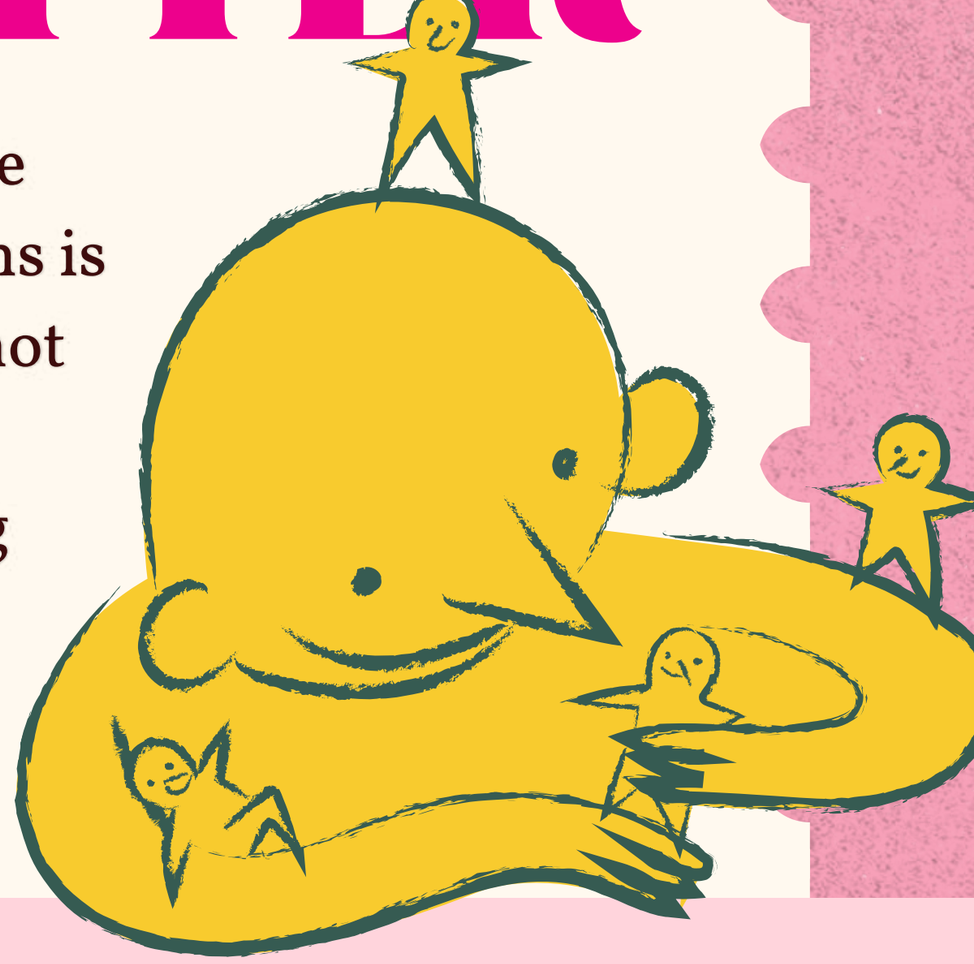
Health & Mind club

November NEWSLETTER

The month of November teaches us that the first step to making meaningful connections is kindness and understanding. Kindness is not only about being respectful or saying nice things; rather, it involves the act of making people feel appreciated and included. Kindness motivates us to take care of others through our actions.



Small acts of kindness, whether it is listening without judging or offering a helping hand, can affect more than just the recipient. But have you ever thought about how kindness affects us?



Kindness begins with the choices we make, while empathy helps us understand the feelings and experiences behind them. Together, they allow us to look beyond our own perspectives and recognise what others might be going through. **Sometimes, being kind means offering encouragement to someone who is struggling; other times, it simply means listening without rushing to give advice.**

In a world where everyone is dealing with challenges we may not see, these small gestures can make people feel heard, valued, and included. After all, **meaningful connections** are not built through grand gestures alone, but through the everyday moments in which we choose to understand and care for one another.

