



# Do something thoughtful

Actions (almost always) speak louder than words. If you know someone who's suffering, a small act of kindness can show that you care. Here are a few ideas:

- Bring a meal
- Give flowers
- Send a card
- Offer to run an errand

Employer Completion Form

I successfully completed the Do Something Thoughtful Activity by:

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Signed: \_\_\_\_\_ Date: \_\_\_\_\_