Kindness

❤️ Strength of heart
What is kindness?

Actions or speech intended to help others
“Be kind whenever possible. It is always possible.”

— Dalai Lama
Why does kindness matter?

- Acting kindly toward others can change both how you are perceived and how you see yourself.
- Kindness strengthens social relationships.
- It shows that your choices have an impact and that you have valuable skills.
- In short, being kind to others is also being kind to yourself.
Pulse Check

How many of these things are true for you?

• I pay attention to what other people want or need to try to figure out how I can help.
• I go out of my way to do favors for others, speak up to support them, share what I have, or simply listen when they need a friend.
• I consciously make small sacrifices to be kind to others, like taking a few minutes to do an extra chore or listening to a story even if I’m not in the mood for it.
• I try to think about how much my actions mean to others instead of how much of a burden they are for me.