

BENEFITS SPOTLIGHT OF THE MONTH:

Kindness in the Workplace

Making kindness the norm. Kindness is defined as the quality of being friendly, generous, and considerate. It creates positivity, boosts productivity, and can be contagious. Small and random acts of kindness passed on from one person to another can make meaningful connections in the workplace. They're the building blocks of a caring, happy, and thoughtful environment where people can be delighted not deflated.

The most beautiful acts of kindness show up in the most challenging times.

People across the world are feeling a multitude of emotions right now. How we respond matters. Consider that every response you have can begin with kindness. One simple way you can do this is by "speaking with care", in other words, making sure to choose your words carefully.

Your Employee Assistance Program can help!

- Call **866.248.4096**, available 24/7 or visit
- Visit www.liveandworkwell.com to register, access code: Fanatics

BENEFITS AT WORK FOR YOU

Telemedicine: Teladoc gives you 24/7/365 access to board-certified physicians through the convenience of phone or video consults. These services are provided on behalf of your health plan. To get started, visit www.teladoc.com or call 866-789-8155 to set up your account.

Kaiser Members: Get the care you need the way you want it. No matter which option you choose, your providers can give you the personalized care that fits your life. Call 1-866-454-8855 or sign on to kp.org

ADDITIONAL RESOURCES

Research suggests that gratitude may be associated with many benefits for individuals, including better physical and psychological health. This is the time when giving ourselves a little bit of a break is more important than you know. Say thank you, share a smile, and celebrate today!

For helpful tips and resources on how to get inspired and be grateful; please visit www.randomactsofkindness.org

DID YOU KNOW?

World Kindness Day is an international holiday, which helps promote kindness throughout the world. It's celebrated every year on **November 13th**. It presents us with the opportunity to reflect upon one of the most important and unifying human principles.

- **It pays to be kind** - People who are constantly kind produce 23% less cortisol, which is the stress hormone. Because of the lower levels of stress, people who practice kindness age slower than the average population.
- Try being **friendly**, **generous**, and **considerate**

"Be kind whenever possible. It is always possible." -The Dalai Lama