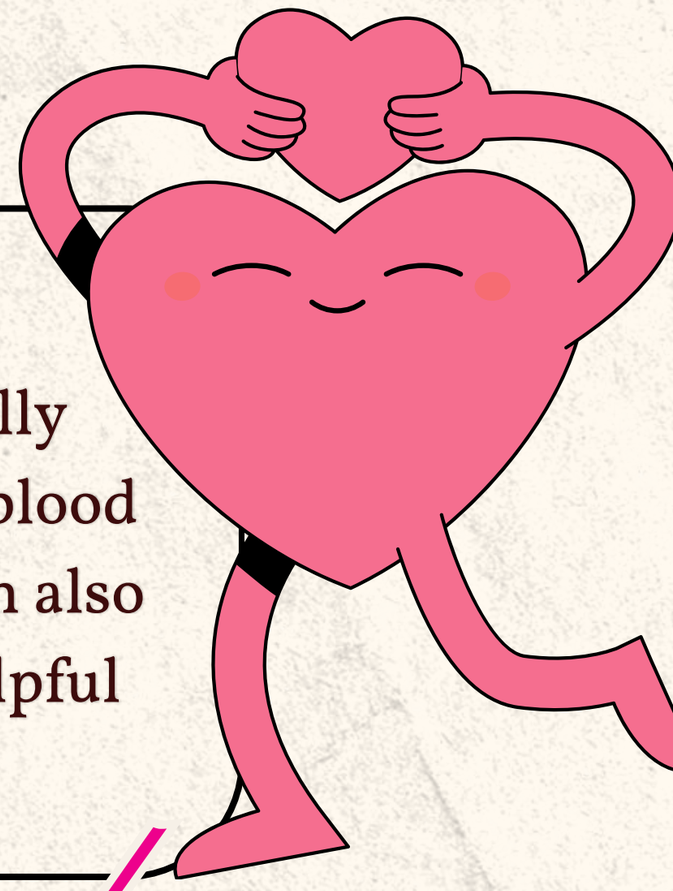


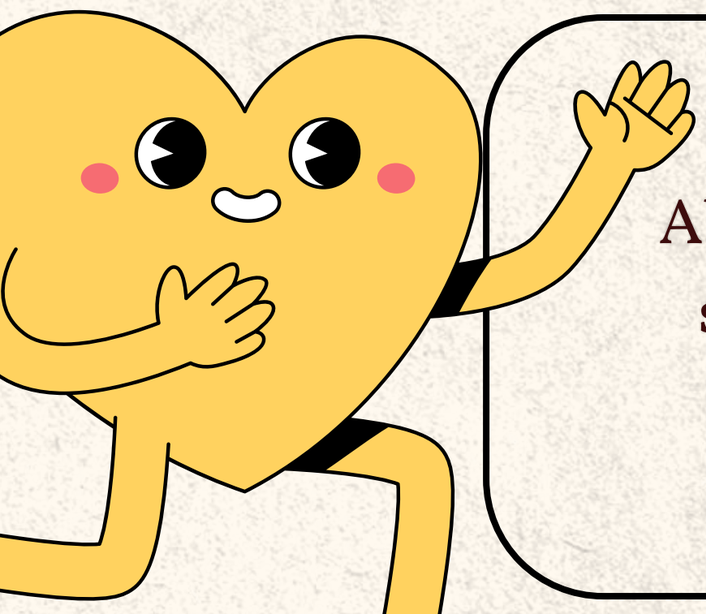
While kindness strengthens our emotional well-being, its effects extend beyond our feelings, influencing the way our brains respond. But what does science reveal about the connection between kindness and our overall well-being?

- From releasing feel-good hormones to enhancing our mood and strengthening our well-being, science shows us how even the smallest acts of kindness make a vital difference.

Kindness
generates the love hormone:

Witnessing acts of kindness produces oxytocin , occasionally referred to as the '**love hormone'** which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're anxious or shy in a social situation.



