



International Kindness Reset presents:  
**Mindfully Kind: A Kindness Pocket Guide for Care Providers**

### Executive Summary

Like the ripple effect a rock has when it enters a calm body of water, our *Mindfully Kind: A Pocket Guide for Care Providers* will engage the hearts and minds of care providers that will revolutionize care organizations. Some experts predict the need for care providers in the United States will outpace our capacity to recruit, train, and retain them by 2025. Finding quality care providers with emotional intelligence, agency, and efficacy is extraordinarily challenging, and something we believe is, in part, solvable.

#### Personal Wellness:

Raising the emotional intelligence of care providers begins with supporting them with their personal wellness journey. “Mindfully Kind” blends activities that focus on the care providers’ individual and collective emotional well-being with those that are focused on patients, clients, and/or families all through the lens of kindness.

1. **Self-Paced and Self-Directed:** The learning is a twelve-week interactive and hands-on experience that care providers gain when they have opportunities. This model is harmonious with the need to elevate the well-being of the care provider, first, putting them in charge of their learning direction and pace.
2. **Mindful Reflection:** Each of the six kindness areas of concentration ends with prompts that elicit mindful thinking and reflection. Care providers are encouraged to draw and/or write about how these activities shape their feelings, thoughts, and actions. Reflecting after doing something kind helps the brain to connect the positive feelings with the actions, a significant step in turning learning into a habit.

#### Outcomes:

1. **Retention:** Supporting wellness and expanding one’s emotional intelligence, agency, and efficacy in the role of a care provider is essential to having a positive impact on the people they serve while preserving the likelihood they will stay in the profession.
2. **Community:** The hands-on learning activities transform the culture into a place where everyone, regardless of position in the care facility, feels valued, cared for, and deeply connected to everyone else. Organizations that implement the guide become models of care, prioritizing holistic well-being and celebrating every individual's inherent dignity and worth.

#### A Unique, Tangible Tool

Unlike digital resources that require screen time, “Mindfully Kind” is a tangible guide encouraging serene and mindful reflection. A convenient passport size allows it to be taken anywhere, whether in a pocket or on a clipboard.

Transform your team with “Mindfully Kind” and watch your organization become a beacon of kindness, compassion, empathy, and care.