



OPENING REMARKS & INTRODUCTION

Mona Blanton-Kitts
President and Chief Executive Officer
McNabb Center



EVERY DAY KINDNESS The Art & Science of Gratitude and Compliments

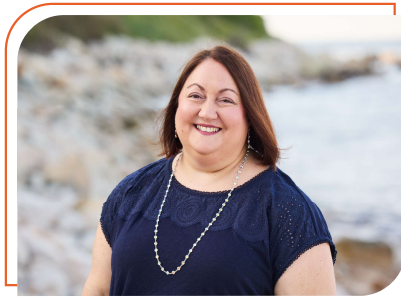
Laura Leone, DSW, MSSW, LMSW
Senior Consultant
National Council for Mental Wellbeing



HEALTHY MINDS
STRONG COMMUNITIES

Everyday Kindness: The Art & Science of Gratitude and Compliments

Welcome!



Laura Leone, DSW, MSSW, LMSW
Senior Consultant
National Council for Mental Wellbeing
LauraL@TheNationalCouncil.org

Disclosures: There are no disclosures for this session.



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Source: <https://youtu.be/b3nxT11Bxuk?si=gr3LfCHsi5KzcuZo>



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What does “kindness” mean to you?

What are some examples of kindness that you experienced or witnessed over the past week?

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Many Connections to Kindness

- Empathy
- Compassion
- Open-hearted
- Appreciation
- Gratitude
- Recognition
- Acknowledgement
- Compliments
- Helping out
- Creating
- Giving
- Providing



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KEEP SMILING



Smiling is infectious; you catch it like the flu.
 When someone smiled at me today, I started smiling too.
 I passed around a corner, and someone saw my grin.
 When he smiled, I realized I had passed it on to him.
 I thought about that smile, and then I realized its worth.
 A single smile, just like mine, could travel around the earth.
 So, if you feel a smile begin, don't leave it undetected.
 Let's start an epidemic quick and get the world infected.



- by British Poet, Spike Milligan



Source: <https://meaningfulmama.com/wp-content/uploads/2021/02/Smiling-is-infectious-printable-2.pdf>

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Simon
Sinek

Source: <https://youtu.be/1XMZPmJqFDU?si=hz0xogA7Rpx76wTI>



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The Science of Kindness!

- What is happening?
- Why does it feel so good?



It Does a Body Good!



Dopamine

“The Reward Chemical”



Serotonin

“The Mood Stabilizer”



Oxytocin

“The Love Hormone”



Endorphin

“The Pain Killer”



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The Art of Kindness!

- The Impact
- The Process



“We must find time to stop and thank the people who make a difference in our lives.”

— President John F. Kennedy



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Gratitude



- Expressing kindness and appreciation
- To others and to self
- Remember “the good neighbor policy”

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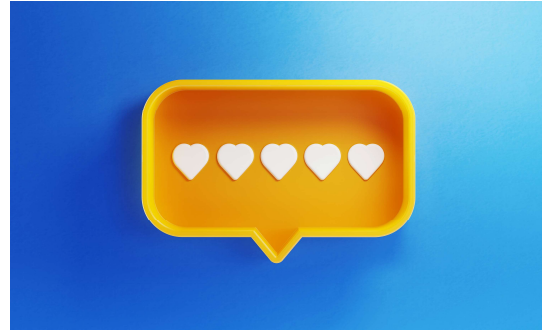


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Giving Compliments & Recognition


- Genuine & authentic
- Concrete & specific
- Focus on the process
- Focus on the impact
- Anything ordinary or extraordinary



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Reflection on Recognition



What are ways in which we
can provide recognition to
coworkers?

