

# a few notes

## Topic: Acts of Kindness



## Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Small acts of kindness resonate in all our lives. When was the last time you performed a small act of kindness? Kindness means a behavioral response of compassion and actions that are selfless; or a mindset that places compassion for others before one's own interests. In today's employee check-in, we talk about kindness and how kindness and compassion can reduce stress, boost our immune systems, and help reduce negative emotions such as anger, anxiety, and depression.

Click here for [Source](#).