

culture of kindness

The wonderful thing about kindness – the act of being nice and offering your best to another – is that it has powerful benefits for everyone: the person receiving kindness, the person offering kindness, and even everyone who witnesses the kindness being offered to another!

Purposeful Practice

Want to go deeper with this SSJ theme?
Try out a Loving-Kindness Meditation at one of our free yoga or meditation classes:

Yoga | All Levels Welcome!
Pose of the Month – Camel

NEW | Yoga Flow to Flourish
Thursday, 4:30-5:30pm | The Onion

Yoga for Stress Relief
Monday, 4-5pm | Collis 101

Midday Mindfulness Meditation
Friday, 12-12:30pm | Robo 322
Cheese & Fruit Provided

Can't make it to a class?
Scan QR for a Loving
Kindness Meditation to try
on your own:



Kindness Matters

Stronger Social Connections - Taking a moment from our busy lives for the sake of another enhances the closeness of our relationships.

Peace Of Mind | Acts of kindness encourage your body to release serotonin and oxytocin, which lower blood pressure and provide healing and calming feelings.

Re-energize | Offering kindness increases feelings of strength, optimism, and self-worth.

Put it into Action

Put kindness in action with one (or all!) of the following:

Celebrate Other's Good News | Shift the conversation from the stress of mid-terms and the long winter by asking a friend about a good thing that happened to them. Remember to mindfully listen, share your enthusiasm, and encourage your friend to share more.

Offer Your Time | Set aside a gift of time for someone who needs it. Maybe it's calling a loved one, getting coffee with a friend, or doing a favor for your roommate. Whatever it is, try to be fully present for the other person and expect nothing in return.

Say "Thanks!" | Take the time to share your gratitude with someone who did something kind for you. Write a quick thank you card expressing how their kindness affected your life and why it meant so much to you.

Need a thank you card?
Visit the SWC to choose a few.

Don't Forget Yourself

Being kind to others is great, but if we aren't compassionate to ourselves, we won't have the energy to be there for others. Remember to offer yourself time for reflection, care, & support when needed.

content sourced from:

<https://ggia.berkeley.edu/>

<https://positivepsychology.com/random-acts-kindness/>

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