be sure to get yours turned in by Dec. 31.**

Activity OR Blood Pressure Log

- Physical Activity: On the calendar below, record your physical activity in minutes, steps, or miles and record the total after each week to figure your monthly grand total. OR
- Blood Pressure: Take your blood pressure at least once per week and record it on the calendar below. See the activity and blood pressure charts below to check your category.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	<u>Total</u>
8	9	10	11	12	13	14	<u>Total</u>
15	16	17	18	19	20	21	<u>Total</u>
22	23	24	25	26	27	28	<u>Total</u>
29	30	31			DECEMBER		<u>Total</u>
							<u>Grand Total:</u>

F.Y.I.

During the blood pressure challenge, I encourage all participants to log their blood pressure, which can be recorded on the calendar above or recorded on a blood pressure log posted under the *Blood Pressure* tab. By logging your blood pressure at least 15 times during the challenge, not only will it give you a good idea where your blood pressure level is, but it will also make you eligible to win one of 3 prize drawings! You can use your own cuff at home or work, one at a store or pharmacy, or have Penny or a medical professional take your reading.

I am happy to still accept physical activity logs as credit for participation too!

While it is normal for blood pressure to be higher than normal every once in a while, if your blood pressure is consistently in the:

- Stage 1 Category: speak with your doctor.
- Stage 2 Category: See your doctor ASAP
- Crisis Category: Seek medical attention immediately

* BP Category
Normal less than 120 less than 80
Elevated 120-129 less than 80
Stage 1 130-139 80-89
Stage 2 140 or higher 90 or higher
EMERGENCY Higher than 180 Higher than 120

* New 2017 Standards