

Happy Well-being Wednesday!

HOLLY BRANSON



JUST IMAGINE HOW
DIFFERENT THE
WORLD COULD BE
IF WE ALL SPOKE
TO EVERYONE WITH
RESPECT AND
KINDNESS.



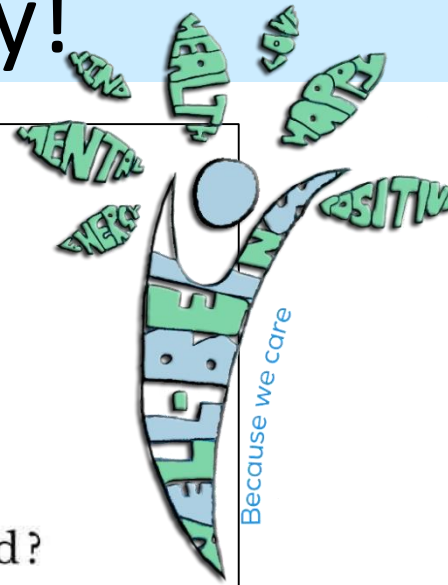
BE KIND

The way we treat each other makes a huge difference to our well-being. Think twice before you send a message or speak to them out of turn! It really will make the world a better place 😊

Kind

do you know
that one of your
greatest strengths
is simply being kind?
yes, kind.
you can change a life
being kind.
you can give hope
being kind.
you can bring joy
being kind.
so listen, today choose
to be kind.

words by rachel marie martin
findingjoy.net



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<https://www.youtube.com/watch?v=IsYs3ZwbcQs>