Thrive 365
Dragonfly: Impact Education

Did you know?

Giving to others has been proven to be good for your mental health and wellbeing [1]. Not only does it take you 'out of your head' and help you to look outwards, rather than inwards, it also helps to reinforce a sense of meaning and purpose in your life. We all need to feel that we can make a difference in some way, however small.

Focusing on kindness can be a way to encourage giving to others and can also help us to see the good in the world and in other people.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/292453/mental-capital-wellbeing-summary.pdf

① Notice kindness

Quite often, we give a lot to other people without even noticing...and we might not always notice what others give to us!

Spend a day noticing the things that lift your mood. Your list might include things like someone smiling at you, making you a drink, or texting to check in with you just because they care. Next, notice how often you do these things for other people and aim to give to other people in these ways as often as you can. Notice the difference this makes to your mood. Small kindnesses can be the best way of giving!

② Pay it forward

Another one of the many benefits of kindness is that it can reduce loneliness and increase feelings of belonging [2]. If we help our communities, we feel more connected to them.

One simple way to do this is to 'pay it forward'. Pay for coffee for the next person in line; take part in 'clean up' events or simply pick up litter when you see it to benefit your community; give someone a genuine compliment...the options are endless. But trust that this will create a 'ripple effect' of kindness that will benefit everyone.

Brown KM, Hoye R, Nicholson M. Self-Esteem, Self-Efficacy, and Social Connectedness as Mediators of the Relationship Between Volunteering and Well-Being. J Soc Serv Res. 2012;38(4):468–83.

③ Remember you

As with all things in life, you can get too much of a good thing! It's important to practice kindness with boundaries in order to be kind to yourself, too.

Boundaries mean saying 'no' if saying 'yes will have a negative impact on us. They also help us to remember that whilst we can contribute to someone else's happiness, we are not responsible for it, just as no one else is responsible for our happiness.

Make sure you know what things make you feel peaceful, content, or happy and try to do one of those things every day.

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