

November 13th | World Kindness Day

Every act of kindness matters!

WHAT MOTIVATED THE CREATION OF THE WORLD KINDNESS DAY, CELEBRATED ON NOVEMBER 13, WAS THE WISH TO INSPIRE PEOPLE TO MAKE THE WORLD A GENTLER PLACE. The idea originated based on the principle that proves that gentle attitudes are capable of

But, after all, what is kindness?

According to Random Acts of Kindness, an institution that studies and promotes kindness around the world, there are countless definitions of kindness.

In theory, the idea may seem strange, but as we analyze it, we can see that kindness includes concepts like kindness, compassion, respect, integrity and more.

For scholars at the Bedari Kindness Institute at the University of California, Los Angeles (UCLA), in the United States, kindness incorporates positive psychological, biological, and social interactions, hence its range.

Kindness creates kindness!
What does it mean?



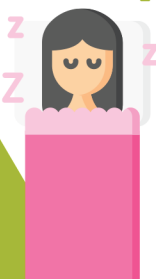
In an article written for Harvard Health Publishing, Melissa Brodrick, a conflict mediator awarded by Harvard University, says that kindness involves giving and receiving, which is why it is necessary to exercise our self-reflection, to overcome our own rudeness and, thus, have kindness and gentleness in return.

5 attitudes to make the world a kinder place

1

Be kind to yourself

Have you noticed how people tend to treat other better when they feel good? Things like getting a good night's sleep, having a relaxed meal and taking time for yourself, mean being kind to yourself.



2

Lead with compassion

When we are compassionate, we are recognizing our shared condition as human beings. Therefore, many times, questioning someone's motives privately can be an important step toward avoiding conflicts.

3



Choose kindness daily
In some circumstances, it may be difficult to remain kind. It is important to remember that we cannot control other people's attitudes, however, our own may reflect on how we view the other.

4

Practice kindness

Like everything we do, kindness also gets easier with practice. The more you do it, the easier it gets.

5

Remember that kindness is long-lasting
How often do we not catch ourselves remembering unexpected acts of kindness from strangers? Kindness has the power to not get lost over time.

