# PROMOTING KINDNESS

Kindness is behavior identified by acts of generosity, consideration, or concern for others. Being kind not only brightens someone else’s day but also brings a sense of fulfillment and joy to the one practicing it.

It is cool to be kind. Kindness:
- Reduces your stress
- Enhances emotional wellbeing
- Spreads optimism
- Boosts confidence and self-esteem
- Reduces your stress
- Enhances emotional wellbeing

## Ways to add a little kindness to the world:

1. **Focus on the Small Stuff**
   Stuff you can do and things you can control. The little things add up.

2. **In Your Circle**
   - Text or call a friend who you haven’t connected with in a while.
   - Tell your family and friends how much you love and appreciate them.
   - Offer to help someone else.

3. **In Your Classroom**
   - Have a conversation with a classmate you don’t normally talk to.
   - Give kudos and praise to someone else.
   - Grab coffee with someone and listen to how they are doing.

4. **On Social**
   - Write something nice or encouraging to someone else.
   - Thank about what you share or comment and how it could negatively impact someone.

5. **Be Kind to Yourself**
   - Do something you enjoy and that makes you smile
   - Spend time in nature
   - Take time to check in with yourself. Notice how you are feeling and reflect on all you have accomplished this semester (little things count!).