

# MAKING A DIFFERENCE TO SOMEONES DAY



People who are kind and compassionate see clear benefits to their wellbeing and happiness. They may even live longer. Kindness can also help reduce stress and improve our emotional wellbeing. We all have so much going on in our lives - including competing strains and stresses. This can see kindness pushed to one side, in favour of what is urgent or trending now.

It can be easy to signal kindness by posting online and following a trend, but harder to commit to kindness in our daily words and actions. Some of the simple ways to show kindness

**1. Listen and show interest** - By simply listening to someone and showing interest in the conversation, you can truly change someone's life. At the very least, you will show them that what they have to say matters. Allow them to speak fully, without interrupting, and give cues that you're listening.

**2. Show Compassion** - Likewise, showing compassion is a great act of kindness. You can do this by communicating how you understand and care for the recipient. Be vocal about your feelings

toward the subject, giving an emotional response to what they are telling you. By doing so, you're also validating their feelings which is an act of kindness greater than any.

**3. Give genuine compliments** - A key way to spread kindness is by giving compliments. By giving a simple compliment can help to improve someones day. If you are truly interested in being kind to others, give a genuine compliment.

**4. Offer help** - Another easy way to be kind, is to offer your help. By handling a difficult task or giving advice on a serious subject, you're easing the burden of another. By being a little creative with your thinking, you'll discover all sorts of ways you can help one another.

**5. Say thank you** - A single "thank you" can go a very long way and unfortunately, many people don't hear it often. You can return a kindness by just saying thank you. This is especially important when encountering people who are doing a service for you: nail techs, your waitress, health service workers', etc.

**6. Consider others' feelings when making decisions** - To consider another's feelings when making decisions is a very good deed. Not necessarily putting your needs or desires before your own, but it's nice to be considered when decisions are made. For example, if you're planning a family holiday - plan something specifically for the others who are attending.

**7. Give a handmade gift** - The most special gifts tend to be handmade ones. It's the simple thought that someone took the time out of their day to make something just for you that's so special. Consider making handmade gifts rather than buying something. This will make a world of a difference - especially around the holidays.

**8. Just smile** - This may sound like a task that is so simple, it couldn't possibly make a big difference. A smile shows you are kind and easily approachable. It's a win-win for everyone.

**9. Complete a task for someone** - Much like offering your help to someone, you can simply complete a task without asking or being asked to do so. This can be something as simple as cleaning up a mess someone else made or clearing the table for your waitress.

**10. Offering patience** - Patience doesn't come easy, especially in our fast-paced society. By simply being patient with an individual, you can make them feel more comfortable. When people are kind, it tends to be the act of kindness you remember.

## What are the benefits of showing kindness?

You may be wondering: What are the benefits of kindness and why should we be kind to others?

Psychologically, acts of kindness make us feel grateful, empathetic, and compassionate. These are positive feelings that give us a sense of belonging and community. Biologically, kindness releases chemicals like the "love hormone," oxytocin, which helps us form social bonds based on trust.

Sadly, in today's fast-paced world many of us are so busy trying to keep up that we lose sight of what's truly important. As we're looking down at our phones and browsing social media, we're walking by someone struggling to open the door, or the wallet that fell from someone's pocket a few feet ahead. Opportunities to be kind are all around us - and the smallest acts of kindness are often what make the biggest difference.

### Here are six science-backed benefits of practicing kindness:

- Increases happiness
- Boosts energy
- Reduces anxiety and depression
- Lowers blood pressure
- Reduces pain
- Promote longevity