



Random Acts of Kindness

The first month of the year is already over and we hope you're all doing well and maybe sticking to your new year's resolutions.

To make 2019 a nicer, kinder and friendlier year for everyone, we thought about what each of us could do to put a smile on someone else's face. We dedicate this month's newsletter to kindness.

The Benefits of Kindness

Through performing acts of kindness we can encourage chemical processes in our bodies that make us feel better.

KINDNESS

Performing acts of kindness leads to the production of endorphins in the brain. These endorphins result in the 'Helper's High' which is triggered by a release of dopamine. Serotonin is another chemical released that helps to regulate moods and bring you out of a funk.

When we witness or commit and act of kindness, oxytocin, a hormone, is secreted in the brain and throughout the body. Oxytocin causes a process which dilates blood vessels and lower blood pressure. Kindness leads to a protected and cared for heart.

When linked to acts of kindness, these processes produce healthier and happier individuals overall. Through being kind to others, we are also kind to ourselves.

<https://www.medicaldaily.com/random-acts-kindness-sweet-emotion-helping-others-dopamine-levels-383563>

<https://www.randomactsofkindness.org/the-science-of-kindness>

Random Acts of Kindness Day (#RAKDay)

A random act of kindness happens when there is no request for it and is unexpected. The Random Acts of Kindness Foundation celebrates #RAKDay on February 17th. This day in particular is an opportunity to show up and show out on the internet to show all the good that can be done. Fill up that coffee pot in the office, hold open the door for the person whose hands are full, give yourself a block of time in the day to relax and be kind to you. Check out their website for more ideas and resources!

<https://www.randomactsofkindness.org/rak-day>
<https://www.randomactsofkindness.org/kindness-ideas>



**"NO ACT OF
KINDNESS,
NO MATTER HOW
SMALL,
WILL EVER BE
WASTED"
AESOP**

**"Politeness is the flower of
humanity." - Joseph Joubert**

Pay It Forward

**"Kindness and politeness are not overrated at
all. They're underused." - Tommy Lee Jones**

Pay It Forward means
*"that when someone does
something for you, instead of
paying that person back directly,
you pass it on to another person
instead."*

Paying it forward goes beyond anonymously paying for someone's coffee at the drive through. Charitable giving or more hands on approaches are ways through which paying it forward can occur. The Pay It Forward Foundation identifies "Kind acts to people", "Kind acts to animals", and "Kind acts to the planet" as general categories to start, or continue, paying it forward.

<https://www.payitforwardfoundation.org/>



Being Kind is Simple

There are thousands upon thousands of ways to practice kindness. Here are 52 ways to get started.

52 Random Acts of Kindness

BY POSITIVELY-SMITTEN.COM

- OPEN THE DOOR FOR SOMEONE.
- HELP SOMEONE CARRYING A LOT OF STUFF.
- INVITE A FRIEND TO THE MOVIES OR DINNER.
- PUT CHANGE IN A VENDING MACHINE.
- DROP OFF A TOY OR GAME AT A HOMELESS SHELTER.
- SEND SOMEONE A SMALL GIFT ANONYMOUSLY.
- BRING FLOWERS TO YOUR FRIEND OR A NEIGHBOR.
- PAY FOR PERSON BEHIND YOU AT THE DRIVE-THRU.
- WRITE ENCOURAGING NOTES FOR STRANGERS TO FIND.
- PAY SOMEONE A COMPLIMENT.
- TEXT A FRIEND TO SAY YOU'RE THINKING OF THEM.
- BRING A TREAT TO SHARE WITH YOUR COWORKERS.
- LET SOMEONE MERGE INTO YOUR LANE IN TRAFFIC.
- LET SOMEONE CUT IN FRONT OF YOU IN LINE.
- LOAN MONEY ON KIVA.
- STOP AT A CHILD'S LEMONADE STAND.
- RETURN A SHOPPING CART TO ITS PROPER PLACE.
- TELL SOMEONE HOW THEY'VE IMPACTED YOUR LIFE.
- DONATE \$1 TO THE NEXT TIP JAR YOU SEE.
- BRING SOMEONE A COFFEE, JUST HOW THEY LIKE IT.
- GIVE AWAY CLOTHING YOU DON'T NEED.
- PARTICIPATE IN A CHARITY WALK/RUN.
- BUY SOMEONE A LOTTERY SCRATCH TICKET.
- SEND A CARD OR HANDWRITTEN NOTE TO A FRIEND.
- DONATE TO A TABLE OUTSIDE OF A STORE.
- SPEND A MORNING AT AN ANIMAL SHELTER.
- GIVE AN AFTERNOON TO A SOUP KITCHEN.
- DONATE NEEDED ITEMS TO A SHELTER.
- LEAVE QUARTERS IN GUMBALL MACHINE.
- BRING IN A NEIGHBOR'S TRASH BINS.
- LEAVE A NICE COMMENT ON A BLOG.
- SPEND QUALITY TIME WITH A FAMILY MEMBER.
- TAKE CARE OF THE CHORES YOUR PARTNER HATES.
- LEAVE A USED BOOK IN A CAFE.
- TIP YOUR RESTAURANT SERVER GENEROUSLY.
- TELL SOMEONE YOU LOVE THEM.
- PICK UP THE TAB.
- FREELY OFFER YOUR SKILLS.
- GIVE SOMEONE YOU LOVE AN UNEXPECTED HUG.
- MAKE A DONATION TO A CAUSE YOU BELIEVE IN.
- INTRODUCE YOURSELF TO YOUR NEIGHBORS.
- SHOW SUPPORT TO AN ARTIST.
- SMILE AT STRANGERS.
- MAKE AND MAIL CARDS TO THE SENIOR CENTER.
- SUPPORT A KICKSTARTER PROJECT.
- SEND A NICE EMAIL TO SOMEONE YOU KNOW.
- SPEND SOME TIME ON FREERICE.COM.
- BE A COURTEOUS DRIVER.
- SHOVEL SOMEONE'S WALK OR DRIVEWAY.
- RAKE YOUR NEIGHBOR'S LEAVES.
- DONATE OLD ELECTRONICS.
- EXERCISE PATIENCE.

One more thing...

Don't forget being kind to *yourself*.

If you need help, don't be afraid to reach out to your friends, family and loved ones or organisations like TELL, who offer support to Japan's international community.

<https://telljp.com/>

If you have the means, please consider supporting your local charities and organisations, be it a youth center, an LGBTQ+ support group or a local cat shelter.

Spread the kindness, folks :)

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.” - Princess Diana