

# SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD

Introduce SevenDays® to your company. Workplace kindness (within the community, with colleagues and with oneself) has proven to elevate dopamine, produces oxytocin, and stimulates the action of the vagus nerve, which all help protect your heart and slow the effects of aging. These effects of kindness help keep your team members healthy, happy and more productive.

## CORPORATE RESOURCES

### DAY, THEME AND SUGGESTED ACTIVITIES



#### **LOVE - Reach out to your clients/associates/team members**

Offer appreciation by sending heartfelt messages, buying lunch, and recognizing positive impact. Show your sincere attention and care.



#### **DISCOVER - Learn, engage and share**

Learn something new about your clients and team members. Facilitate activities that help them get to know each other on a deeper level.



#### **OTHERS - Engage with “the other” in your workplace**

Sometimes we all feel like “the other”, the different person in the room. Find “the other” in your workplace; through dialogue they can become a friend. We have more similarities than differences.



#### **CONNECT - Your workplace to the community**

As a company, select a local charity as a recipient of time, talent or treasure from your workplace. Consider volunteering together or donating blood to the Community Blood Center during our focused SevenDays® blood drives.



#### **YOU - Taking care of YOU - mind, body and soul**

Encourage your clients and team members to take care of themselves on YOU day. Acknowledge the importance of self-care to help revitalize and refresh your clients and team members.



#### **GO - Go out into the world**

Help your team be more active personally and in the world. Team building activities can be more successful when completed outside. Fresh air, sunshine and kindness work well together!



#### **ONWARD - Find your Onward**

Culminate week- or month-long Kindness activities with your own Kindness Walk or a Kindness Challenge. Join SevenDays as Kindness Ambassadors, assisting year-round with our Kindness Youth Leadership Team. What is your Onward, personally and as a company? How has the SevenDays® week impacted your work family?

[WWW.SEVENDAYS.ORG](http://WWW.SEVENDAYS.ORG)

You and your team can register for all events on our website.

**#BeTheRipple**  
**#GiveSevenDays**