



CHOOSE  
**KINDNESS**



BE  
**COMPASSIONATE**

STAY  
**CONNECTED**

Feeling connected to others, or a sense of relatedness, is considered one of three fundamental psychological needs that drive human behavior.

Feelings of relatedness can motivate us to perform kind, helpful and pro-social acts, with no expectation of anything in return.

Being kind to others (or ourselves), or actively observing kindness around us, has also been shown to increase happiness and overall wellness.

Choose kindness, be compassionate and stay connected to improve your well-being and that of those around you.

Please share any acts of kindness you've been involved in or observed lately. Today, more than any other day, it might just be what makes the difference to improve the well-being of one of your peers, others in your crew and/or someone you love.