

BE KIND

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- By Victoria, Maryam and Swati

In a world that can sometimes feel overwhelming, there's one thing that stands out and makes a big difference - kindness. Join us as we explore the power of being kind in our daily lives.

OUR PERSONAL DEFINITIONS OF KINDNESS

Victoria – “Kindness is the gentle strength that connects hearts, brightens days, and reminds us of the beauty in lifting others with care and compassion.”

Maryam – “I see kindness as something we should revolve our lives around. something we should aim for. It's a gift we give not just to others but also to ourselves.”

Swati – “For me kindness is a way of living, and I believe that it takes a very strong-minded person to be kind. It's easy to be rude and disrespectful to someone but it's not everyone's cup of tea to have a positive mindset and impart the same to others!”

HOW KINDNESS IMPACTS OUR WELLBEING?

Did you know that kindness is not just a feel-good concept, but it also has scientifically proven benefits?

Acts of kindness release feel-good hormones like:

1. **Oxytocin** –
Often referred to as the "love hormone", they help to strengthen our social bonds, lower blood pressure, and improve heart health. So, by being kind, you're not just spreading love; you're giving your cardiovascular system a boost!
2. **Endorphins** –
They are our body's natural painkillers. These neurochemicals create a positive feeling, acting as natural mood lifters. Imagine the joy and satisfaction that come from helping others – that's the endorphins at work, making you feel happier and more content.

Beyond the biological aspects, kindness has a ripple effect on our mental and emotional states.

Engaging in acts of kindness fosters a sense of connection and community, reducing feelings of loneliness and enhancing our overall sense of belonging. This social connection is vital for maintaining good mental health and combating stress and anxiety.

Moreover, practicing kindness isn't just about benefiting others; it's an investment in your own happiness and wellbeing. When you make kindness a part of your lifestyle, you create a positive feedback loop that enhances your overall quality of life.

USING KINDNESS AS A POWER TOOL

Kindness is a beacon of hope in a chaotic and demanding world. This tool can transform lives, relationships, and even entire communities.

Peer Relationships -

Being kind to others is not just about being polite; it is about recognizing that everyone around us is fighting their own battle. We create a ripple effect when we extend a helping hand or lend a listening ear.

Support and Advocacy -

Kindness is not passive; it is an active force. When we advocate for our peers, we amplify their voices. Whether standing up against discrimination, supporting mental health initiatives, or championing inclusivity, our kindness catalyzes positive change. We can create a more compassionate campus environment by understanding that everyone struggles.

Life in College -

College life can be overwhelming - assignments, deadlines, and social pressures abound. However, kindness provides a lifeline. We show empathy when someone misses home or faces personal challenges. Kindness reminds us that we are part of a supportive community, not alone in this journey.

PRACTICAL TIPS FOR A KINDER WORLD

Bringing more kindness into your life doesn't have to be complicated. Here are some practical tips on how to incorporate acts of kindness into your daily routine as a college student.

1. **Be Kind to Yourself** –
You might be familiar with the phrase “Kindness begins at home”. Well, that is so true! When you treat yourself with kindness, it becomes easier to extend the same to others.

2. **Make Small Gesture** –

You don't need grand gestures to make a difference. You can show kindness by simply smiling at another student, by offering a genuine compliment or you can make a thoughtful gesture by holding the door open for someone.

3. **Listen Actively** –

Take the time to truly listen to others. It shows respect and understanding. Often, people just want to be heard, and your attentive listening can be a powerful act of kindness.

4. **Spread Positivity Online** –

Social media is a big part of everyone's life and so it is important for you to be kind while using it. You can do it by being mindful of your online interactions, sharing positive content, and by not engaging yourself in spreading negativity.

5. **Offer Help to Those in Need** –

If you see someone struggling with a task, offer your assistance. Acts of service, no matter how small, contribute to a culture of mutual support and kindness.

6. **Celebrate the Differences** –

Being Seneca students, we are taught to embrace diversity and celebrate differences. It is a great way of implementing kindness as it shows that we accept and respect people for who they are, irrespective of their background, beliefs, or identity.

SMALL ACTS, BIG IMPACT

Being kind is a choice that you make every day. However, one small act of kindness can make a big impact on your well-being. It makes you happy and gives you the power to make the world around you a better place!

The content was adapted from the following resources:

- [Inspire Kindness](#)
- [Mayo Clinic](#)
- [PsychologyToday](#)
- [Cedars Sinai](#)



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