

February: A Time for Forging Friendships & Exhibiting Kindness

Make A Friend Day: February 11th

Meeting new people can help sharpen our social skills and can also be important for our emotional well-being. Studies have shown that people with good friends tend to have less stress and are happier than those who don't. There's no denying that new friends are good for the soul, helping us during tough times, and Make A Friend Day encourages you to talk to someone new in the hope that a great friendship could blossom.

Making the choice to meet someone different from yourself can help open the mind to new ideas and new experiences. You may be surprised at what can be achieved when differences are set aside, and we simply work on living life together.³ National Make A Friend Day provides a great opportunity to make a new friend.



Random Acts of Kindness Day: February 17th



What better way to make a new friend than by practicing random acts of kindness. Too many times we forget the impact that simple gestures can make – a kind word, a lending ear, a comforting hug, or even a warm and simple smile.⁴ These small acts have the power to turn lives around and make someone's day brighter. This is why National Random Acts of Kindness Day is being celebrated, to encourage everyone to spread kindness while expecting nothing in return, other than the good feelings you experience from helping someone else.

EXAMPLES OF SOMETHING TO DO FOR SOMEONE ELSE:

Pay for a coffee/the meal of a stranger | Order flowers for a stranger at the hospital
Drop off groceries at a local food pantry | Send a "thinking of you" card to someone



UAW-FORD DIVERSITY DIGEST
FEBRUARY 2022

RMD/OPEIU512AFLCIO

Sources: 1. nationaldaycalendar.com/national-random-acts-of-kindness-day-february-17/

2. nationaldaycalendar.com/national-make-a-friend-day-february-11/

3. www.goodchoicesgoodlife.org/choice-resources/the-choice-to-be-friends-with-someone-different/

4. Inlchild.com/9-unique-ways-to-spread-kindness-on-national-random-acts-of-kindness-day/