#BEKIND21

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1. Practice self-care by writing down five things you love about yourself, and then say them out loud.
2. Help a friend or student with a research project. For example, you could participate in an online project at [https://www.psichi.org/page/study_links](https://www.psichi.org/page/study_links).
3. Volunteer in your community or on campus such as organizing a campus cleanup hour with some friends.
4. Offer to help an older adult in your community such as writing letters to quarantined older adults at [LoveForOurElders.org](http://www.LoveForOurElders.org).
5. Donate to your local food bank.
6. Practice gratitude for your well-being such as sending a thank-you card to the last person who extended kindness to you.
7. Show up for your local Psi Chi chapter meeting and volunteer to lead an activity.
8. Show school pride for your college or university; spread good vibes.
9. Suggest ways your Psi Chi chapter can serve your classmates such as a handout about self-care.
10. Offer help to a friend who might be struggling with anxiety or depression.
11. Volunteer to assist a faculty member in class or in your department.
12. Provide local resources on suicide prevention, eating disorders, depression and/or anxiety to your local Psi Chi Chapter Advisor so they can distribute to all members.
13. Talk to yourself as you would to a good friend; love yourself despite flaws.
14. Organize a volunteer project to benefit those in need such as donating used clothing to a homeless shelter.
15. Gather your friends and provide information on how they can volunteer to show kindness to others.
16. Do your part to keep everyone healthy by wearing a face covering in public places.
17. Send a good book (new or used) to a friend.
18. Schedule a video chat with friends or family you haven’t seen in a while.
19. Support someone’s work by sharing it and leaving a review.
20. Check in on a friend who lives alone.
21. Send a pizza to a local fire station with a note thanking them for helping your community.

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