

Kindness

January Newsletter- Health and Mind Club

Kindness is one of the most beautiful and powerful forces for good that exists in the entire world. Kindness is all the different ways we express care, concern, and consideration for ourselves and those with whom we share the world.

In a world filled with struggle and pain, kindness exists as heartfelt words of encouragement, thoughtful gestures of affection, and compassionate acts of generosity that so many of us witness, perform, and receive as we move through life.

Kindness is a reminder of why we're here and how we can each use our lives to help others. It means being friendly, welcoming, and willing to help without wanting anything in return. When we are kind, we show people they are important and that we care about them.

Before we can be kind to anyone, we need to be kind to ourselves. Self-awareness, or noticing our own thoughts and emotions, is an important part of being kind to ourselves and others.

Impact of kindness on our wellbeing



I) Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, optimism and being in control of your own happiness. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.

II) Kindness has been proven to reduce stress and improve emotional as well as physical wellbeing. At the same time, spreading kindness offers us the opportunity to connect with others, building a stronger sense of community and unity with friends, family, neighbors and even strangers.



The science of kindness



When we experience kindness, a chemical called dopamine is released in our brains, elevating our mood. This is known as "Helper's High"; **Kindness helps us feel happier.**

The emotional warmth that commonly follows acts of kindness causes your body to release the hormone oxytocin. **Kindness is excellent for the heart** because oxytocin stimulates the release of nitric oxide, which dilates our blood vessels, lowers blood pressure, and protects our hearts.

We tend to like people who show us kindness. This is because compassion minimizes the emotional space between two individuals and makes us feel more 'connected'; **Kindness strengthens relationships.**

Kindness is contagious; Studies have shown that when we are kind, we encourage others to be kind. It creates a ripple effect that extends to our friends' friends' friends — an incredible three degrees of separation! This implies that when you show kindness to one person, up to 125 other people will also be positively affected by it!

Benefits of kindness

We've all been taught the golden mantra since we were little. "Be Kind to others!", "Treat others with kindness", and so on. It may seem insignificant in our eyes nowadays, but little did you know that kindness goes a long way in leading a fulfilling life.

Kindness is like a universal language. You don't need a dictionary or an interpreter to comprehend kindness deep from the heart. It only takes a random act of kindness to kindle that chain of good thoughts and good deeds throughout our social circles and in our community.

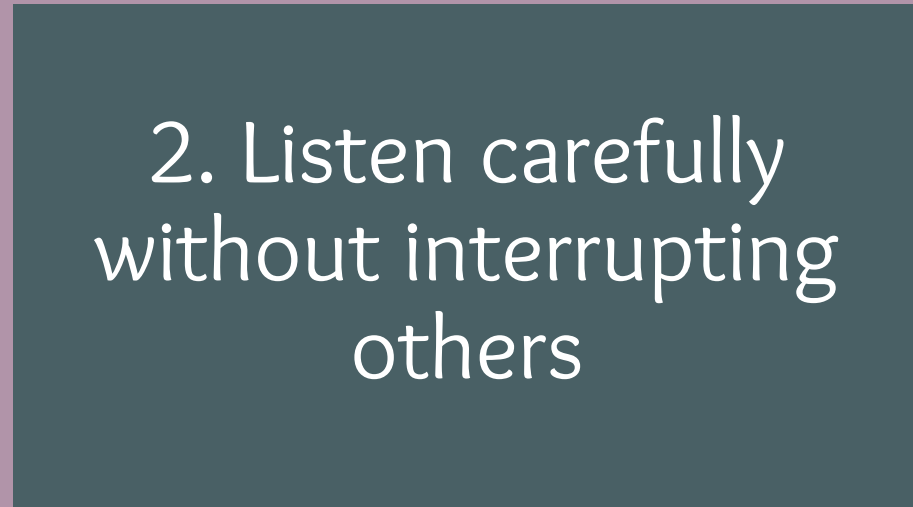
It may surprise you, but kindness forges the strongest of bonds between our loved ones, through time and tribulations. Kindness shows that we care about another individual, and validate their worth and that creates impeccable bonds that live on forever. It only takes a thought, a word, and a small deed to get this beautiful chain reaction of kindness going!

