Virtual participation kit

Support mental health by taking part in our campaign on your social networks!

To participate, simply use our key messages and visuals to create your publications and share them on your digital platforms during the week of November 13 to 19, 2023.

Let your creativity flow by adjusting the messages and adding your own personal touch.

Don't forget to follow our various social media channels to follow the progress of the campaign.

PRACTICE KINDNESS

Key message #1 - What is kindness?

Kindness is a word we say, a gesture we make, a behavior we engage in, to take care of others (or ourselves), motivated by a warm and genuine feeling. By understanding others' emotions and choosing to act with kindness, we can create strong bonds with others and contribute to a world where every person feels understood and valued. #PracticeKindness

Key message #2 - The practice of kindness

It may seem normal to be kind. But sometimes we just don't have the time or energy. So, as with good habits (eating well, being physically active), we can practice kondness to maximize the results on ours and other people's mental health. #PracticeKindness

PRACTICE KINDNESS

Key message #3 - Why kindness ?

Several studies on the effect of kindness on mental health show that performing multiple acts of kindness over the course of a day can significantly increase happiness levels, as well as reduce stress for those involved in the interaction. Let's get started ?
#PracticeKindness

Key message #4 - Learn more about kindness

Need a reading suggestion, or to fight the urge to drop by the bookstore and pick up a new book? Check out this list created by Bibliothèques de Montréal, featuring a selection of books on kindness and its benefits for mental health. It's a great way to rethink your practice of kindness and take some time to relax.
Happy reading !
#PracticeKindness

PRACTICE KINDNESS