



Good Morning all,
Our office will be participating in Well-U's *Treasure of Kindness* Challenge beginning on _____!

The Treasure of Kindness essentials

There are always opportunities to help others, and it's often the small things that have the greatest impact on others. In fact, when you help others or make them feel great, you are also helping yourself! Showing kindness can instantly boost your mood. It can turn your focus outward and make yourself aware of the things you do every day to spread love and kindness.

Anyone who signs up for this challenge will receive a Kindness guide and a bag of 14 pieces of treasure in which to use to add to the group's treasure chest every time you complete an act of kindness. Here's how it works:

- Reply to this email to participate and receive your Starter Kit, which includes your treasure and Kindness guide.
- When the challenge begins, start completing acts of kindness at work or outside of work and add one piece of treasure to the group's treasure chest in order to build your bounty. Use the suggestions on your Kindness guide for ideas or create your own! Your goal is one act of kindness per day.
- Once the challenge period is over in two weeks and everyone in your group has added all of their treasure, the group leader will email a photo to Well-U and upon return of all the treasure and the treasure chest, you will receive your own treasure/prize! It's that simple!

How do I participate?

To participate in our department's [Well-U Treasure of Kindness Challenge](#), respond to this email by _____, then start being kind the morning of _____! All University of Rochester employees can participate.

What if I'm on vacation?

You can still participate! Just be sure to add your treasure once you return or tell a coworker to add it for you during your time away.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).