



# Random Acts of Emotional Support

## Idea List

Showing support for others can come in many forms. Whatever form it takes, your efforts can help uplift someone and improve their outlook and general wellness. Try showing emotional support for others with the ideas below and/or come up with your own — just remember to be genuine and compassionate.

### No-Cost Ideas

- *Recognize someone's efforts, (no matter how small.) Say a simple "thank you."*
- *Give a genuine and meaningful compliment to your co-worker.*
- *Send an out-of-the-blue message to someone to let them know how grateful you are for them.*
- *Leave a post-it with a positive message for someone. (For example, "You got this!")*
- *Praise a colleague for their work and share your recommendation with their supervisor for their performance review.*
- *While in a team meeting, give a heartfelt shout-out to someone who did a job well-done.*
- *Talk to a colleague about something other than work.*
- *Let someone know you're there for them, and that they can share what's troubling them if they want. Listen and lend your ear.*
- *Recognize when someone is having a bad day and find out what you can do that might help.*
- *Simply validate someone's feelings. (For example, you might say, "I'm sorry you're dealing with that situation. It sounds so painful." "That sounds upsetting. I understand why you're feeling stressed right now.")*
- *Take on a task that would help someone, even if it's not-so-pleasant.*
- *Visit with someone (safely).*
- *Invite someone to lunch with you (even if virtually).*
- *Create a custom playlist for a co-worker.*

### Low-Cost Ideas

- *Send a thoughtful card to a colleague.*
- *Give a small gift to someone. (For example, chocolate for a chocolate lover.)*
- *Treat your co-worker to a cup of coffee.*
- *Have lunch delivered to someone.*
- *Plan a distracting activity to help someone de-stress.*

Sources: [Parents.com](https://www.parents.com), [RandomActsofKindness.org](https://www.randomactsofkindness.org)

