



# AFMC Connect Family Connection

## How Acts of Kindness Create Connections

Acts of kindness can have a ripple effect and create opportunities for widespread impact. Showing you care can be relayed in many different forms -- showing empathy for a situation someone else is facing, showing forgiveness and compassion, volunteering for a community event, taking a meal to a coworker, etc. When you model the importance of caring for others, you provide an opportunity to develop a positive, trusting environment where each person feels valued. Caring is not just about helping others; it can be about providing the ability to hear and understand their needs. Make it a priority to 'normalize' caring so it becomes a regular part of how we relate to one another.

## LET'S DO IT

- *Be observant. Look out for acts of kindness around you. When you catch these moments occurring, celebrate them!*
- *Express gratitude. Establish a visible spot in your home to note what you and your family are grateful for and find time to discuss on the way to school, at dinner, etc.*
- *Be deliberate. Establish a routine for asking "how was your day?" Allow time together to engage in meaningful conversation about your thoughts, feelings, and experiences.*
- *Keep it simple. Write "Thank you" notes. Handwritten messages for an unexpected reason can mean so much.*

We would love to hear your thoughts on AFMC Family Connect tools. Please take our survey:  
<https://www.surveymonkey.com/r/connectfamily>



*Family does not always mean blood. It is those in your life who accept you for who you are. The ones who would do anything to see you smile and love you unconditionally. Those who stand by you and will always support you no matter what.*

*The objective of AFMC Connect is to reinforce the importance of creating and maintaining connections. Maintaining relationships with family is essential to our overall wellbeing.*