

# Connect Care

## Simple Acts of Kindness at Work

BY DR. ROGER HABER

Do you remember in grade school getting those Valentine's Day cards from all your classmates?

Well, we can make an impact on our co-workers during the month of February.

O. C. Tanner has written about promoting kindness in the workplace.

Here are a few suggestions that might give you some ideas to make someone's day this month (and the rest of the year as well):

- *Write a letter of encouragement.* Tanner writes, "There's no better way to make someone's day than with a positive comment." I'd suggest you use paper and pen (not email) and make it personal and genuine.
- *Surprise another team* with some extra employee appreciation. Bring in treats for a different team or a department on another floor in your company.
- *Introduce yourself to someone you don't know at work.* They'll be happy to make a new work friend and expand interaction with others.



**"THE IDEALS WHICH  
HAVE LIGHTED MY  
WAY, AND TIME AFTER  
TIME HAVE GIVEN ME  
NEW COURAGE TO  
FACE LIFE  
CHEERFULLY, HAVE  
BEEN KINDNESS,  
BEAUTY, AND TRUTH."**

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**ALBERT EINSTEIN**

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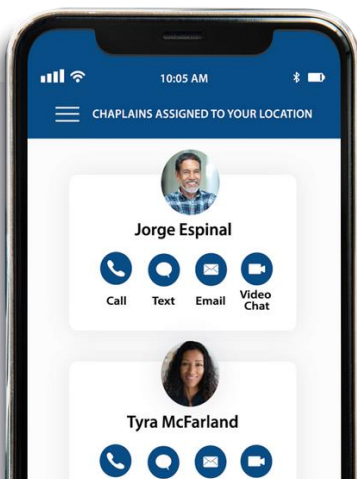


- **Give a shout out to an employee during a meeting.** Are you having a staff meeting or a safety meeting? Look for an opportunity to recognize a co-worker's accomplishment or contribution, or how they've gone the extra mile.
- **Recognize unsung heroes**—the people whose jobs aren't always visible, but show up every single day and consistently do great work.
- **Take a new employee out to lunch or coffee.** People feel welcomed with a coffee cup in their hands.

- **Start meetings with a kindness quote and recognition.** This could really change the tone of the day for you and your co-workers.
- **Start a kindness wall.** It doesn't have to be fancy—it could be as simple as colorful post-its on the wall or a whiteboard where people could write words of appreciation and encouragement.

Your company has provided a resource to show you kindness this month—and every month—your chaplain! If you have tried one of the suggestions above—let your chaplain know. Maybe you have some other ideas. Your chaplain would be happy to hear them. If you are willing, please find some time this month to share your kindness ideas with your chaplain.

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



## 24/7 access to your Chaplain Team via MyChap App

\*free in your app store



## How It Works



Enter your company's  
Location ID



Select a Chaplain to call, text,  
email, or video chat directly  
from the app.



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UIG 1910 - Rich/Lex/Chapin	123591
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UIG 2003 - Greenville-I-85 over Rocky Creek	123596
UIG 2105 - Bibb – I-16 and I -75 Interchange	125246
UIG 2107 – Carolina Crossroads 1	125175
UIG 2113 – Carolina Crossroads 2	125580
UIG 2115 – Robeson	125291
UIG 2208 – Dorchester	125232
UIG 2209 – Bamberg/Orangeburg	125233
UIG 2210 - Dillon/Florence Little Reedy Creek	125234
UIG 2216 - Berkeley	126202
UIG 2218 - Orangeburg	126203
UIG 2303 - Lexington-US 21&US176 over I26	126858
UIG 2305 – Charleston-Palmetto Com Pkwy over I-26	126779

UIG Location	APP ID
UIG 2307 – Jenkins – CR48 Bridge over Horse Creek	126859
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UIG 2309 – Georgetown – US-17 over Waccamaw River	126861
UIG Corporate Office	123609
UIG Charlotte, 3800 Arco Corp Dr. NC	124373