Take Care of YOU

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Kindness is a Habit Worth Spreading

November 13 is World Kindness Day, a day to elevate the benefits of being kind to others and highlight the positive impact acts of kindness can have on individuals, communities, and our world as a whole.

Being kind to others is more than a moral or ethical principle; there is transformative power in intentional benevolence. Engaging in acts of kindness leads to an increased overall well-being, a healthier mindset and emotional balance, and lower stress levels. It can reduce symptoms of depression and anxiety. It can also help redirect focus away from personal distress and boost feelings of belonging and self-worth. Knowing that you have made a positive difference in someone else's life is particularly effective in promoting meaningful social connections. It has even been linked to a healthier cardiovascular system, a reduced risk of stress-related illnesses, a more resilient immune system, and a decrease in pain due to the release of endorphins and other feel-good hormones.

Kindness is contagious! When you show kindness to someone else, particularly when it is unexpected or feels unwarranted, it inspires generosity in others, creating a chain of positivity and compassion throughout society.

Kindness is more than a one-day celebration; it is a daily practice that we can instill in ourselves and those around us. Whether it's expressing gratitude, giving a genuine compliment, offering support to someone in need, smiling at a stranger, or lending a listening ear, each act of kindness contributes to a more harmonious and interconnected world. So join us in celebrating World Kindness—on November 13 and every day—and consider how you can incorporate more acts of kindness into your daily live. Together let's make kindness the norm!

Want to share acts of kindness you have either given or received? Email us your experiences or ideas to communications@hopealaska.org.

A Short List of Random Acts of Kindness

- Send someone a thank you note
- Celebrate someone's accomplishment
- Pay for a stranger's coffee or meal
- Place encouraging notes in public places
- Give an unexpected gift
- Help an elderly neighbor with snow removal, chores, or errands
- Leave a thank you note in the mailbox for the postal worker
- Share uplifting content and comments on social media
- Send a card to someone serving in the military
- Leave an extra big tip
- Surprise a friend with dinner
- Donate warm clothes, blankets, or your time to a homeless shelter
- Babysit for a single parent for free