



Compassion

Little Acts With Big Impacts

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

Practice compassion

Join the "Compassion – Little Acts with Big Impacts" activity in **SmartHealth** 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**.



Prefer mobile?

Download the Limeade mobile app (**iOS** or **Android**) and enter the code **SmartHealth**.

Smart  Health

Supporting you on your journey toward living well
smarthealth.hca.wa.gov