

Building a KIND Campus



As we transition back to work on campus, and we spend more time out in our community, the CWRU Wellness Program offers ideas to spread KINDNESS!



Wear Your Mask

Masks have been proven to help you stay safe, but maybe more importantly, it signals to coworkers and strangers that you value their health and well-being. Think of a mask as a REALLY big smile!



Give Back

Donate to a food bank, give blood, sign up for volunteer opportunities through a group like HandsON Northeast Ohio or find some other way to give. You will get an endorphin hit and recent research shows that giving back may help you live longer!



Send an Email or Letter of Gratitude

Beyond a general thank you note, this is a letter to a person who has made a major impact in your life like a former mentor, boss or even a parent. Writing and receiving are mood boosters!



Invite a Colleague on a Walking Break

Zoom meetings are not the only way to connect. Meet for a walk around the Quad or Wade Oval Lagoon. You might even pack a cold drink for a socially distant chat on a bench!



Don't Forget the Non-Verbals

Smiling eyes above masks, long distance high fives, and friendly waves are all essential when we can't see the full face!



Kindness is the KEY

Though it may seem a bit trivial, kindness can really soften the edges and make challenging situations less stressful. Let's all do our best to make CWRU a kindness hub!