Ways to be kind

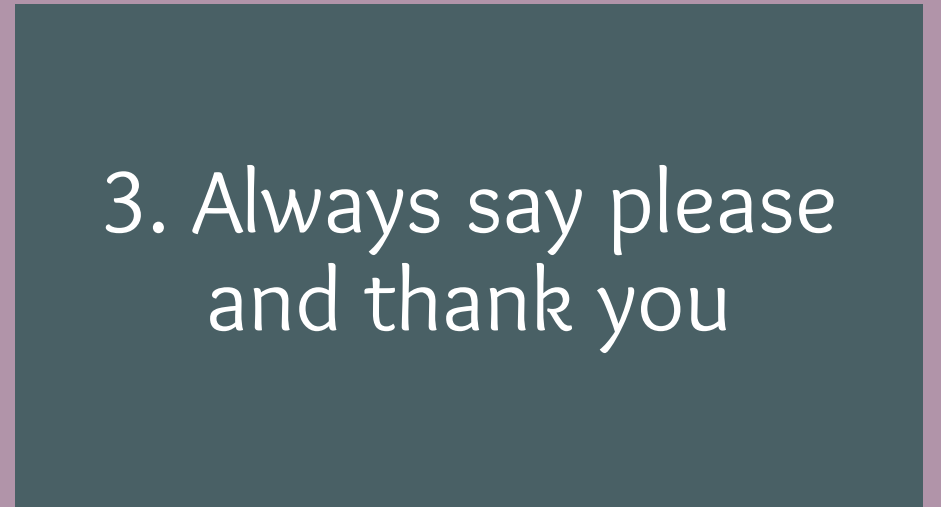
1. Offer a warm embrace



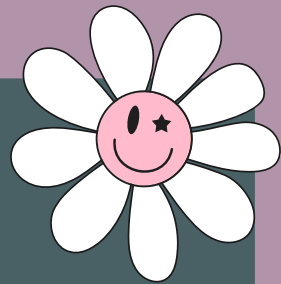
2. Listen carefully without interrupting others



