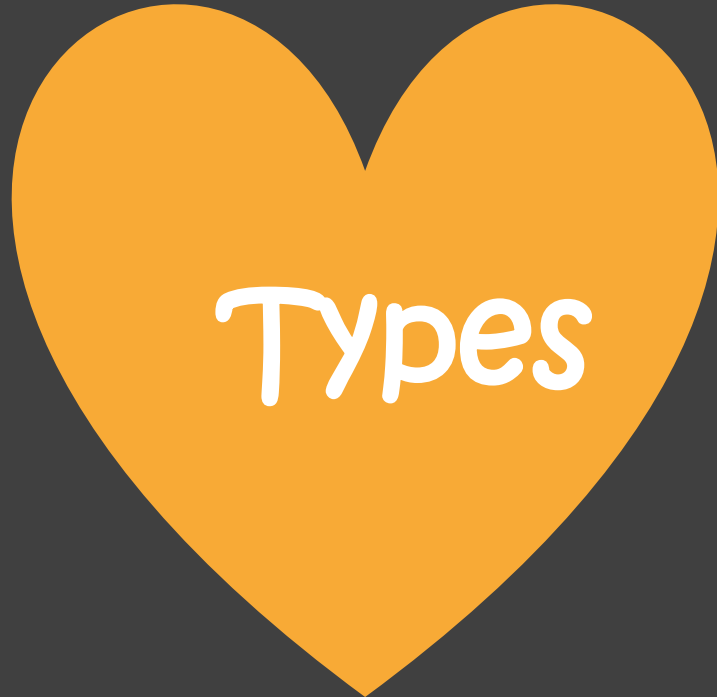


Kindness



Helen Walker
Andover and District Mencap

Kindness



The gift of time
Sharing positive energy
Thoughtful and meaningful words
Lending an ear
An impromptu gift
Acts of kindness
...and it doesn't have to cost

Why is it so important?

"We think too much and feel too little. More than machinery, we need humanity. More than cleverness we need kindness and gentleness."
Charlie Chaplin

Helen Walker
Andover and District Mencap

Kindness



According to the Mental Health Foundation:
Can improve feelings of confidence and optimism
Can help boost self esteem
Helps reduce stress, brings a fresh perspective and deepens connections
Antidote to isolation and creates a sense of belonging
Kindness is an act of courage
Improves wellbeing and happiness
Can help you live longer

How does it make you feel when you are kind to someone?

*"Be kind whenever possible. It is always possible."
Dalai Lama*

Helen Walker
Andover and District Mencap

Kindness



It's really good for your wellbeing
It makes you feel positive
It positively impacts on the lives of others and builds positive bonds
It's infectious
... and it's mainly free!

"The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty and truth."

Albert Einstein

Helen Walker
Andover and District Mencap

Kindness



Care
Understanding
Recognition
Empathy

Kindness is an
antidote to
suffering.

"No act of kindness, however small, is ever wasted."
Aesop

Helen Walker
Andover and District Mencap

Kindness



First things first...

Sponges get saturated!

Kindness to self plan:

Be ok with...

Don't feel bad about...

Time for you to...

Making it ok to ...

Making time for... (the little things make a big difference)

Don't forget that having fun is really good for you!

*"The best way to find yourself is to lose yourself in the service of others."
Mahatma Gandhi*

Helen Walker
Andover and District Mencap

Kindness



What's Important:

Making it a part of your daily routine – have your own Kindness Plan
Sharing – it's infectious and feels good
Practising it in different ways and with different people
Remembering that kindness is important to self and others
Remembering that kind acts must be motivated by genuine warm feelings

*"How do we change the world? One random act of kindness at a time."
Morgan Freeman*

Helen Walker
Andover and District Mencap

Kindness



Embed Kindness by:

Initiating a secret Kindness Team: 'the Kindness Team strikes again'
Include some fun kindness activities in your team briefs
Focus on the immediate and little things – don't let opportunities pass without recognition – daily routine rather than saving up for an occasion
Create a kindness checklist in your head: Have I... Has my team... Today I felt great because... Today I made someone else feel great because...
Initiating the one minute daily task (phone, email, say, share)

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart."

