

**Nuggets of Information**

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**WOVEN Monthly Meeting 2-7-22**

The world may be a confusing place, but there are some things we can all agree on. One of those is that it’s always nice to be kind to others. Being intentional about demonstrating compassion towards others has the potential to improve your life as well as bring happiness to others.

**Being Kind Takes Courage**

Some people consider being kind to be a sign of weakness. However, being nice requires bravery. You must put yourself out there, be vulnerable, and have a humble spirit since you can’t predict how the other person will respond.

**The Kindness Gratitude**

[Gratitude](https://lorigeurin.com/20-easy-ways-to-express-gratitude/) is a form of kindness. Courage is required to be compassionate, and many people are unwilling to venture out of their comfort zones on a personal development journey. Putting others ahead of oneself might be difficult at times. It’s quite difficult at times. However, it is also gratifying in ways that we may not anticipate until much later.

### Why Is Kindness Important?

### **Anyone** can learn how to be kind, and the benefits are amazing! Whether you believe that **kindness makes the world go round** or not, it’s simply good for you.

## **Simple Ways to Be Kind to Others**

1. Be a [good listener](https://www.huffpost.com/entry/habits-of-good-listeners_n_5668590). Listen more than you talk.
2. Smile more. Smiling is contagious and can brighten someone else’s day.
3. Don’t interrupt people when they are talking.
4. Be patient.
5. Use a kind, gentle voice when speaking to your loved ones.
6. Clean up without being asked to help.
7. Don’t confront your loved one in front of other people. If you need to discuss an issue, then do it in private.
8. Forgive them when they mess up. Nobody’s perfect.
9. Give warm bear hugs (assuming the person you’re hugging is good with hugs).
10. Leave a sticky note with a word of encouragement where your loved one will find it.
11. Be trustworthy and keep a confidence.
12. Make a favorite meal or take them out to eat.
13. Share a funny video.
14. Make them breakfast in bed.
15. [Express gratitude](https://lorigeurin.com/20-easy-ways-to-express-gratitude/)about something specific you appreciate about them.
16. Ask for forgiveness when you don’t show up well.
17. Take them to the doctor if they’re sick. Make them hot tea and show that you care.
18. Let them [sleep](https://lorigeurin.com/quick-tips-to-help-you-sleep-better-tonight/) in.
19. Be there for them when they’re sad and let them cry on your shoulder.
20. Respect their personal boundaries.
21. Share a good book.
22. Give a genuine compliment.
23. Take them out for dinner and a movie.
24. If they’ve been isolated indoors, ask if they’d like to go for a drive or on a walk.
25. Believe the best about them. Give them the benefit of the doubt.

### How can I be kind every day?

Be kind every day by always looking for opportunities to do something helpful or thoughtful for someone else!

### How can I improve my kindness?

It’s easy to improve your kindness. Do your best to be thoughtful and considerate, don’t say mean things about other people, and think of every little thing you can do for others.

### How do I start being kind to myself?

It’s important to be kind to yourself to set a good example for others. You can start by not putting yourself down or punishing yourself when you make mistakes. No matter what, be patient with your progress and know that changing your outlook will change your future.

### Why is it so hard to be kind to myself?

Self-compassion can be difficult to practice. People may not be gentle with themselves because they think it won’t make a difference or they’re afraid of being vulnerable. Avoiding self-compassion is one of the many techniques we use to shield ourselves from suffering.

### How is kindness contagious?

Kindness is contagious in many ways. People like to be around people who are kind to them and feel comfortable around the person. Kindness can also make people more inclined to do good things for other people, if they know your kind.

### How does kindness get passed on?

When one person makes someone else’s day by being kind, the other person may feel inspired to do something nice for someone else too. It starts with just one small act of kindness and grows from there.

### Why is kindness so powerful?

The beauty of kindness is that it may be expressed in a variety of ways and impact many people. One person may try to show kindness by doing something nice for someone else. Someone can also show their kindness by trying to be a good friend or listener. Being kind is not always about giving physical things, but also being there for people at their lowest points.