

★ Feel ★ GOOD FEBRUARY.®



WHAT IS FEEL GOOD FEB (FGF)?

It's known by several other names such as *Random Acts of Kindness* and *Pay It Forward*. Simply put, it's having the intention and taking the time to make others feel good.

For FGE, I am proposing the idea for you to do something kind for a stranger in February.

Why February? The festivities of Christmas and the New Year are over. It's back to school and work – let's inject some fun into Feb!

There's been research to prove that not only do acts of kindness spread in a cascading effect throughout social networks – kindness breeds kindness – but also that generosity and acts of altruism are great for your own mental health as well as others.

We are always doing kind and thoughtful things for our family and friends without even thinking about it. So why not for strangers? Life gets so busy that we tend to forget our good intentions.

The *Pay It Forward* concept encompasses doing good deeds for everyone. Of course, that's wonderful but I'm thinking that *Feel Good Feb* will encourage us to stop and think about our community and the people whom we do not know.

If you participate in FGE, your one act of generosity can make a real difference to someone who is down on their luck and less fortunate than yourself. Or it can simply bring a smile to someone who is just having a "bad day" for whatever reason.

FGF doesn't mean you have to spend any money. You may have a skill or a passion for something that you can share with a stranger.

Feel Good Feb can be anything you make of it. You may do a few things or one, the point is that by reading my

proposal, you have already given it a thought! So, go on... what could you do to bring a smile to someone's face?

Please take the time to read my list of 44 Random Acts of Kindness - perhaps you will be inspired to do one. Or you may think of other deeds, your imagination is unlimited.

If you want to be part of FGE, drop me an email at feelgoodfeb@gmail.com

Visit us on facebook and share your ideas - we would love to hear from you!
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For more information visit
www.feelgoodfeb.org

😊 *Linda*



Proud member of
World Kindness Australia
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