



**LIVING THE PLEDGE**  
*Self Care for Safe Care*

## September and October are Random Acts of Kindness (RAOK) months

### **RANDOM ACTS OF KINDNESS (RAOK)**

*Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested.*

-Dr. Martin Seligman, director of the Positive Psychology Center-Univ. of Pennsylvania

### **Actions You Can Take to Live the Pledge in September and October:**

1) Share information about Random Acts of Kindness (RAOK)

- With staff ([sample staff communication](#))
- With residents and families ([sample resident and family communication](#))
- Post a new poster every 2 weeks promoting RAOK

[Poster 1](#)

[Poster 2](#)

[Poster 3](#)

[Poster 4](#)

2) Share [a video](#) on the impact of Random Acts of Kindness

3) Encourage everyone in your community (i.e., leaders, staff, residents, families, volunteers) to perform at least one RAOK each week, either through their:

- [Words \(Notable Sticky Notes\)](#) or
- [Actions](#)

4) Share Acts of Kindness You Have Performed or Experienced

- [Random Acts of Kindness Poster](#)