

Being Kind

These are 15 things you could do to use kindness as a strategy to become happier:

1. Clean up your neighborhood
2. Paint your neighbours house (ask them first if they would like that!)
3. Do volunteering work
4. Teach an analphabetic person to read
5. Cook for a busy family member
6. Spend time with an elderly person
7. Stand up for someone in public transport
8. Do a chore, even if it is not your task
9. Open the door for someone
10. Help someone carry heavy bags
11. Donate money, time or blood
12. Call a friend who is not feeling too well
13. Send postcards
14. Tutor someone
15. Give your mail-man/woman a thank you note

Being kind is not only good for the other, but also for yourself. By being kind, you see yourself and the other in a more positive light. It strengthens feelings of connectedness and solidarity. You learn to see yourself as an altruistic and generous person. You learn new skills and get more control over your life. It makes you feel like your life has meaning. When you are kind to people, they become kinder to others, which leads to a ripple effect. So, enough reasons to be kinder!