

# Kindness



Kindness is defined as the act of being friendly, generous, and considerate. Random acts of kindness are both good for your mental and physical health. Hormones in our brain are released when we demonstrate acts of kindness, these hormones have effects on our mood, and our overall well-being.

***No act of kindness, no matter how small, is ever wasted. ~ Aesop***

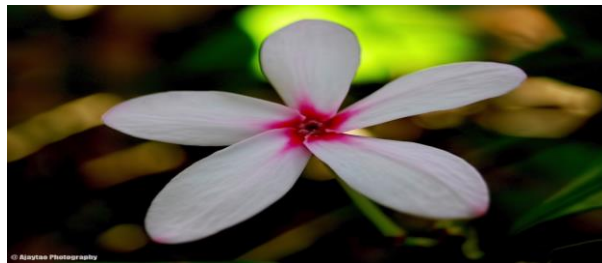


Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health! Here is a quick video on the science of kindness! <https://youtu.be/O9UByLyOjBM>



Kindness doesn't need to cost a lot of time or money. Small changes can make a big difference!

## The Kindness Challenge



Today why not carry out a random act of kindness for somebody or note a random act of kindness someone has done for you!

1. Call a friend you haven't spoken to for a while'
2. Make someone laugh
3. Bake a treat for a family member or friend
4. Get active with a friend
5. Help with a household chore
6. Tell someone you know you are thankful for them
7. Let someone go in front of you in the grocery store line
8. Smile and say hello to people you pass everyday
9. Send a funny joke to a friend
10. Write a note of appreciation