

Inspire  

# The Digital Act of Kindness



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Have you ever had a friend pick you up from the airport in the middle of rush-hour traffic? Have you ever received a handwritten letter of gratitude or a note just checking in? Have you ever had a coworker give you a simple, friendly smile that you didn't know you needed?

If you answered yes to any of these questions, you know firsthand that a random act of kindness — whether big or small — has the potential to make your day, regardless of the mood you were in before.

**“ Positivity is contagious, and trust me, you will feel it on the sender side, too. ”**

Despite this knowledge, we often forget to share these small acts of kindness with our closest loved ones. So, today, let's challenge each other to spread the love and kindness around us with our friends and family. With technology on our side, we can even reach those who may be physically distant.

Lately, I have been using my phone in the form of unexpected digital connection: Venmo gifts. I have been surprising friends with money for a rental movie after I know they have had a long day, coworkers with money for lattes when I know they are bogged down with deadlines, and family with money for their favorite takeout meal after we have been sad about missing each other. It's a sweet, unexpected surprise that lets your loved ones know you are thinking about them.

## Triggering Happiness and Comfort

And while coffee or a movie won't replace in-person connection or solve a potentially bad day, the random gifts can perk up your loved one and foster feelings of gratitude, which can turn a mood around. Plus, random Venmo gifts unattached to major holidays or birthdays offer an element of surprise, which has been linked in various studies to the release of dopamine, which triggers pleasure, excitement, happiness, and comfort. So, digitally surprise away, and get the good feelings flowing!

While you are making your loved one's day, your impact might reach further than expected. Kindness breeds kindness, and the Venmo gift may have a chain effect. Your coworker might feel inspired to treat their friends to a gift, your friend might feel compelled to send a special something to their family, and your family might feel encouraged to surprise their neighbors. Positivity is contagious, and trust me, you will feel it on the sender side, too.