# **Compassion – Little Acts with Big Impacts Message (SEBB)**

## How to use

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

**Tip**: Highlight the value of worksite wellness by getting leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [SmartHealth Worksite Wellness Roadmap](https://www.hca.wa.gov/about-hca/washington-wellness/build-wellness-program) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

**MESSAGE BELOW**

**Email Subject:**  Join the SmartHealth 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 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](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*