3. Always say please and thank you



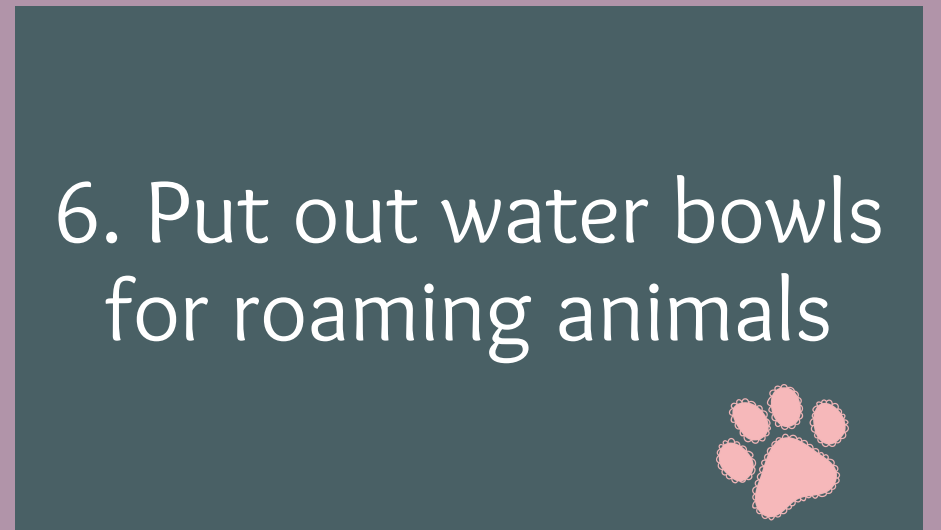
5. Smile Often



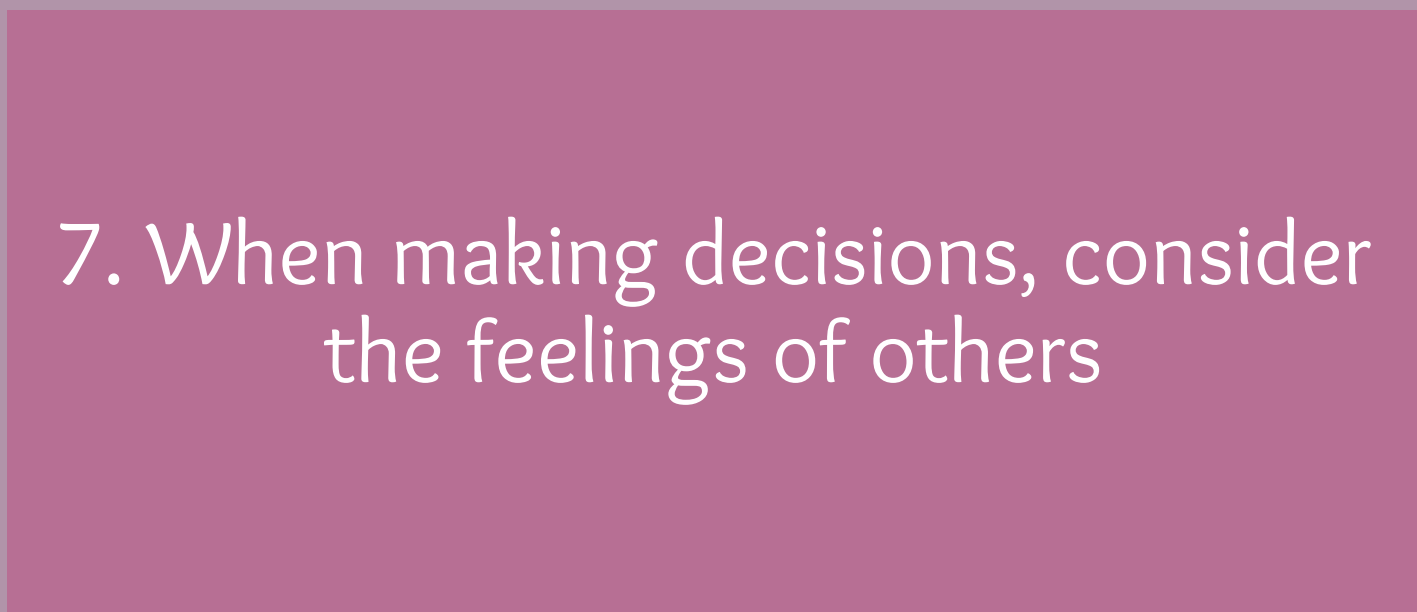
4. Give genuine compliments



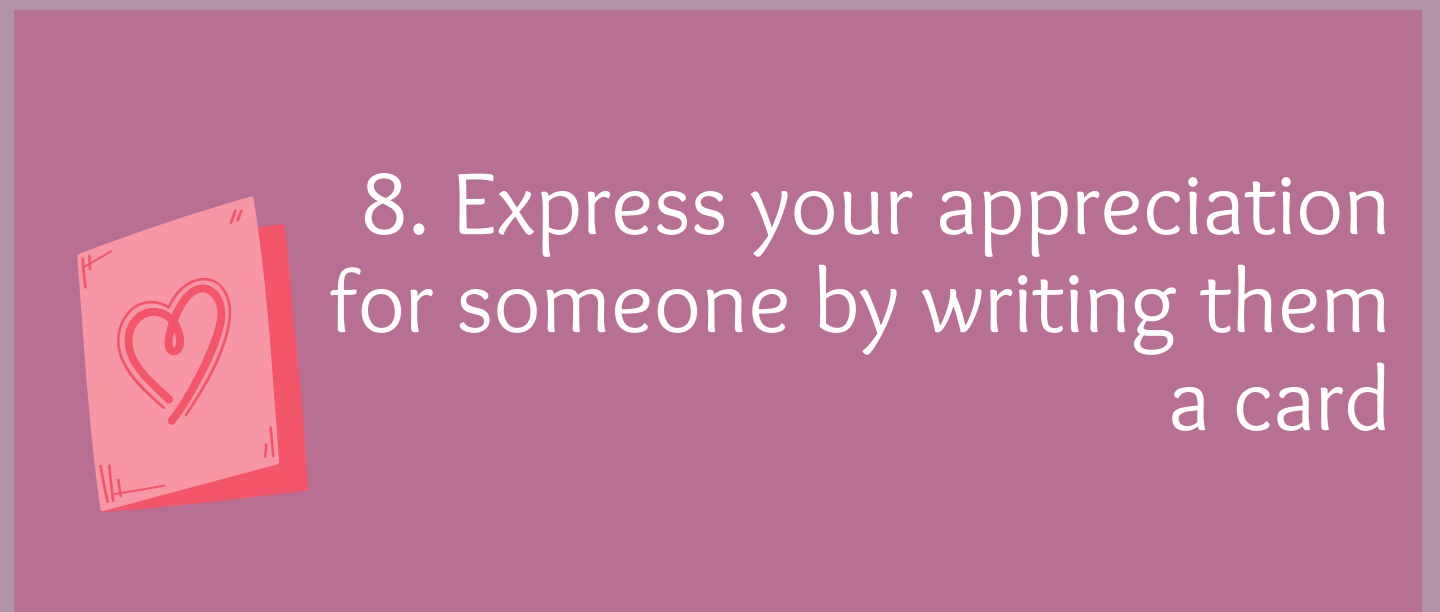
6. Put out water bowls for roaming animals



