

FRIDAY, MARCH 8, 2024

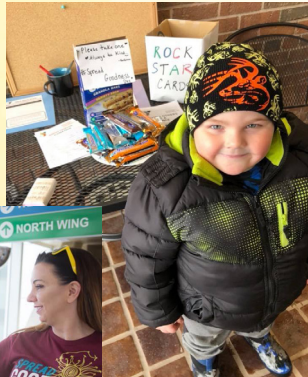


Spread Goodness Day

EST 2017

MAKING THE FUTURE SO BRIGHT, YOU'RE GONNA NEED SHADES!

say thanks



gifts

treats



flowers

surprises



Celebrated annually on the 2nd Friday of March, this event is to inspire a global day of explosive goodness! We want to encourage individuals, schools & organizations to spread goodness together. To show the epic power that one act of goodness, multiplied by hundreds, thousands, and maybe millions of people, has to change the world in just one day.

WHAT TO DO FOR SPREAD GOODNESS DAY

Wear yellow, throw on some shades and do something good! To whoever you want, however you want and to whatever extreme you want. Celebrate goodness in your unique, do-gooder ways. Volunteer, buy a coffee, donate a car, surprise a friend with flowers, put \$5 on someone's car, give someone a candy. Anything good goes!

THE EFFECT OF ACTS OF KINDNESS

Did you know that performing acts of kindness, or even just witnessing kindness, creates Oxytocin, which reduces blood pressure and makes you feel more loving and loved? It also reduces stress, anxiety and depression. Add some Serotonin, which helps heal your wounds and throw in some good ol' Endorphins to reduce pain. **Spreading goodness literally provides healing, happiness & love to you and those around you.**

learn more!

ANNA DRAVLAND, FOUNDER

Discover Anna's story, learn more about Spread Goodness Day:

www.spreadgoodnessday.com

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