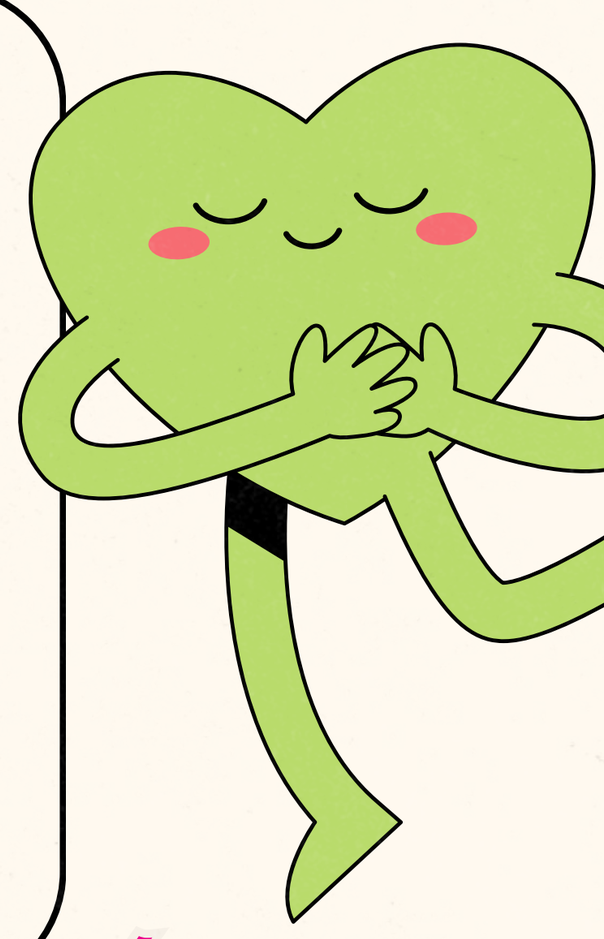


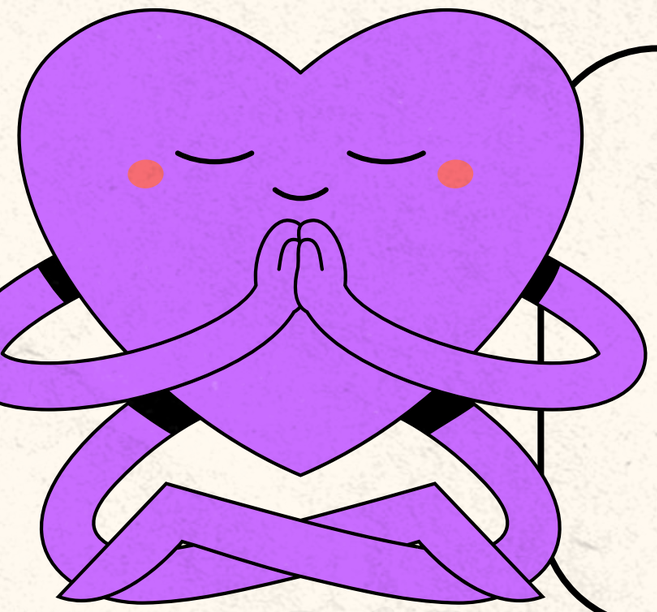
Kindness
boots energy:

About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with **increased feelings of self-worth**"

Kindness increases lifespan:

People who volunteer tend to experience fewer aches and pains. **Giving help to others protects overall health** twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church.



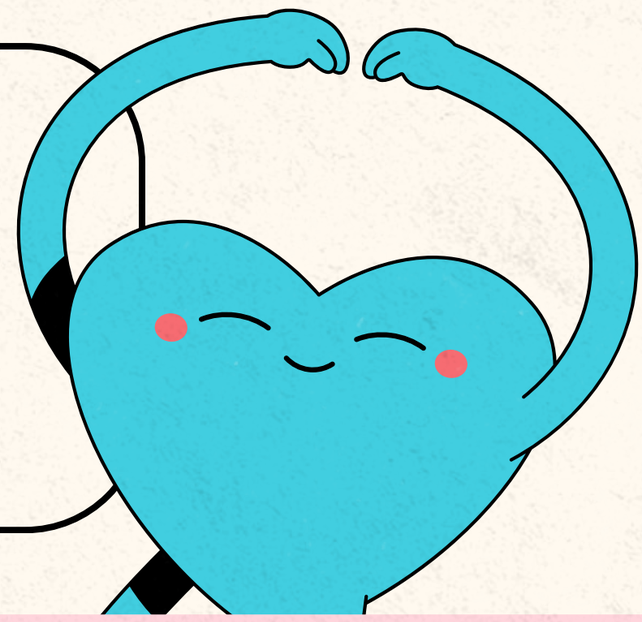


Kindness activates pleasure:

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "**helper's high.**"

Kindness produces Seratonin

Like most medical antidepressants, kindness stimulates the production of Serotonin. This **feel-good chemical** heals your wounds, calms you down, and makes you happy!



