Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

⭐ Be Kind
⭐ Be Cheerful
⭐ Be Tolerant
⭐ Be an Organ Donor
⭐ Be a Welcoming Neighbor
⭐ Be Generous with Compliments
⭐ Be Polite on the Road
⭐ Be a Designated Driver
⭐ Be Someone’s Day Brightener
⭐ Be Thankful for Being You
⭐ Be the Bearer of Instant Joy!

BOUNCE BACK PROJECT™
promoting health through happiness
BOUNCEBACKPROJECT.ORG