

random acts of Kindness

It is a high probability that at some time in your lifetime, you have been a recipient of a random act of kindness. Think back to an instance in which someone has helped you out of a tough situation when they could see you were having a difficulty or when a friend simply paid you a compliment out of the blue. A sweet surprise like this can really make a difference.

Did you know such experiences can also be good for your health and overall well-being? A random act of kindness can be a good deed, caring word, selfless act or small gift. Even a smile can brighten someone's day. Extending kindness gives us a feeling of well being and connection to others.

When you receive kindness, spread it around. Continue to spread the kindness by paying it forward. In fact, why not BE the person who starts the random and intentional acts of kindness that inspires others to pay it forward?

I imagine that many of you currently reading this guide are already kind and do many nice things for others. You might even ask yourself, "Do I even need to read this? I'm already a kind person and do things for others." If that is you, I say "Well done! Keep up the good work." However, I ask that you take some time to read through this guide in hopes that it might inspire and enlighten you with a deeper understanding of the effects that your good works have on the world. Extending random acts of kindness in an intentional way adds a new excitement and depth to the experience.

Let's get started...



Kindness

of being kind. the



WHAT IS KINDNESS?

The dictionary says that the word "kindness" is a noun and gives numerous definitions.

Hmmm...I would certainly have thought that the word kindness would be a verb. Why? Because kindness is about taking action. It's about the simple (and sometimes more complex) actions we do either randomly or intentionally to show compassion and care for others as well as ourselves. I concede that kindness can be defined as a noun, but also a verb and sometimes an adverb. It is a character trait, a feeling, an attitude and lots of other things.

Synonyms and characteristics of kindness are numerous and bring a plethora of options to help us understand the fullness of what being kind can bring. Though these characteristics don't always come naturally, they can be learned. You can become more aware and proactive in the amount of grace you grant others. It just takes practice.

WHY KINDNESS MATTERS

When we extend kindness to someone, it reminds us that we are not alone and that there is a bigger world beyond us and our immediate circle. Kindness inspires hope, which often goes on to create even more compassion and decency. The entire concept of kindness centers on our humanity. It is part of what makes us innately good.



KINDNESS AND COMPASSION - IS THERE A DIFFERENCE?

Both kindness and compassion are similar in thought. Both contribute to the betterment and well-being of human growth. However, they have some slight differences in meaning. Let's take some time to explore the nuance differences between these terms.

COMPASSION

Compassion is a deep feeling, sorrow and understanding of what others might be experiencing at any given moment. Compassion is being able to put yourself in someone else's shoes and practically feeling what they themselves are feeling.

HOW KINDNESS DIFFERS

While compassion is a feeling or emotion, kindness is an act. You can perform a kindness without feeling compassion. An act of good will does not necessarily have to have deep feeling and emotion behind it. Kindness can be entwined with compassion and having more of one can lead to having more of the other.

KINDNESS + COMPASSION = A BETTER WORLD

Kindness and compassion can work in tandem together. If compassion doesn't come naturally to you, that's ok. That doesn't reflect poorly on your character. With practice, you can increase your sense of compassion. By being someone who generously participates in acts of kindness, you will be able to see the effects each brings to the lives of others. These experiences can help you to better understand the experiences of others, leading to increased compassion. Learning to incorporate acts of kindness and compassion into your life will take time and effort. Hopefully, these two interwoven ideas will function in a way that motivates you to continue on the path toward doing good for others while gaining a better understanding of them. Kindness and compassion are definitely similar in their meaning. They create a complementary effect that can benefit both you and those around you.



BE CAREFUL OF THE KINDNESS TRAP

There are many benefits we receive by being kind and doing good things for others. But it is important to be sure we are being kind for the right reasons and not for underlying ulterior motives. So how do you know if you are being genuine in your actions? It may not be easy to tell, but ask yourself this: "If no one knew about your good works, would you still do them?" This is a good meter to judge our intentions and ensure that we are spreading kindness from the goodness in our hearts.

A KINDNESS TRAP

The euphoric emotion that we can experience after helping others and doing kind things is known as the “helper’s high” and also known as a “warm fuzzy” feeling. There is a chemical reaction in the brain that reacts to create these good feelings and it is only natural to want to keep that feeling going. Please know that this feeling is powerful and it is A-ok to enjoy that feeling about doing good for others. It is only an issue to be concerned about when the actions of being kind becomes more about you and how you feel rather than being about helping someone else.

BE KIND FOR THE RIGHT REASONS

It is good to keep watch for other ulterior motives in doing good. To help you stay on track, ask yourself these questions:

Am I doing this for the recognition?

Am I deep down wanting to be thanked and acknowledged for doing this kind deed?