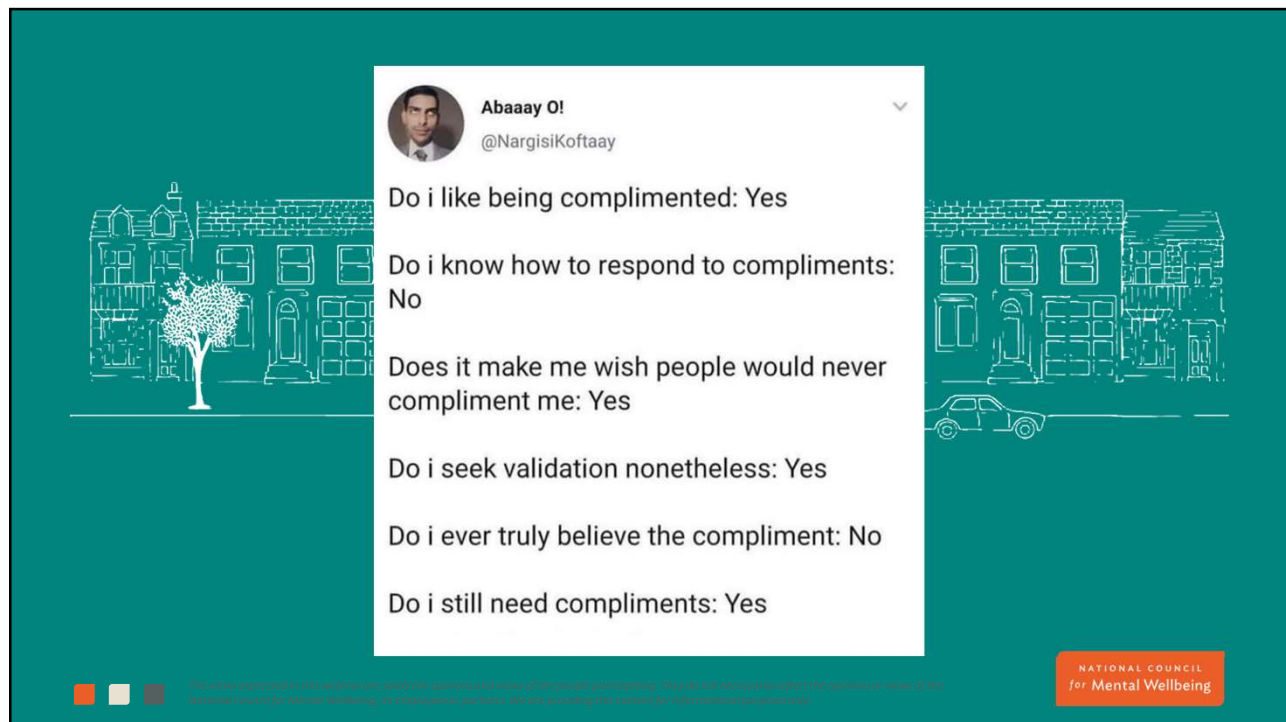
Image: iStock, 2011.



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Abaay O!
@NargisiKoftaay

Do i like being complimented: Yes

Do i know how to respond to compliments: No

Does it make me wish people would never compliment me: Yes

Do i seek validation nonetheless: Yes

Do i ever truly believe the compliment: No

Do i still need compliments: Yes

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Receiving Compliments & Recognition

- Opportunity for giver to express gratitude
- Accept it and give thanks
- Share credit when applicable
- Assume it's genuine and that they mean it
- You don't need to reciprocate
- Respond even when it's electronic



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Give the Gift of Gratitude and Compliments



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Each day ask yourself:

How am I going to practice kindness
and open-hearted engagement?

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Source: <https://youtu.be/m5yCOSHeYn4?si=wvElH10QnBqO-HTX>



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We are Humankind...
So Be Both!

Thank you!

Laura Leone, DSW, MSSW, LMSW

Senior Consultant

National Council for Mental Wellbeing

LauraL@TheNationalCouncil.org



Questions & Answers

Please raise your hand if you'd like to ask a question or share a comment.

A Mic Runner will bring a wireless handheld microphone to you.

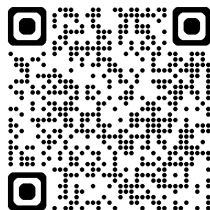
Kindly speak directly into the mic so that everyone can hear you clearly.

**COMPLETE CONFERENCE
EVALUATION FORMS AND
THE REQUEST FOR
DOCUMENTATION OF CEs
EARNED**

**Up to 5.75 CE units or contact / clock
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EVALUATIONS



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