



# Wellbeing Newsletter



## NOVEMBER: KINDNESS

Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is the benefits of being kind.

Did you know that there are scientific benefits of being kind? It's true. There are heaps of research that proves that kindness matters.

Kindness increases the love hormone, energy, happiness, lifespan, pleasure and serotonin. And, kindness decreases pain, stress, anxiety, depression and blood pressure. The great thing to know is that kindness is also teachable. *"it's kind of like weight training, we found that people can actually build compassion 'muscle' and respond to other's suffering with care and a desire to help"* Dr Ritchie Davidson.

Kindness is also contagious. The positive effects of kindness are experienced in the brain of everyone who witnesses the act, improving their mood and making them significantly more likely to "pay it forward". This means one good deed in a crowded area can create a domino effect and improve the day of many people! Why wouldn't you want to do this? The ripple effect can create waves.

I love nothing better than complimenting a stranger. If you think something kind about someone, anyone- tell them. Pass on the car parking ticket, even if there's no one around, put it on the machine for someone to 'discover'.

This isn't even an altruistic act- the process of performing a random act of kindness creates a natural high and a big dollop of dopamine is released. It's a win/win situation.

Knowing that kindness impacts us emotionally and physically, how can we add more kindness to our everyday lives? Often we are quick to complain, to see the negatives or forget to appreciate how green our own grass is. We don't know what struggles each of us are going through and so remembering to act in kindness, is really important. We are all human. Our feelings can be hurt and when people are unkind it really does rock our foundations. We teach children to be kind, we also as adults need to heed to our own advice.

So let's try this month to consider our actions. -Think before we act. Be careful how we speak about others and remember that each of us are just putting one step in front of the other.

Last month we touched on social media- if you wouldn't say it to someone's face, let's not post on Facebook or be unkind in a WhatsApp group. If you act in kindness, you'll always come from a place of kindness.

Let's be kind.

### Quote of the month:

kindness is a gift everyone can afford to give.

### Book recommendations:

Children: THE POWER OF KINDNESS BY ALICE BELL

Adults: ELEANOR OLIPHANT IS COMPLETELY FINE BY GAIL HONEYMAN

