

Acts of

Acts of Kindness:

Random Acts of Kindness helps us build our own self esteem. There's widespread thought that you can't love others until you love yourself. In the Book The Pilgrim's Progress author John Bunyon writes that you haven't lived today until you've done something for someone who can never repay you. Research actually shows that you get repaid. But it's not in the way you may think. It's not in a 1 to 1, moment to moment, reciprocal arrangement.



MS/SLP, CDP, CADDCT
CDCM, CMDCP

The psychological benefits you receive by doing something kind for someone else has tremendous benefits for the person who does the giving. there are 2 studies cited in this book. In one study researchers asked people to perform random acts of kindness for other people for up to 4 weeks. They could have been simple Acts of Kindness for a stranger, for example, giving someone an umbrella in the rain, or holding a door open for someone or buying someone a little gift. Researchers measured how the people who participated felt at the beginning and end of the study. They found that those people who performed random acts of kindness achieved higher psychological scores than those who didn't perform the acts of kindness. The conclusion was that the acts of kindness led people to have more positive emotions.

In another study people were given either \$5 or \$20 and instructed to spend it either on themselves or others by 5 PM that day. In the evening, researchers telephoned the people who participated. They found that people who spent the money on other people, whether it was buying them a little gift or donating to charity, were happier than the people who spent the money on themselves.

A 2018 article in Psychology Today reported on an interesting study that was done in Spain. In this study people were either asked to count the number of Acts of Kindness they received from coworkers or to perform Acts of Kindness for their coworkers. The people who received Acts of Kindness became happier because they understood the value of the benevolence they received. However, those who gave the acts of kindness, not only showed a similar trend towards increased happiness, but also had an increase in both life and job satisfaction and a decrease in depression. Furthermore, the people who received the acts of kindness went on to spontaneously pay it forward and do random Acts of Kindness for their other coworkers. This bears out the fact that being the bestower of Acts of Kindness helps you feel better about yourself.

Savoring

Finding Your
Inner Smile

Mindful
Eating

Progressive
Relaxation

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Exercise:

Consider doing any or all these random Acts of Kindness. Choose as many or as few as you'd like.

Do one/day or a few/day. See how you feel afterwards.

- Smile at someone random. At a bus stop. The person who from whom you buy coffee or tea, a random.

I always say smiling is the least expensive accessory and goes with any outfit. I actually participated as an author in Ken Rochon's Keep Smiling Movement intended to spread one million smiles around the world. If you'd like you can check out my Keep Smiling Book at:

- Hold a door open for someone
- Give someone an honest compliment
- Thank someone who you appreciate
- Be a good listener
- Offer to help someone carry a package
- Ask someone, anywhere, who's doing someone for you, who's serving you in some way, how they are feeling, how their day is going. It could be someone at the grocery store or someone at the post office
- Treat someone to a cup of coffee or cup of tea

These are small Acts of Kindness, I'm sure you can think of others, and others much larger. But, whether big or small, Acts of Kindness can help you feel better about yourself, extends kindness to the next person and that can extend to many.