Helen Keller

Helen Walker
Andover and District Mencap

Kindness

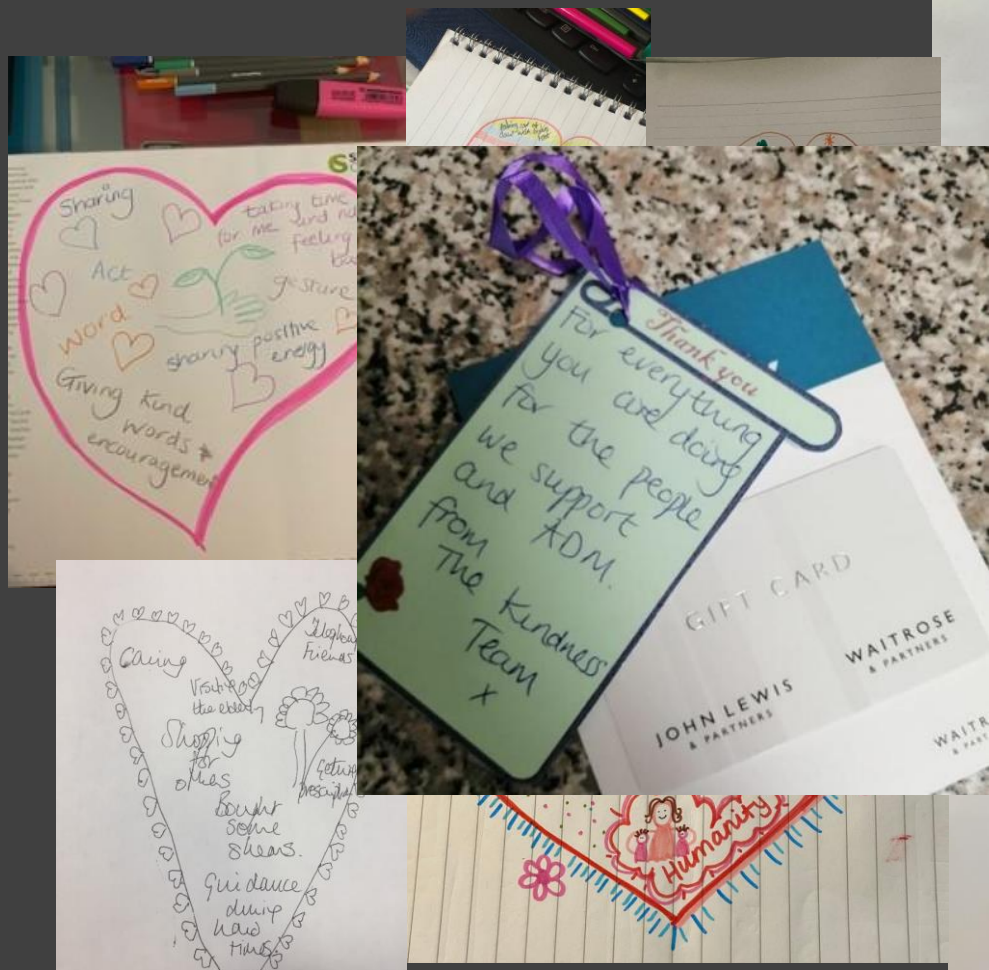


Using local businesses and supporting a local charity
Eating locally
Sharing your skills with someone
Trusting someone with an exciting task
Liking a local business on LinkedIn
Spending positive energy on someone who has had a bad day
Sending someone a message about the great work they are doing
Kick-starting someone's day with a kind word and ending it with a kind thought

"Don't judge each day by the harvest you reap, but by the seeds that you plant"
Robert Louis Stevenson

Helen Walker
Andover and District Mencap

Kindness

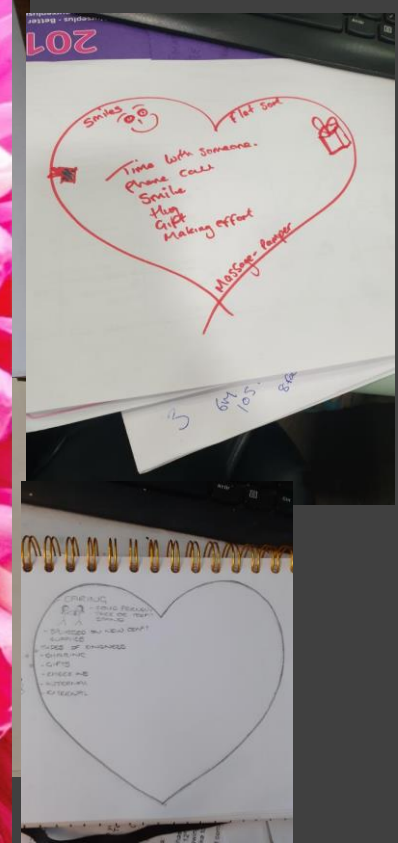


7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of our comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness

#WorldKindnessDay



“Unless someone like you cares a whole awful lot, nothing is going to get better, it’s not”
Dr Seuss

Helen Walker
Andover and District Mencap

Kindness



Counter the negative and uncertainty responses in the brain (fear) – kindness is contagious too!



Helen Walker
Andover and District Mencap

Kindness



Helen Walker
Andover and District Mencap