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Counseling services are available for children and families.

Please contact me for zoom, in person, and phone sessions.

THE IMPORTANCE OF KINDNESS

According to Psychology Today, “kindness means a behavioral response of compassion and actions that are selfless; or a mindset that places compassion for others before one’s own interests.” Kindness promotes gratitude, empathy, compassion, connection and purpose. Acts of kindness, no matter how large or small, are linked to increased mental health and wellbeing. Studies indicate that any act of altruism not only helps others but also activates the brain’s reward center releasing “feel good chemicals” like serotonin, dopamine, and oxytocin. Kindness builds our self-esteem, humanizes us, lifts us up, and makes us feel seen.

MENTAL HEALTH BENEFITS OF KINDNESS

Increases happiness. A 2016 study from the University of the South compared the psychological effects of prosocial behavior and self-orientated behavior. The results suggest that what consistently makes people happy is doing kind acts for others or for the world compared to self-orientated behavior.

Counteracts stress. According to a Yale University study, providing help to others can “mitigate the impact of daily stressors on our emotions and mental health.” The study suggests that doing things for others may be an effective coping strategy for everyday worries and strains.

Reduces isolation. Acts of kindness encourage us to be more active which can improve our social connections, help us feel a sense of belonging, and build a stronger connection to our communities.

Creates meaning and purpose. Kindness shifts our focus outside of ourselves which generates new insight and perspective. We can feel a sense of gratitude and thankfulness for the gifts we can offer others.

KINDNESS AND KIDS

There are many benefits for children who engage in acts of kindness such as improved mood, higher levels of peer acceptance, increased social connections, less bullying, increased empathy, and improved self-esteem. According to Parent.com, children have an innate desire to help and their sense of doing good develops as they grow. As parents we can help nurture and guide our children by being good role models and supporting their natural desire to help by assigning chores, encouraging teamwork, and performing small acts of kindness. Showing kindness can be as simple as giving hugs, listening, and making someone laugh.