

# Safety Committee's Monthly Tip



Each day offers a gentle prompt or activity to help you pause, reflect, and take one step towards managing stress differently.



Smile at a stranger today	List three things you love	Celebrate someone else's achievement	Hold a door for someone	Take a guilt-free break
Compliment a friend	One thing you like about yourself	Send a thank-you message	Ask someone how they're feeling	Compliment a stranger
Offer help without being asked	Write down one personal win	Reach out to an old friend	Do one act of generosity	Pause, take three deep breaths
Notice something beautiful around you	Journal one thing you learned	Take five minutes to meditate	Express gratitude to a colleague, friend or family	Give a genuine smile today
Say "no" to one stressor	Try one new healthy habit	Listen fully to someone today	Ask for help	Offer encouragement without comparison
Spread a kind word	Reflect on one small success	Do one random act of kindness	Do one act of Self-care	Ask "what can I do next?"