



How to improve Kindness?

Kindness is a benevolent and helpful action intentionally directed toward another person. It is often motivated by the desire to help another, not to gain explicit reward or to avoid explicit punishment.

Benefits of Kindness

- Creates a sense of belonging
- Reduces isolation
- Helps to make the world a happier place – one act of kindness can often lead to more!
- Increases self-esteem, empathy, and compassion
- Increases happiness
- Reduces stress and improves emotional well-being
- By being concerned about others, we can build relationships and gain support



Ways to enhance Kindness

- Start by practicing self-compassion
- Help others wholeheartedly
- Genuinely appreciating the good in others
- Be optimistic and expect good things to happen
- Motivate others and provide positive feedback
- Be a part of others' progress by supporting them
- Get involved with volunteering
- Be in a positive mood
- Celebrate important days with those you love
- Move beyond your self-referencing. Heal your own trauma
- Practice patience
- Give someone a boost in difficult times
- Don't be judgmental
- Respect the feelings and needs of others
- Treat others the way you would like to be treated
- Be friendly and generous and show good manners
- Forgive people for their mistakes and help them to learn from their mistakes

A few quick exercises

- Make a homemade bird feeder to put in your garden
- Try to do at least any one kind act towards a person each day
- Visit the elderly
- Donate money to a charitable cause
- At the end of each day, think about the kind acts you have done that day
- Engage in simple helping actions like holding the door for a stranger

Kindness Matters



For scheduling an appointment
with a counsellor at
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