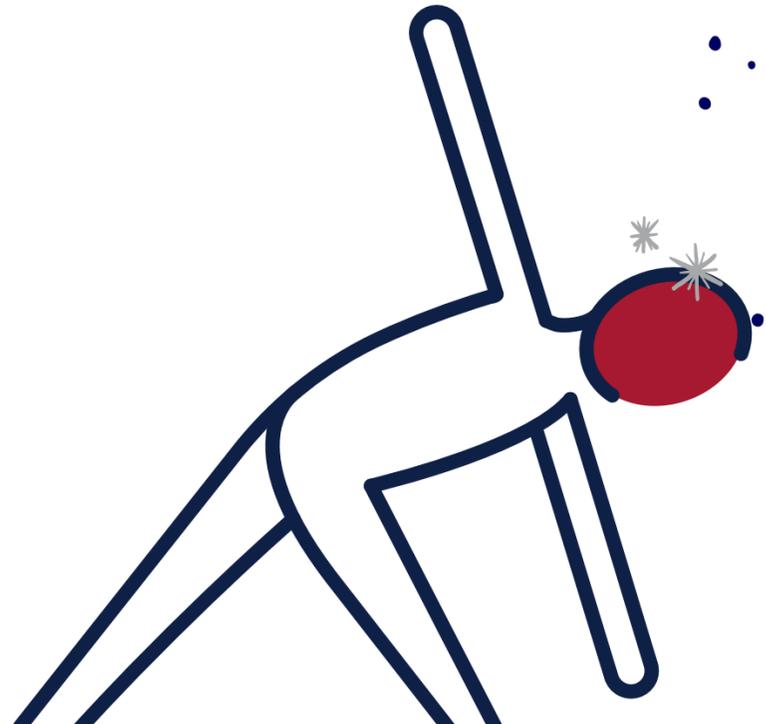


#PAYITFORWARD



PAY IT FORWARD CAMPAIGN

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING

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WHY???

WORLD HUMANITARIAN DAY

On World Humanitarian Day (WHD) **August 19**, the world commemorates humanitarian workers killed and injured in the course of their work, and we honour all aid and health workers who continue, despite the odds, to provide life-saving support and protection to people most in need.

**Think of all the humanitarian workers today,
they deserve your thoughts!!**

TODAY WE WANT TO PAY TRIBUTE TO THE PEOPLE WHO RISK THEIR LIVES TO PROVIDE HUMANITARIAN ASSISTANCE TO OTHERS BY ALSO PROVIDING CARE AND SUPPORT TO OTHERS.

#PAYITFORWARD

WHETHER YOU ARE BUSY...



WHETHER YOU ARE FAR AWAY...



WHETHER YOU HAVE ALREADY HELPED OTHERS...



YOU ARE STILL NEEDED!!

YOU ARE STILL NEEDED!!!

The coronavirus outbreak (COVID-19) has taken a lot of us by surprise. Some people have described it as an episode of Black Mirror that they want to turn off, while others have said that they feel like the entire world is upside down.

So... What can you do??



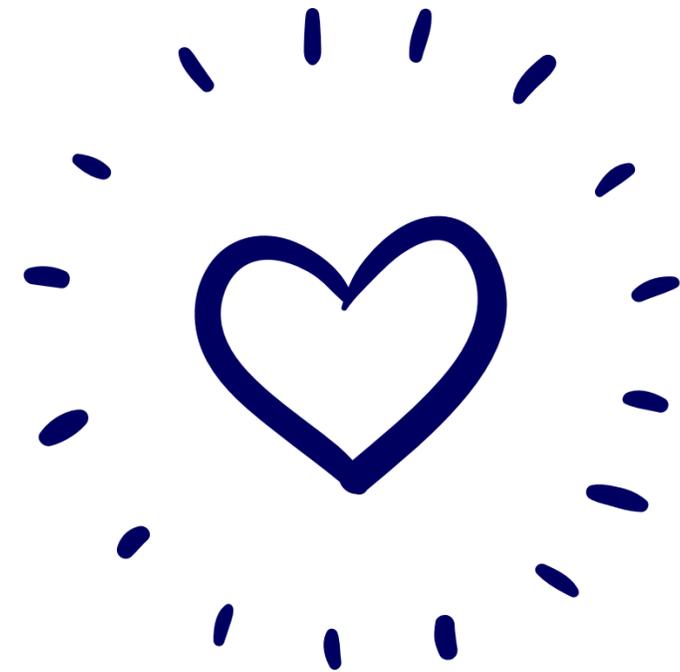
The Answer is Easy: Random Acts of Kindness

RANDOM ACTS OF KINDNESS

One thing that we have seen all over the world is that **kindness** is prevailing in uncertain times. People are coming together to sing on balconies in Italy, others are setting up groups to offer support to the elderly or vulnerable - like collecting groceries or calling them for a chat. We have heard stories of people having virtual movie nights and creating choreographed dances over video chat to share with the world.