No act of kindness, no matter how small, is ever wasted." -- Aesop. One act of kindness brings out another, creating ripples that extend farther than we know

Kindness may seem like a small, personal choice, but its impact can extend far beyond the moment in which it happens. A single act can influence how another person feels, how they treat others, and even how people they have never met behave. Much like a pebble creating ripples across still water, **kindness can spread through individuals and communities in ways we may never fully see.** This is known as the ripple effect, and a growing body of research suggests that a single act of kindness can travel far beyond the person who receives it.

- The reason lies in how we learn. Humans are profoundly social creatures, and we constantly observe others and adjust our own conduct accordingly. In a 2014 study published in PLoS ONE, the sociologists Milena Tsvetkova and Michael Macy found that **people who witnessed or received generosity were more likely to behave generously themselves, even toward strangers.** Kindness, in other words, spreads through imitation and reciprocity, much as a habit or an idea might. Our actions can reach people far beyond our immediate circle of friends and family. Psychologist Jonathan Haidt also described moral elevation, the uplifting feeling we experience when we witness someone doing something good. **This feeling can inspire us to become more caring and helpful ourselves.**

- Ultimately, we may never know how far a single act of kindness will travel. Its impact does not depend on recognition, and its value does not end with the moment in which it happens. Like ripples spreading across water, our actions can reach further than our eyes can see. **We cannot control every ripple in the world, but we can choose the one we create.** So, the next time you have the chance to be kind, take it. A small act today could become the reason someone else chooses kindness tomorrow



Kindness starts with small acts that can improve someone's day. The following is are ways how you can be kind and show your care through small but valuable acts every day:

Show Your Smile: Just one smile may welcome and appreciate the other person and make their day better.

Help a Peer: Help anyone who finds difficulty in understanding a lesson or completing a task.



Thank Anyone: Thank anyone, from teachers to friends and school management.

Listen: When the other person wants to share their feelings with you, listen to them with empathy.

Be Resourceful: Be ready to help others with your resources like notes, stationery, etc. Encourage Others: Send some encouraging messages when anyone finds it difficult.



A FUN FACT FOR THE DAY!

Did you also know that kindness is teachable?

It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help.

Or that kindness is contagious?

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "**py it forward.**" This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

A little bit of kindness can make a huge difference in anyone's day and encourage them to show the same kindness towards others. **So in this month of November, let kindness become an ordinary thing**

Make kindness the norm at **YOUR SCHOOL**

30-DAY
Acts of Kindness Challenge

I AM ONE OF A kind

List all the things you are grateful for	Give 5 people a high five	Make a thank you note for someone special	Paint some rocks with messages of kindness to leave around	Tape a coin to a vending machine
Tell yourself you are kind, brave, smart, strong and loved in the mirror	Make a gift for someone you love	Tell someone how much they mean to you	Hold the door open for someone	Write a positive note with chalk on the footpath
Write a thoughtful card to someone you love	Leave a kind note in a letterbox of somebody you know	Help prepare breakfast, lunch or dinner	Donate some of your items to charity	Offer to do some extra chores
Give hugs to those you love	Help set or clear away the table for a meal	Go for a walk with an adult outside	Come up with your own way to be kind for the day	Be kind to nature, water a plant or plant a seed
List all the things you love about yourself	Hide kind notes around the house for a family member to find	Compliment someone	Encourage somebody by using positive words	Make someone a bookmark
Practise some mindfulness meditation	Pick up some rubbish outside	List all the things you love about your family	Start a conversation at dinner on the ways everyone can be kind for the next day	Create a kindness jar for home and record all the kindness you see others do

CREDITS:

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