



# 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](https://smarthealth.hca.wa.gov)