



For a PDF of this Mindful Moment, Click [HERE](#)

Mindful Moment

Consider a small act of
kindness today.

You will be helping others and it
may help you discover
connection, calm and happiness.

- **Be generous, listen to others, and practice compassion and empathy.** You may find a new perspective.
- **Be a good neighbor.** Are there organizations or individuals in your community that could use some support? How can you help?
- **Take a break and practice self-care.** Remember that you will be better able to help others when you are feeling positive about yourself.
- **Seek support when you need it** C&FS EAP is here - visit our [website](#) to request an appointment, or call us directly at (716)681-4300.

Click [here](#) for a list of random acts of kindness that you can do alone or with your family.

Contact C&FS EAP

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