

FERRIS STATE UNIVERSITY

PERSONAL COUNSELING CENTER

Random Acts of Kindness Friday

By Dr. Christopher Richmond

The Random Acts of Kindness movement originated in Denver, Colorado in 1995. Following, this movement has spread to many different countries and states, including the United States and Michigan. We want to encourage you to spread kindness throughout our Bulldog family and beyond to support each other during this global pandemic.

We hope the Ferris State Community will celebrate with us at the Personal Counseling Center (PCC) in celebrating Friday, November 27th as an awareness day for Random Acts of Kindness.

Listed below are some good ideas to get you started, and don't forget to spread the word using social media, Twitter, Facebook and beyond, using the #randomactsofkindness

1. Text a friend you haven't spoken to in a while and let them know that you are thinking about them and wish them well
2. Buy a friend a cup of coffee
3. Surprise a friend with lunch or dinner
4. Download the [Karmic](#) app, which will assign you an easy act of kindness every day
5. Compliment a co-worker
6. Leave a generous tip
7. Round up with the [Coin Up](#) app. The app allows you to choose from 250 charitable causes to round up purchases and donate to through this app.
8. Find ways to recycle more
9. Post or share an inspiring Instagram message
10. Contribute to the United Way