Am I going to look like a hero for doing this?

If your answer is “yes” to any of the questions above, you just may not be experiencing the true benefits of becoming a kinder person. If you have fallen into the kindness trap, this doesn’t make you a bad person however, it is good to be aware of these things so that you can move towards acts of kindness that are more selfless.

Being aware of the potential kindness traps that exist can help you be more intentional when you extend kindness to others. A periodic, “what’s my intention for doing this”, check will give you great insight into your motivation for doing a good deed. You will know if you need to adjust your intentions and then move forward with your good deed. Doing something kind for someone else should always be more about them than about you. As long as you keep that in mind, you will be fine. Enjoy spreading kindness!

KINDNESS BENEFITS – GOOD FOR YOU AND GOOD FOR OTHERS

We Can All Use a Little Extra Kindness

It is sad that negativity has taken center stage in the news these days. With so much focus on negative interactions and toxic events in the news and social media, it sometimes tends to be hard to see the good around us. One of the most effective ways to combat the bad is to focus on the good – specifically on kindness towards others.



Helping an elderly person carry their groceries or mow their yard can help them feel less lonely. Giving a hungry person something to eat or helping a homeless person find shelter can change the course of their day and even their outlook on life. Saying "thank you", "please", and "hello" to others who are serving you, can brighten that person's day.

Performing even the smallest act of kindness has the potential to change the course of a person's life, even if only for a short period of time. Kindness not only effects the one you are performing it for. It has a positive effect on you as well.

Kindness is Contagious – The Golden Rule

The Golden Rule instructs us that we should treat others in the same way that we would like to be treated. It is often expressed as "Do unto others as you would have them do unto you," which is one translation of a Biblical verse, Luke 6:31. The underlying theme is that one should treat other people with kindness and respect.



Observing an act of kindness can warm your heart. Whether witnessing someone doing something kind for someone in person or reading it as a story in social media, we usually act with a sense of gratefulness that there are still kind people in the world who are willing to help others. This warm-and-fuzzy sensation is a natural and organic response. This natural high makes people want to behave more altruistically towards others.



Kindness tends to have a ripple effect. You never know how far-reaching one act of kindness can go.

Kindness Sets a Good Example



At any given time we never know who might be watching what we do or hearing what we say. Showing grace toward others sets a good example for those around you. This is especially true for parents. Let your kids and the people in your world see you giving back. This will teach them valuable lessons.

Note: There is a balance between teaching others by setting a good example and letting others see your acts of goodness and doing the actions for the accolades and reaction you may receive for your efforts. This guide will cover the importance of your acts of grace being sincere and genuine.

Kindness Creates Connection



You may never know what someone else is going through. We all have our own struggles and battles and being kind to someone else might just be the one thing that helps them keep pushing forward during a tough time. When you are giving to others, these genuine and sincere acts often strengthen bonds.

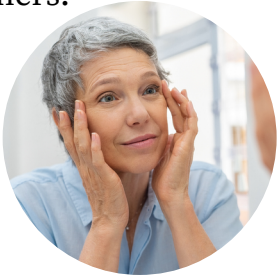
Kindness Helps Us Be More Charitable Charity Helps Us Be More Kind:



As defined, charity is doing something for someone in need while kindness is doing something for someone even if they are not in need. Why do we give money to charity? Because someone needs it more than we do, yet why do we hold the door for someone who is fully capable of opening it themselves? Because it is a good thing to do. I suggest this out because it looks like you are doing it to feel good about yourself rather than pure motive.

Kindness Has Personal Benefits

The benefits from doing acts of kindness are more than just receiving a good feeling. Kindness affects both our emotional and physical body in different ways. Kind acts can improve your mood. It's been shown that helping people actually lights up the pleasure centers of the brain and releases endorphins, feel-good chemicals. In fact, this phenomenon has a name, "helper's high." Being kind offers so many benefits. In a world where genuine connection seems to be lacking and everyone is in such a hurry, kindness may be the cure to bring people together. Here are some of the benefits of being and showing kindness to others.



Kindness slows down the aging process. People who volunteer tend to experience less aches and pains than others. Kindness and helping others will protect your health in the same way aspirin helps against heart disease.

Kindness improves our relationships and connections with others. Kindness helps us relate to other people and have more positive relationships with everyone we encounter



Kindness increases happiness. In a study by The Journal of Social Psychology, people who practiced an act of kindness or tried something new each day enjoyed a higher level of happiness than those who didn't make any changes.

The release of feel-good hormones happens from acts of kindness. Doing nice things for others can increase your serotonin levels. These are the neurotransmitters responsible for our feelings of satisfaction and well-being.



