



# KINGSBURY HIGH SCHOOL

## Mental Health Bulletin

Dear Kingsbury High School Students,

Our topic for this week is about kindness.

Ask yourself these questions: What is kindness? Will being kind to someone else add value to your life? What are acts of kindness?

### Kindness

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

<https://www.google.com/amp/s/www.psychologytoday.com/gb/blog/pieces-mind/201712/the-importance-kindness%3famp>

Now most of you are wondering: Are we expecting to go outside and help? No! We get to define what kindness is.

This is my definition:

- Listen
- Smile
- Hold a door for you mom or dad
- Pick up our litter
- Cleaning our room
- Not fighting with our siblings
- Asking how a friend, co-worker, or family member is doing
- Being responsible
- Helping around the house
- Share silence with someone

Let our conscience decide whether what we do is kind or not.

Kindness is a relative concept. It can start as small as smiling at your annoying sister or listening to your brother waffle. It's as hard as not getting angry.

By being kind each one of us becomes a better person. It takes little to no work to be kind and make someone's day great.

Being kind to someone else would definitely add value to your life. This is because it will enable you to feel satisfied and have a peaceful mind for making someone else's day better and happy.

"Kindness is a language which the deaf can hear and the blind can see." — Mark Twain

Receiving Kindness has a big effect on one's mental health, it lifts the individuals self confidence, esteem which are a few causes of bad mental health.

\*\*\*challenge\*\*\*

Your challenge for the week will be to choose three- four kindness acts you have in mind and act upon them. For example, offer to help with the house work or your peers if they are struggling to do their school work.