

## Simple Acts of Kindness Can Make a World of Difference

SEPTEMBER 24, 2019

Winston & Strawn's partnership with [Born This Way Foundation's](#) "21 Days to Be Kind" Challenge reminded firm members around the globe about the importance of daily acts of kindness for the mental well-being of us all. Performing simple acts of kindness has been shown to boost reported levels of happiness, self-worth, and calmness while decreasing symptoms of depression.

As part of the firm's Year of Mental Health, Winston encouraged all firm members to pledge their participation in #BeKind21 from September 1 to 21 – and beyond – and provided each with an Acts of Kindness postcard to use during and after the campaign. The challenge is inspired by the idea that habits are formed by repeating an activity for 21 consecutive days.

New York Office Managing Partner [Jonathan Birenbaum](#) kicked things off in the firm's [public announcement](#) about this partnership, stating that: "Cultivating a culture of mutual respect and appreciation among colleagues is a core value of our law firm, and we are thrilled to support Born This Way Foundation's '21 Days to Be Kind Challenge' as part of our 2019 Year of Mental Health initiative, a collaboration of our Winston Wellness, Winston University, and Coaching & Well-Being programs."

London Office Managing Partner [Peter Crowther](#) accepted the #BeKind21 challenge and registered with the international bone marrow database so that one day he could be a donor to someone in need.

As she does each year, Talent Acquisition Assistant [Karishma Awasthi](#) marked her birthday with a food drive, distributing 30 meals, along with socks and hygiene products, to homeless individuals in Chicago. Members of our talent team shared other acts of kindness in the spirit of giving and sustainability, [donating to the Red Cross for hurricane Dorian relief](#), [offsetting their carbon footprint](#), and [picking up plastic pollution](#).

Regional Director of Administration [Lisa Neitzel](#) said, "A small act of kindness might not change the world, but it can make a world of difference for that person. It also makes a tremendous difference to our own sense of well-being and mental health. Doing a kind act for others tells our psyche that we ARE enough and that we have the capacity for kindness within ourselves to give to others. Practicing the power of kindness, positivity, and empathy enriches our lives far beyond the act itself."

2 Min Read

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