



Kindfulness Cards

In November, we want to do something special to recognize coworkers who serve with “kindfulness.”

Kindfulness is infusing every word, thought, and deed with kindness. It’s a term coined by author Ajahu Brahm, and he says the concept “strengthens our ability to look after ourselves – and by looking after our own minds, we become a more kindful force for good in this world.” Kindfulness speaks to how we treat the public we work with and each other.

These are kindness cards. Take one, take two. Think about one of your coworkers who you want to recognize for their kindness to the public or to you. Write a note of appreciation for one of your coworkers at City Hall. Deliver it to their desk. Ask them to pay it forward.

You can pick up extra kindness cards and supplies near Team Communications.

“Kindfulness is the cause of relaxation.
It brings ease to the body,
to the mind, and to the world.
Kindfulness allows healing to happen.
Don’t just be mindful, be kindful.”