



GIFT OF KINDNESS

Maya Angelou said "I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." In the month of December, people often give gifts during the holidays. Why not try giving the the gift of kindness? It doesn't cost anything and anyone can do it.

What is Kindness?

Kindness is free

Kindness is defined as an act of generosity that is given without expecting anything in return.



Benefits of Kindness

Being kind to others is good for the receivers but did you know it is also good for the givers too? Simple acts of kindness can improve your self-esteem, your mood, as well as lower your blood pressure, stress and anxiety levels by increasing your body's feel good chemicals.



Some Ideas for Spreading Kindness

IT TAKES COURAGE TO BE KIND.

- Smile at every person that you see.
- Give someone a meaningful compliment
- Be present and really listen to someone without any distractions.
- Open the door for someone
- Call someone you haven't talked to in a while and ask them how they are doing.
- Give someone an unexpected compliment
- Bake/ Make/Create something for someone and deliver it to them.



Some Ideas to Teach Your Child about Kindness



- **Encourage empathy**- Talk about other people's feelings and how their actions can affect them in both good and bad ways.
- **Praise**- If you notice your child doing something nice, let them know you appreciate it. This may encourage them to do it again.
- **Set an example**- Children watch you for cues on how to behave. If you are showing kindness to others it is likely that they will too.
- **Actions**- If you bake/make/creating something have your children join you. This can help them to learn how to show kindness.

be kind to yourself

Ways to Show Self Kindness



- Find time just for you. You can't help others if you have nothing in your tank.
- Forgive yourself, accept yourself and tell yourself "I am enough".
- Stop trying to be perfect. Give yourself permission to be human. It is ok to make mistakes.
- Don't be afraid to ask for what you need and be able to accept help when it is offered.

Keep in mind that kindness is contagious. When you are kind to another person they are more likely to be pleasant in return.

If you have any questions or would like to discuss this further please contact

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