

## Random Acts of Kindness Exercise

Doing good deeds can increase a sense of well-being and decrease depressive symptoms. Keep track of them by writing them down along with how each one made you feel.

Here's a place to start:

### My Random Acts of Kindness

When I did this:	
It made me feel like this:	

When I did this:	
It made me feel like this:	

When I did this:	
It made me feel like this:	

Notice how the good feelings add up when you have been engaged in kindness and doing things for others.

Use a journal to keep track of the good things you do and the joy it brings to you and others.