

# Mental Health Moment



Presented by the Counseling Department

## *KINDNESS*



This month's focus is on kindness. Kindness in action has a butterfly effect. A butterfly effect is described as one small action causing a ripple effect throughout the world which can create hurricanes and more.

Kindness in action can have a lasting impact on those around you and the culture of your community. Acts of kindness, whether it's a kind word, a held door, a smile in the morning, a wave to your neighbor, allowing someone ahead of you in line, a genuine compliment, a note of gratitude, all can ripple through the hearts and minds of many. Meanwhile, it makes you feel great. It activates a different part of your mind and soul to act out of kindness without regard for what you will get from it yourself. Being selfless is a characteristic we should all aspire toward. Keep reading this month's edition for inspiring quotes about kindness which will hopefully lead you to have a positive impact on your community. Hopefully, this will also have an impact on your own wellbeing as a growing, developing, changing young person. Look for kindness in action around the campus and make sure you mention what you see to others. You will see and experience kindness from others if only you keep your eyes open for it.



**Watch the Kindness Chain Video:**

[https://www.youtube.com/watch?v=wgGEi10XM\\_Y](https://www.youtube.com/watch?v=wgGEi10XM_Y)



**KINDNESS**  
 /'klaɪn(d)nəs/ noun

1. Loaning someone your strength instead of reminding them of their weakness.


!TheMindJournal



THE MINDS JOURNAL

"NO ACT OF KINDNESS,  
 NO MATTER HOW SMALL,  
 IS EVER WASTED."

-AESOP-



Mindfulness 100%

"Kindness begins with the understanding that we all struggle."

-CHARLES GLASSMAN

@alliemarietravels

*impact*

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

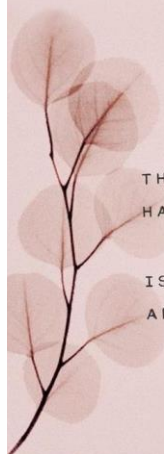
- Nikki Banas

"PEOPLE WILL FORGET  
 WHAT YOU SAID, PEOPLE  
 WILL FORGET WHAT YOU  
 DID, BUT PEOPLE WILL  
 NEVER FORGET HOW YOU  
 MADE THEM FEEL"

~ Maya Angelou

THE MOUTH SHOULD  
 HAVE THREE GATEKEEPERS.

IS IT TRUE? IS IT KIND?  
 AND IS IT NECESSARY?



Contribute more than you criticize


BRENÉ BROWN

LETTERED BY KENSIE KATE

*Kind words can be short  
 and easy to speak,  
 but their echoes  
 are truly endless.*

~ Mother Teresa

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**A beautiful heart**  
 will bring things into your  
 life that all the money in  
 the world couldn't get you.

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