Kindness

♥ **Strength of heart**

What is kindness?

Actions or speech intended
to help others

"Be kind whenever possible.
It is always possible."

— Dalai Lama

Why does kindness matter?

- Acting kindly toward others can change both how you are perceived and how you see yourself.
- Kindness strengthens social relationships.
- It shows that your choices have an impact and that you have valuable skills.
- In short, being kind to others is *also* being kind to yourself.

Pulse Check

How many of these things are true for you?

- I pay attention to what other people want or need to try to figure out how I can help.
- I go out of my way to do favors for others, speak up to support them, share what I have, or simply listen when they need a friend.
- I consciously make small sacrifices to be kind to others, like taking a few minutes to do an extra chore or listening to a story even if I'm not in the mood for it.
- I try to think about how much my actions mean to others instead of how much of a burden they are for me.