

## Kindness

Kindness is *'the quality of being friendly, generous and considerate'*.

### **Why is kindness important?**

When we practice kindness, either to other people or towards ourselves we can experience positive mental and physical changes through lowering stress levels and increasing the body's production of feel-good hormones such as dopamine, oxytocin and serotonin. Being kind helps boost the immune system, reduce blood pressure and reduce stress and anxiety.

The great thing is that it isn't difficult to be kind. As the Dalai Lama said, 'Be kind whenever possible. It is always possible'.

Showing kindness to others does not have to mean doing something big or life changing. Often it is the smallest acts of kindness that can have the most impact. A moment of support in a time of need, a quiet word of encouragement, a helping hand to carry a heavy load, or just a smile that says 'I see you' can make a world of difference.

Being kind to yourself is not just a nice idea; it is an essential form of self-care and a vital foundation for sustained kindness to others. Remember those aircraft safety briefings that stress the importance of putting on your own oxygen mask before helping others?

### **Resources:**

*Make kindness the norm*

*Exploring Kindness*

*Kindness Health Facts*

*Social Distancing Random Acts of Kindness*

### **What is kindness and how can you teach it?**

<https://inspirekindness.com/blog/kindness-101>

### **The importance of kindness**

<https://www.myfoothold.org/blog/the-importance-of-kindness/>

### **Be kind to yourself and others**

<https://www.calmmoment.com/wellbeing/being-kind-to-yourself-and-others-can-improve-your-mental-health/>