COVID-19 isn't over (yet) so let us continue with these amazing acts of kindness by offering support, love, kindness and care to anyone who needs it - it doesn't have to be COVID-19 related.

LET'S BE A PART OF THIS!!



WHY IS THIS IMPORTANT?

- To show others that amid fear, there is also community, support and hope
- Helping others is good for our own mental health and well-being. It can help reduce stress and improve your emotional well-being. In short, doing good does you good.
- Acts of kindness make the world a better place.
- It may seem small to you, but to the person receiving the kindness, it may just be what they needed to get through something.
- It will help to try and see this as a different period of time in your life, and not necessarily a bad one, even though you didn't choose it.

THIS WILL BENEFIT EVERYONE!!!



KINDNESS FOR HUMANITARIAN DAY

LET US SHOW KINDNESS ON THIS WORLD
HUMANITARIAN DAY AND PAY TRIBUTE TO
THOSE WHO DO IT ON A DAILY BASIS!

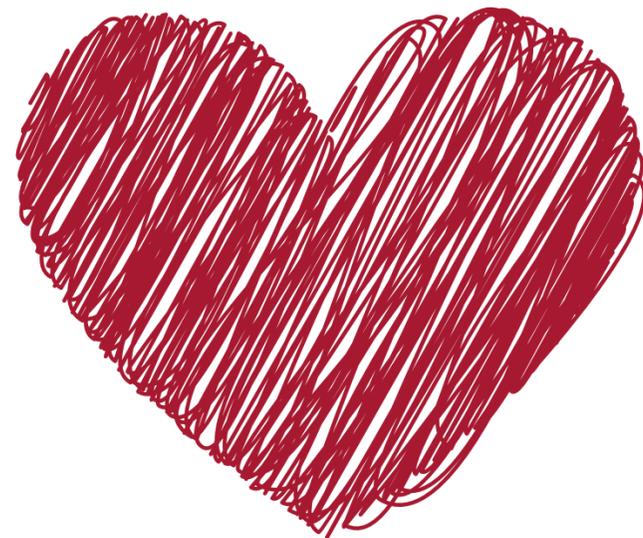
**BECAUSE AT THE UFS, WE CARE ABOUT
OTHERS & THEIR WELL-BEING!!**



PAY IT FORWARD

**HERE ARE A FEW IDEAS HOW YOU CAN SHOW
KINDNESS AND PAY IT FORWARD.**

REMEMBER IT DOESN'T HAVE TO BE SOMETHING BIG!!



