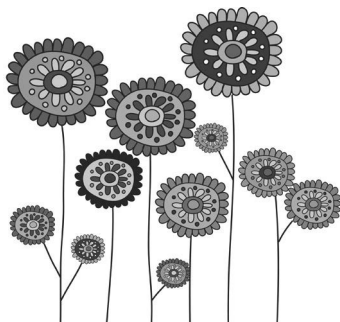


Ring in the Holidays with KINDNESS!

Week #2 tip: Some of the best gifts are random acts of kindness, inspired by a paying-it-forward mentality. Showing kindness to others is a simple and easy way to brighten the day of those around you. Find one unexpected kind act to do — and simply do it!

Here are some ideas:

- ❄ Buy a stranger coffee
- ❄ Write a note to someone
- ❄ Give someone a smile
- ❄ Hold the door open for someone
- ❄ Volunteer at your favorite nonprofit organization
- ❄ Bring flowers to a nursing home
- ❄ Let someone go ahead of you in line
- ❄ Decorate the inside of your mailbox so your mail carrier smiles every time they open it
- ❄ Become an organ donor
- ❄ Be generous with compliments
- ❄ Bring food to the food shelf
- ❄ Help a neighbor with yardwork



Did you know?

When you perform a random act of kindness, you experience physiological benefits, such as an increased immune system, improved cognitive performance and increased energy!

The Heart of New Ulm Project is *everyone* in our community! Holiday Trimmings 2018 is brought to you by a collaboration of community partners, including Brown County Public Health, Dittrich Specialties, Firmenich, KNUJ Radio, Minneapolis Heart Institute Foundation, New Ulm Area Chamber of Commerce, the New Ulm Journal and New Ulm Medical Center.



Holiday Trimmings: Improve your well-being this holiday season!

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