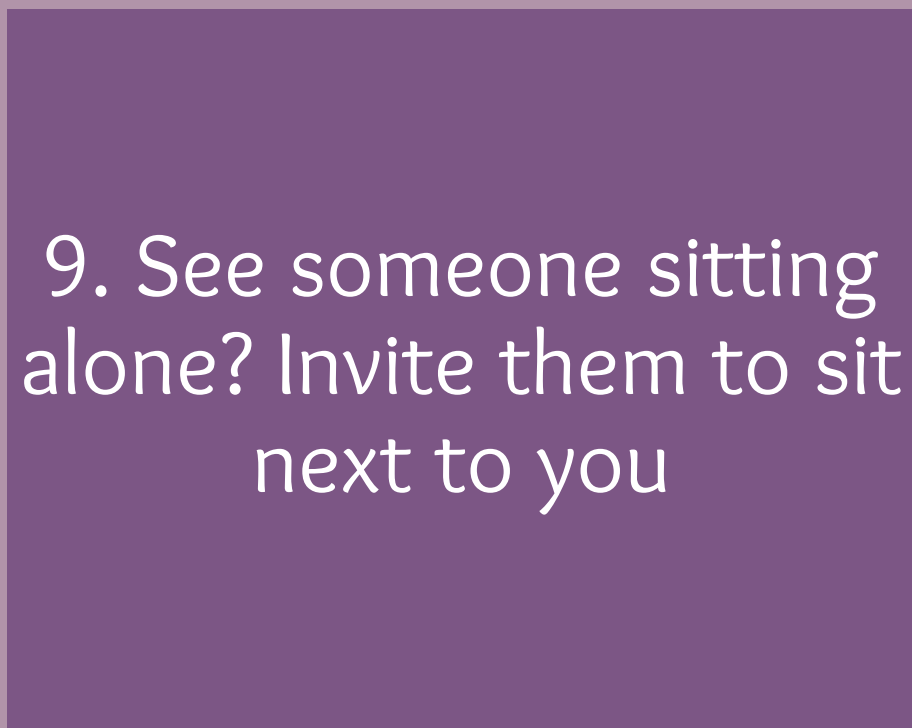
7. When making decisions, consider the feelings of others



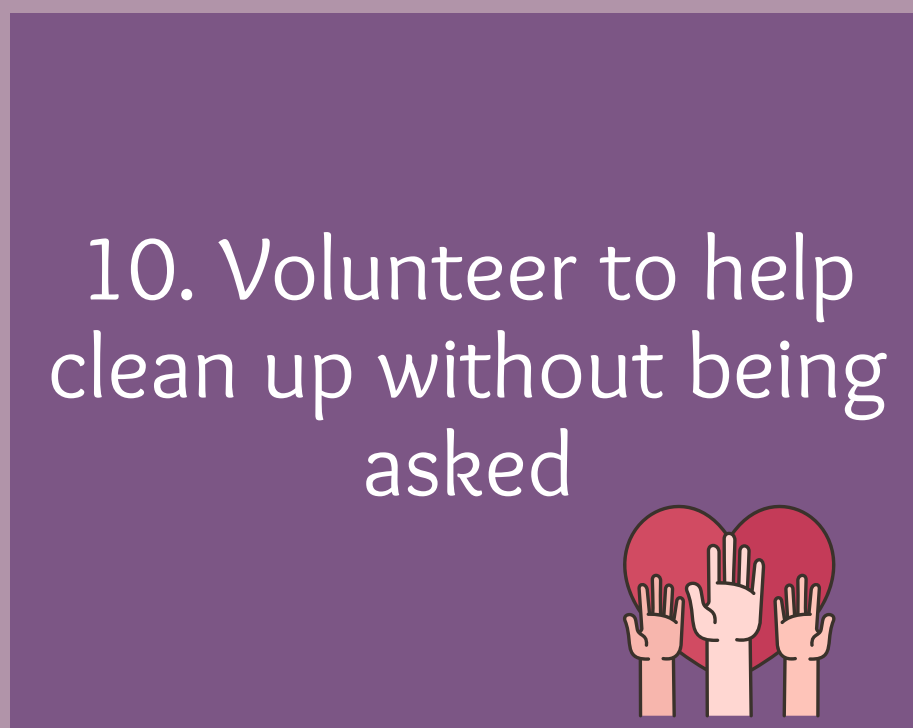
8. Express your appreciation for someone by writing them a card



