What is kindness?

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to share random acts of kindness this month; be creative and have fun practicing kindness.

Celebrate Random Acts of Kindness Day on February 17.

Kindness matters.

Kindness is teachable and contagious

Kindness benefits you by:
- Increasing your happiness and improving your mood.
- Helping you cope and reduce worry and stress.
- Connecting you to others in a positive way.

Research shows kindness helps students be more respectful, empathetic, and positive about school.

Self-kindness is taking actions and reactions you would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:
- Participate in self-care strategies
- Pay attention to your internal dialogue
- Feel your feelings
- Magnify your strengths
- Find solutions
- Use positive affirmations daily

Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home and in your community.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other by sharing good things that have happened.

MORE RESOURCES

Random Acts of Kindness
Help in Tough Times

Information on mental health, community supports, programs and services in your area:

MyHealth.Alberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

811 Health Link
Health Advice 24/7

Alberta Health Services