

1 Put time aside to connect with family and friends – check your phone less when you do!

2 Listen to what other people have to say without judging or offering your opinion

3 Send a text to a friend or colleague that you haven't seen for a while

4 Talk to your neighbours, ask them how they are and really listen to their answer

5 Try making small talk with shop assistants, the postie, or delivery drivers – you'll make their day too

5 ways to give & show kindness