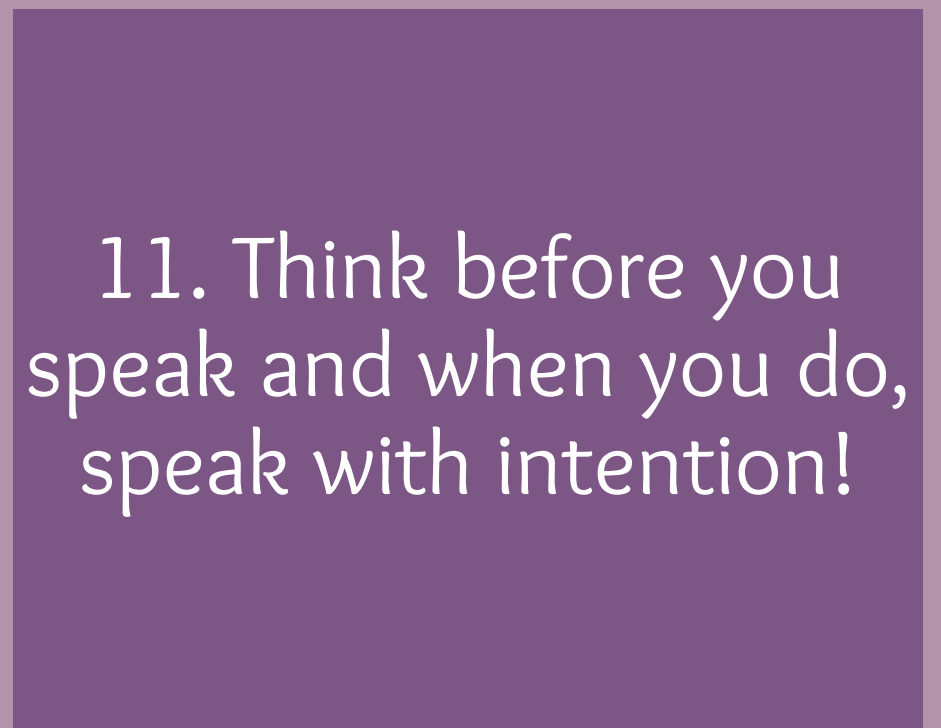
9. See someone sitting alone? Invite them to sit next to you



10. Volunteer to help clean up without being asked



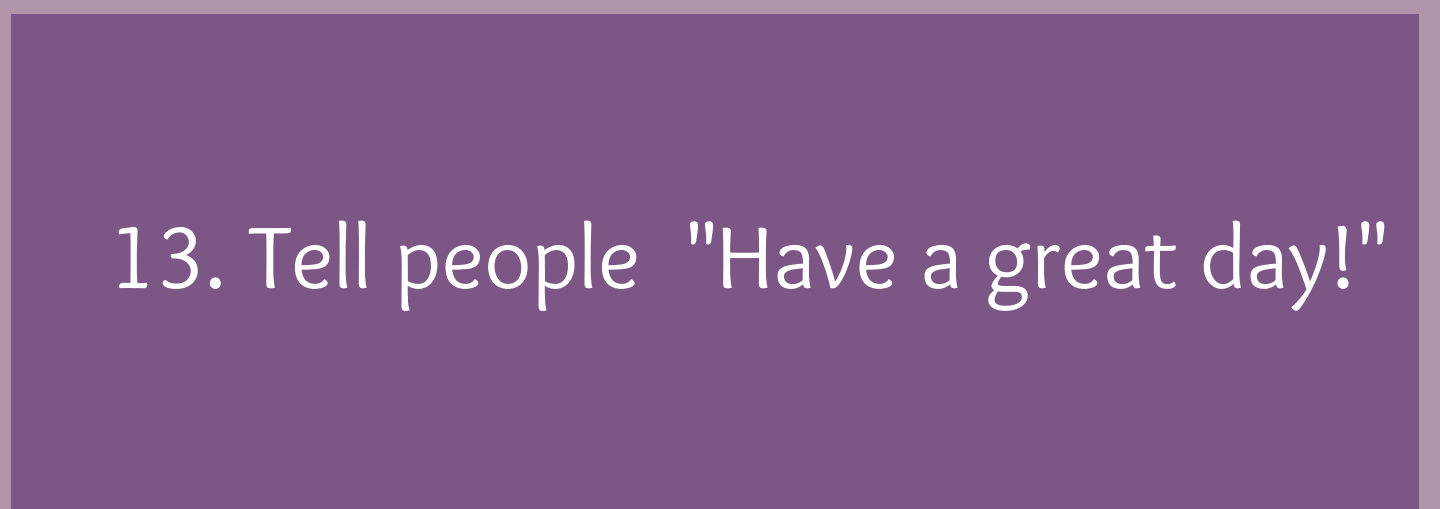
11. Think before you speak and when you do, speak with intention!



