# Compassion – Little Acts with Big Impacts Article (SEBB)

## How to use

* Share the article below in a newsletter or blog to promote the *Compassion – Little Acts with Big Impacts* activity, which runs from July 6 through October 1, 2021.
* The article is ready to use as is or you can edit to make it work for your organization.
* If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

**Title:** Join the Compassion – Little Acts with Big Impacts activity



Have you ever thought about why people do kind things for others without expecting anything in return?

Seeing things from another's point of view is a key component of compassion.

## What are the benefits of compassion?

Research shows when someone experiences compassion for others:

* Their brain releases chemicals that make them feel good.
* They experience lower stress and improved relationships.
* Their well-being is boosted, and their perspective broadens beyond themselves.

People who feel more connected to others have lower rates of anxiety and depression.

## Practice compassion

Compassion can take the form of small acts. Practice compassion every day by:

* Thinking about people as people and not stereotypes.
* Reflecting on the power you have to brighten someone’s day.
* Practicing your listening skills.

Join the “Compassion – Little Acts with Big Impacts” activity in [SmartHealth](https://smarthealth.hca.wa.gov/) from July 6 through October 1, 2021.

There’s a reason it’s called paying it forward. Compassion can set off a chain reaction.

### What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the [SmartHealth wellness incentives](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth).

Be well,

The SmartHealth Team

*Supporting you on your journey toward living well*