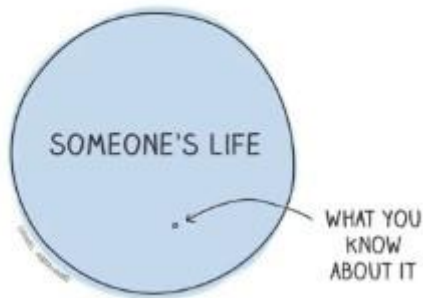


The Importance of Kindness

WHY YOU SHOULD BE KIND TO PEOPLE



ACTS OF KINDNESS AND MENTAL HEALTH

- #1 Can reduce our own stress, improve wellbeing, and help us live longer.
- #2 Creates a sense of belonging and reduces isolation.
- #3 Make us feel grateful, empathetic, and compassionate.
- #4 Lifts the spirit of others.

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KINDNESS AND ITS POWER TO IMPROVE MENTAL HEALTH & WELLBEING

ACTS OF KINDNESS IN THE PAST ACTS OF KINDNESS IN OTHERS

GLUE THAT HELDS US TOGETHER

THE SUNSHINE SHOWING KINDNESS IS GOOD FOR US IF ACTING AS A PERSON WHO FEELS NEUTRAL, POSITIVE EMOTIONAL AND POSITIVE INTERESTS

THE RAIN STORM WHEN LIFE GETS TOUGH, KINDNESS CAN BE HARDER TO GIVE AND TO RECEIVE

THE RAINBOWS BEING KIND TO OURSELVES AND HAVING SELF-COMPASSION CAN HELP US MANAGE STRESS, ANXIETY AND DEPRESSION

IN THE MIDDLE OF A STORM WE CAN CREATE MORE RAINBOWS USING MINDFUL SELF-COMPASSION

COMPASSION IS THE BRIDGE THAT WE GET WHEN WE BRING THE MARCH OF KINDNESS TO A STORMY SITUATION

MINDFULNESS CONNECT TO YOUR BODY, NOTICE HOW YOU FEEL, HERE AND NOW

COMMON HUMANITY ANY EMOTIONS WE ARE FEELING, INCLUDING SUFFERING, IS PART OF BEING HUMAN

SELF-KINDNESS USING OUR OWN WORDS AND ACTIONS TO SOOTHE OURSELVES

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To kickstart December, this week's focus is going to be looking at kindness and the potential and power of its impact on mental health and well-being. (Classes who've expressed interest, are also going to be using Scandinavian elves with pupils, to help promote this important aspect of life for the next 12 days!)

So why kindness?



Well, kindness has the ability to unlock our shared humanity. Kindness strengthens relationships, develops a sense of community, and deepens solidarity. It is a cornerstone of our individual and collective mental health.

Wisdom from every culture across history recognises that kindness is something ALL human beings need to experience and practice to be fully alive.

Kindness and mental health

Kindness is defined by doing something towards others and can also include yourself, motivated by a genuine desire to make a positive difference. Kindness and our mental health are deeply connected.

Research shows that kindness is an antidote to isolation and create a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. It can actually lengthen your lifespan and promote physical health.

We can also show kindness to ourselves as this can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can improve feelings of confidence and optimism.

The thing about kindness is that it is an intrinsically risky endeavour.

We can risk looking foolish or be taken advantage of, which is why we sometimes retreat and back off.

To receive and give kindness is an act of courage and we need to support each other to be brave, be kind and harness the benefits for both giver and receiver.

In an era of a global pandemic, cost of living crisis, world uncertainty, amongst many other worrying things, we have a once in a generation opportunity for a reset and a rethink about what kind of society we want to help change and positively create. One that is in favour of good mental health for all of us, and especially for those most vulnerable.

If you haven't seen it, I highly recommend watching the film 'Pay It Forward' with Haley Joel Osment and Helen Hunt.

As we move into the month of December and nearing the festive period, let's make it more about ongoing 'community action' in little things everyday, from making someone a cup of tea, checking in on colleagues, offering a smile, joke or hug, just helping each other where we can. It's not just the big grand token gestures.

We know that one small act of kindness can make a big difference to someone, and in reality, it's often hard to commit to real life kind words and actions. It takes effort and being intentional.

So, let's inspire each other to try because as the saying goes, "it's better to give than to receive", while also extending some much-needed kindness to ourselves. 😊

#bekindtoyourmind #connection #compassion #bethedifference #sharedhumanity
#choosekind #wellbeingweds #presencenotjustpresents #mentalhealthmatters