

Gentle hearts

Showing kindness to others and practicing self-compassion engages the brain's pleasure and reward circuits. This can help decrease stress, create connections with others, and build self-acceptance.



Tidy up a shared space at work or home without telling anyone you did it.

Take five minutes to leave a positive review for a small business that did a great job.

Place a hand over your heart when you make a mistake and silently say, "I'm human and I'm learning."