

5 SIMPLE WAYS YOU CAN BE KIND

And Change Your View on Life

Performing small acts of kindness has a big effect on mental health - for both the person being kind and the recipient of the kindness.

Kindness can:

- Increase happiness, self-esteem and optimism
- Increase energy levels
- Help you to live longer
- Decrease physical pain, stress, anxiety, and depression



1. SEND AN ENCOURAGING MESSAGE

Receiving an encouraging message out of the blue can really lift someone's mood. If you know someone's having a hard time, send them a quick message to let them know you're thinking about them



2. LEAVE SOMETHING BEHIND



For example, brighten someone's day by leaving a few quarters behind when you finish your laundry at the laundromat.

3. BE KIND TO YOUR SERVER

When you go out to eat, be kind to your server, even if the service isn't the best. You never know what's happening in the server's life or at the restaurant.

4. HELP OUT AT HOME

If you don't usually do the dishes, imagine how happy and surprised your roommate or loved one will be if the dishes are all washed and put away when they get home.

5. COMPLIMENT SOMEONE

Compliments boost mood and self-esteem. Complimenting someone can really turn their day around.