12. Dont Gossip

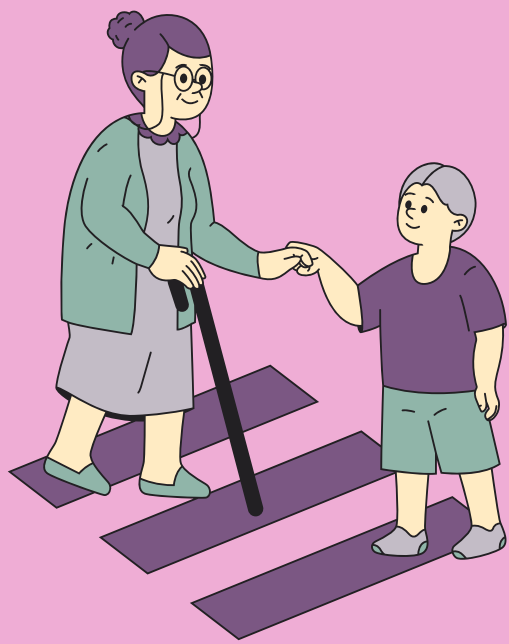


13. Tell people "Have a great day!"



JOURNAL PROMPTS

1) Describe the last time you did an act of kindness for someone



4) Even the smallest of efforts and help make a big difference. Describe an experience where the small details and acts by someone made you feel happy



3) Think of a movie or book that portrays kindness. What does this story teach people?



2) What is your perspective and definition of kindness?



5) Has your day ever changed with an act of kindness?



6) Come up with an equation for kindness by relating it with past experiences, define!



BACK TO BASICS

Seasonal Affective Disorder (SAD):

Seasonal Affective Disorder mostly affects people during the winter months and according to NHS England, symptoms of SAD can include:

- increased comfort cravings
- lethargy
- difficulty concentrating
- irritability
- persistent low mood



Symptoms and science-

- Researchers suspect that SAD occurs in the lack of sunlight during the winter months leading to a decrease in serotonin and increase in melatonin.
- Serotonin is a hormone which helps you stay awake during the day and melatonin helps you to fall asleep during the night. Increase in melatonin explains the occurrence of the SAD symptoms.
- It is important to remember that SAD is very different from clinical depression and if you suspect that you or a close one may be suffering from depression, it is crucial to seek help from professionals, misdiagnosing can lead to great consequences.
- While you are dealing with SAD, keep in mind certain key points to help prevent symptoms from getting worse.

Recovery and treatment-

- Spend time with people to help lift your mood, when presented with a task, work on splitting it into smaller portions, making it easier to manage.
- Focus on the positives and see the light in any situation. SAD typically affects more women than men and affect 25% of people suffering from bipolar disorder.
- According to Hopkins Medicine, this disorder may be diagnosed after a thorough consultation and medical background review.
- Treatments for SAD involve use of light therapy which is to spend time in a light filled area, stimulating exposure to sunlight.
- Therapy and in some cases, antidepressants are presented to overcome symptoms.

Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Plan some new acts of kindness to do in 2023

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbor and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Smile at Everyone :)



JANUARY KINDNESS
2023

Credits

What is the impact of kindness on our wellbeing (Alina Nissar)

Benefits of Kindness (Lishal Zacharias)

The science of kindness (Maryam Qavi)

Ways to be kind to others (Apoorva Sharma)

Journal Prompts (Alaina Nayak)

BACK TO BASICS (Shivangee Nair)

Design (Shriya & Andrea)