



DAILY DIGNITY TIPS FOR FEBRUARY 2026

- 1st **Say Hello** - Saying hello to those you meet or interact with can make all the difference. Remember for some people you may be the only person they have the chance to speak to all day.
- 2nd **Be Flexible** - Life is full of challenges and just because the day isn't going to plan, doesn't mean that you can't still work with respect, kindness and compassion.
- 3rd **Listen** - Make sure you really listen to what people are saying to you, not just the words, but the feelings being expressed as well
- 4th **Be Kind** - Remember it's the small things that often make the difference; people remember when you are kind, respectful and courteous, dignity does not have to be about the big gestures.
- 5th **Be a Role Model** - Inspire and encourage others to be compassionate and respectful. Being a Dignity Champion is about showing the way and demonstrating what is good practice
- 6th **Be Patient** - Take time, get the full story, don't jump to conclusions, and assume you know what someone is trying to say, before they have finished telling you their story.
- 7th **Smile** - Smiles and kind words are more contagious than the common cold and have positive impacts on everyone involved.
- 8th **Say Thank You** - and mean it. If someone has made a positive difference to your day let them know. Real gratitude is a small gift that has a major impact.
- 9th **Talk to Someone New** - Have a conversation with someone you wouldn't normally spend time with, be that a colleague, a service user or a neighbour.



10th **Ask** - if you are not sure - Remember you don't have to know everything and it's ok to ask when you are not sure. It's better to admit that you don't know than pretend you do know and get it wrong.

11th **Be Respectful** - When you communicate, it's not just what you say but the way that you say it. People will know if you are not being sincere and treating them with dignity. They will remember how you made them feel.

12th **Hear Other Points of View** - Remember everyone has a point of view and each one has merit. Listen and share so that you can achieve consensus.

13th **Be Inclusive** - in what you do, this means engaging with the person, not the labels they might carry with them, or other people have given them.

14th **Learn From Mistakes** - Everyone makes mistakes the trick is to learn from them and not repeat them. Mistakes can be through lack of thought, knowledge, or misunderstandings, but should be through lack of time. Don't hide your mistakes or criticise others for making mistakes, learn together.

15th. **Be Considerate** - Always be considerate of others' thoughts and feelings. Engage your brain before opening your mouth. Don't forget that a word in haste can change the relationship between people in ways that are not easy to repair.

16th **Find Out How People Want To Be Treated**, - don't assume that because it's ok with you it's ok with them. Take the time to ask and explore their wishes so that you can get it right. This is the practice of real respect.

17th **Seek Understanding** - If you don't understand say so, it is much better to not fully understand, than fully misunderstand.



18th **Lend a Hand**, or at the very least offer and mean it. Recognise that some people find it hard to accept help, but that doesn't mean that we shouldn't offer, but be sensitive to people's perceptions of why you might be doing that. No one should feel you are offering help because you feel that you are better than them.

19th **Make a Difference**, get caught going the extra mile, or taking the extra step.

20th **Celebrate Difference** - Remember differences are what makes the world an exciting and interesting place, they are only barriers if we allow them to be.

21st **Celebrate What You Do**, - you may think that it is nothing out of the ordinary and the right thing to do, but others may not have found that path as yet, and be utterly blown away by what you have achieved. By celebrating and sharing our achievements, we enable others to learn and grow, as well as highlighting the amazing things that we do every day.

22nd **Value People As Individuals**, - remember being fair isn't necessarily treating everyone exactly the same, but it is about making sure that everyone has an equality of opportunity to achieve the same outcomes.

23rd. **Be Kind To Yourself**, - if you are feeling stressed, overwhelmed or generally burnt out, how can you offer anyone else support. Take time for you and be that five minutes relaxation, a pamper session, or just having a cup of tea and a break. Recognise when your health has to take priority so that you don't place others at risk.

24th **Encourage Others** - to share their ideas and skills, we can't all be good at everything, but everyone has a special talent or skill that can be shared. Valuing that skill or talent reinforces self esteem and promotes positive growth in the individual.



25th **Challenge** - situations that you are not comfortable with. It doesn't have to be confrontational but sometimes asking the why question can stimulate people's thinking and change behaviour. Seek advice from someone you trust if you are not sure about how you feel.

26th **Champion** - the individual's right to retain control about matters that affect them, and ensure that they have the information and support that enables them to make those decisions.

27th **Be Open** - to new ideas and new experiences, not just for yourself, but for those you support or work alongside. Find out if someone has a long held desire to do something and if it's possible then work with them to enable them to achieve their wish. The human brain thrives on new challenges and achievements, regardless of our age or indeed mental capacity.

28th **Reflect** - on what you have achieved this month, celebrate and plan how to maintain the incredible discoveries you have made.