PAY IT FORWARD

SEND SOMEONE YOU KNOW A CARING TEXT



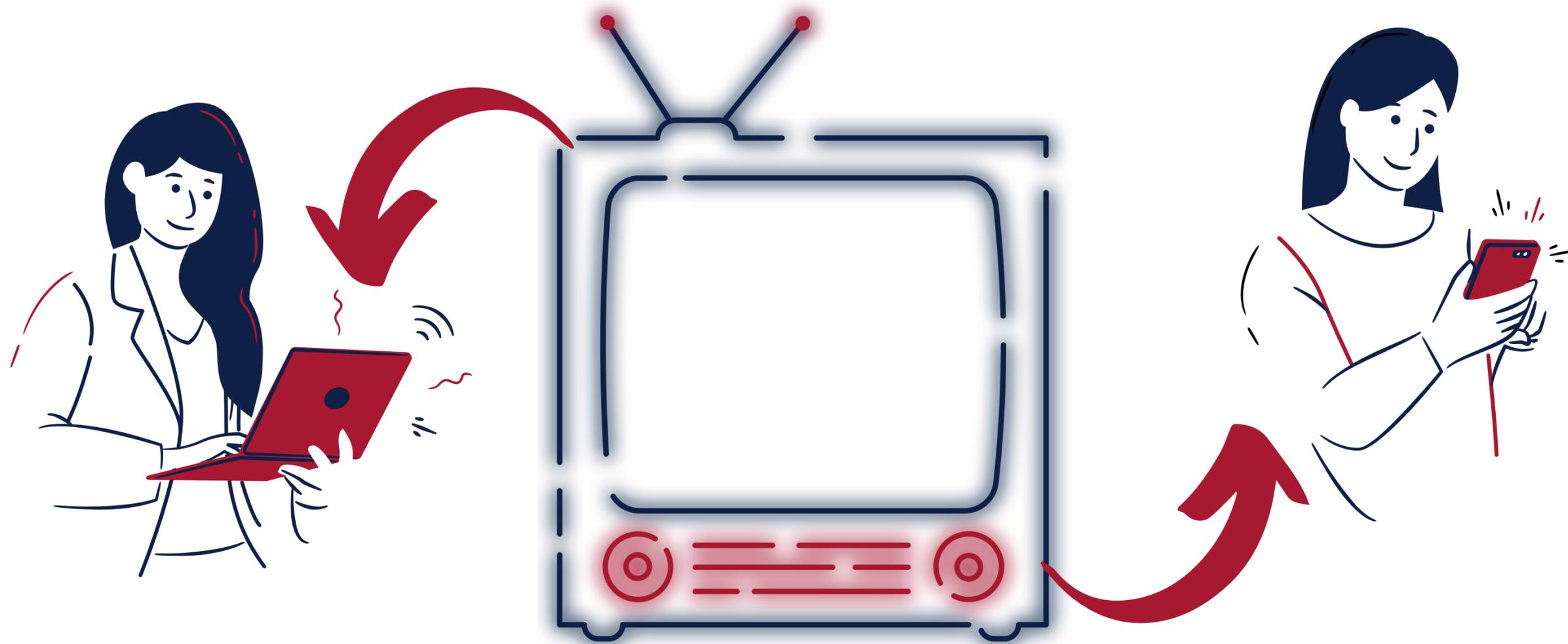
PAY IT FORWARD

SEND A MOTIVATIONAL TEXT TO
SOMEONE WHO IS STRUGGLING



PAY IT FORWARD

ARRANGE TO WATCH A FILM AT THE SAME
TIME AS A FRIEND AND VIDEO CALL



PAY IT FORWARD

REACH OUT AND CALL A FRIEND,
FAMILY MEMBER, OR NEIGHBOUR
WHO IS EXPERIENCING LONELINESS /
A CRISIS



PAY IT FORWARD

HELP WITH HOUSEHOLD / OTHER
CHORES TO GIVE SOMEONE SOME
MUCH NEEDED RELAXATION TIME



PAY IT FORWARD

- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Donate to a charity
- Lend your ear – call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague
- Send an inspirational story of kindness on what people around the world are doing for others to someone you know
- Offer to skill share with a friend or colleague - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway or a meal
- Make a cup of tea for someone you live with
- Arrange to have a cup of tea and a virtual catch up with someone you know

MORE IDEAS:

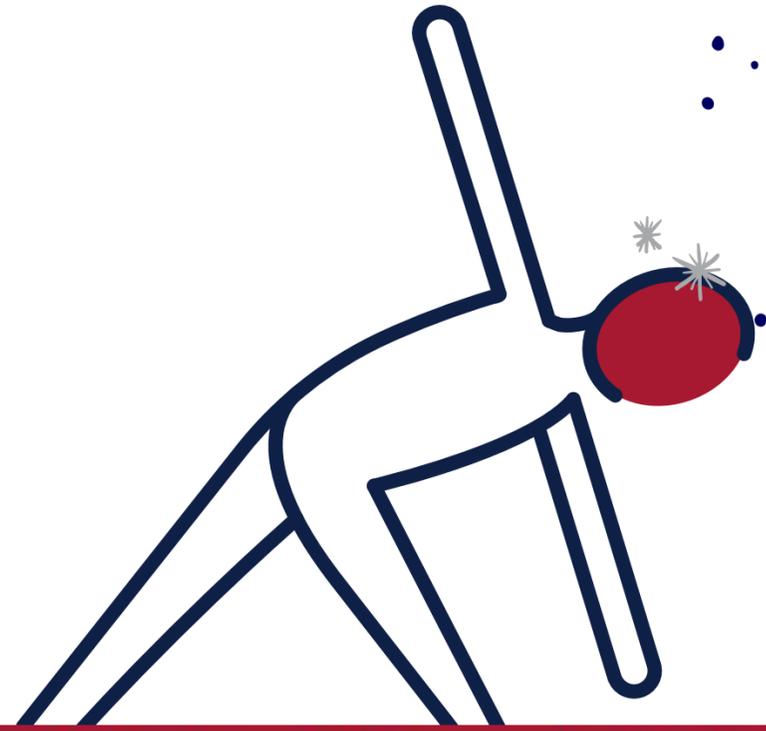


**WATCH ME!
PAY IT FORWARD**

https://www.youtube.com/watch?v=X3ld9_p2bS0

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THANK YOU!

**REMEMBER TO KEEP ON
PAYING IT FORWARD**

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