Kindness improves our own self-respect and self-love. It makes us happier and in a better mood more often by doing kind acts often. Buy someone coffee or lunch, help someone in need or volunteer your time to get the pick-me-up you need.

Personal Benefits (continued)



Kindness can help prevent illnesses caused from inflammation. These health problems include diabetes, cancer, chronic pain, obesity and migraines. Volunteering seems to lower the levels of inflammation. Oxytocin is released, even from small acts of kindness, which in turn reduces inflammation. Share a smile, make a donation, help others in some small way to feel the effects of kindness.

(Disclaimer: this does not constitute medical advice – always seek your physician for medical ailments.)

Kindness eases your anxiety. Being nice to others is one of the easiest and most inexpensive ways to fight of anxiety, because it shifts your focus to others. Look for ways to help others when you are feeling anxious. Smile at someone, call a friend or lend your time to an organization.



It is good for your heart. Kindness not only makes your heart feel good; it also affects the actual chemical balance of your heart. It releases the hormone oxytocin which reduces blood pressure thereby protecting the heart.

Kindness helps reduce stress. Helping others lets you move away from your own worries and problems.



Kindness is such a simple act. It doesn't take a lot of time, money or resources unless you want it to. The smallest acts of kindness often go the longest way to changing lives. You can cultivate more kindness in your life in many ways.

Incorporate the smallest acts of kindness every day. You'll notice changes in how it affects your life and begin to see the ripple effects on the world around you.

Character Traits of Kindness

Authentically kind people have many wonderful traits. They are honest, trustworthy, empathetic, forgive easily, patient, compassionate and humble. When an action comes from a place of these combined traits, we experience and offer true kindness.

HONESTY

Honesty doesn't always mean you are being kind. Sadly, I have heard many people who proudly say "I'm just being honest" or "I'm always going to be brutally honest". They say this as if it is a badge of honor. Often this is at the expense of someone else's feelings. You can be honest and kind at the same time. When you need to be honest with someone, but it feels like a criticism, you should find a way to deliver the message with kindness, say with a soft voice, a hand on someone's shoulder (if the situation permits) or the way you word your response.

**"Remember that wherever your heart is,
there you will find your treasure."
- Paulo Coelho**

FORGIVENESS

When you forgive others and yourself, you are freeing yourself from blame and condemnation. It allows you to be happy. Forgiveness is a form of kindness as it lets you accept others as they are.

**"The only way out of the labyrinth of
suffering is to forgive."
- John Green**

COMPASSION

Compassion is a deep feeling, sorrow and understanding of what others might be experiencing at any given moment

**"Be kind, for everyone you meet is fighting a
harder battle."
- Plato**

TRUST

Trust is different from honesty. When you show kindness to others, it builds their trust in you. There are many ways to do this; keep your word, ask what they need and then get it.

**"The best way to find out if you can trust somebody is
to trust them."
- Ernest Hemingway**

EMPATHY

Being empathetic means having the capacity to understand what another person is experiencing from within their frame of reference. It allows you to understand and be sensitive to what others are feeling. Empathy helps build positive communication

**"When people talk, listen completely.
Most people never listen."
- Ernest Hemingway**

PATIENCE

Patience is needed with being kind. Patience makes us take the time to get our thoughts and actions in order before we react. A kind act is often given with patience.

**"A moment of patience in a moment of anger
saves you a hundred moments
of regret."**

HUMILITY

Being humble means you do things out of the kindness of your heart, not expecting anything in return. This is a true act of kindness.

**"True humility is not thinking less of yourself;
it is thinking of yourself less."
- Rick Warren**

An Invitation

I hope you have been inspired by this guide.

The world will be a better place when we all become more intentful in our actions to be kind to others as well as ourselves.

A special resource page has been created just for you. It will be continually updated with information and creative ways to extend kindness to humankind.

**Access the
Create Scout**

Crafts of Kindness Resource Page:

<https://createscout.com/crafts-of-kindness-resource-page/>



About Me...

Hi! I'm Lynn Leusch

I am a lover of all things creative. Simply put, I love to create. But more than that, I love taking the mystery out of creating beautiful things.



For the last nine years I worked as a creative training coach for a paper-crafting company. My job included breaking down the process of making beautiful, handmade cards into simple, doable steps and inspiring our crafting community. I was their crafting cheerleader. Since then, I have found that I can't seem to stop at paper crafting. So I am now the CEO and Chief Hot Gluer of CreateScout.com. My mission is to scout out projects of all sorts and sizes, break down the creative mysteries, and inspire beginning and seasoned crafters to make beautiful things and believe in themselves.

I think every one of us is creative. Making things by hand makes us happy. But when we share these creations with others, we can help bring happiness to those around us.



Created
for all lovers of scissors, glue, and paper.