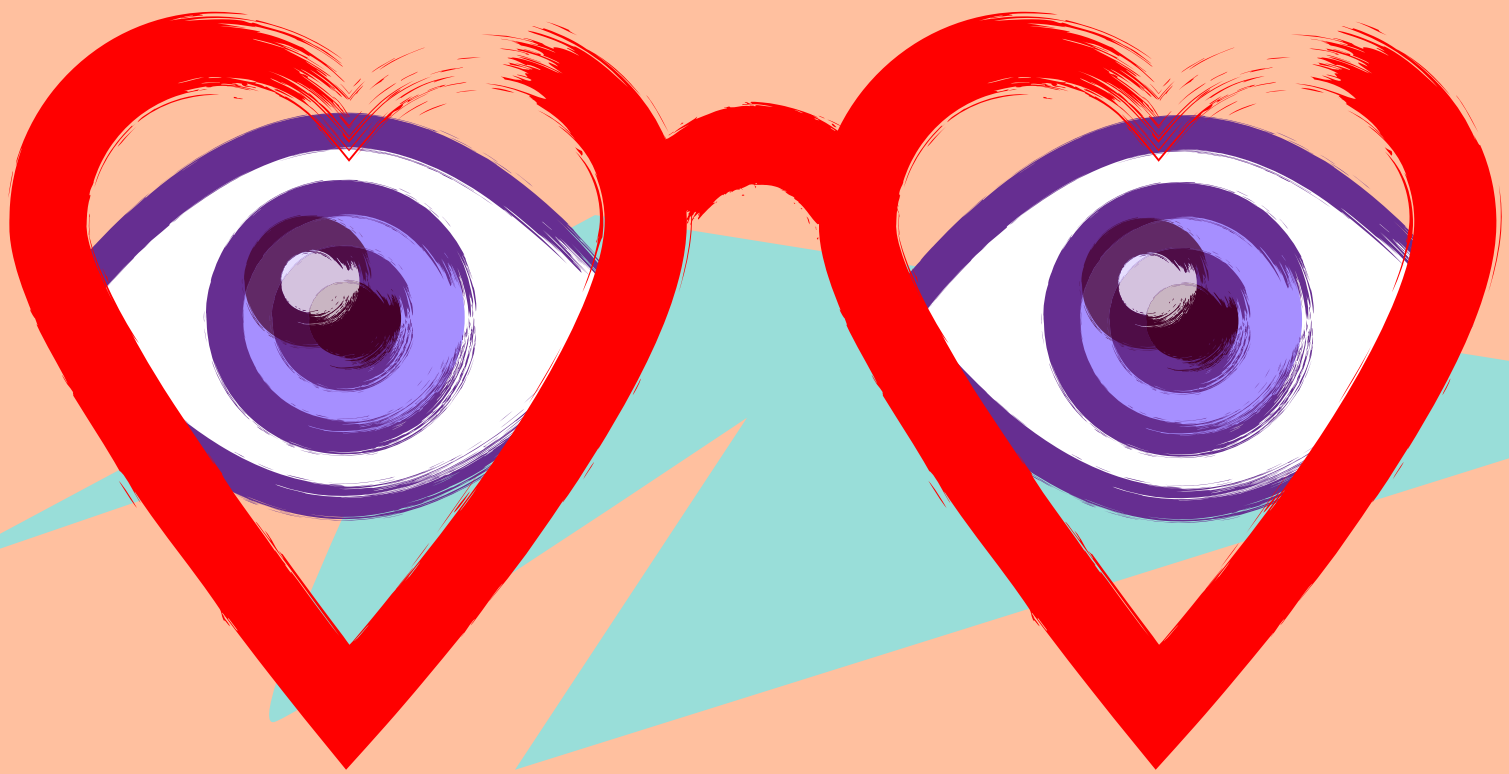


Kindagious



October 2018

From the founder

Welcome to the launch of the Kindagious monthly digital magazine!

While we all have an image or thought that comes to mind when we hear the word kindness, it turns out that we tend to have a narrow focus of what kindness actually means or looks like. I thought that “seeing kindness” would be a good inaugural focus as we explore what kindness looks like in ways that are quite simple and yet can have a big impact. I often hear people say “I don’t have time or money” as a reason for not actively incorporating kindness into their everyday lives.

This issue invites you to just take a step back and notice or “see” the kindness around you and also to identify opportunities to be kind. It is just as simple and complex as that. I hope that these pages will stimulate thought and help you see what the power of everyday kindness can mean for yourself, your family, your community and the world at large.

As you take the time to witness kindness, remember to have fun. Kindagious is built on the concept that we want to help you unleash the power of kindness through teamwork, fun and play. So don’t forget the fun and play!

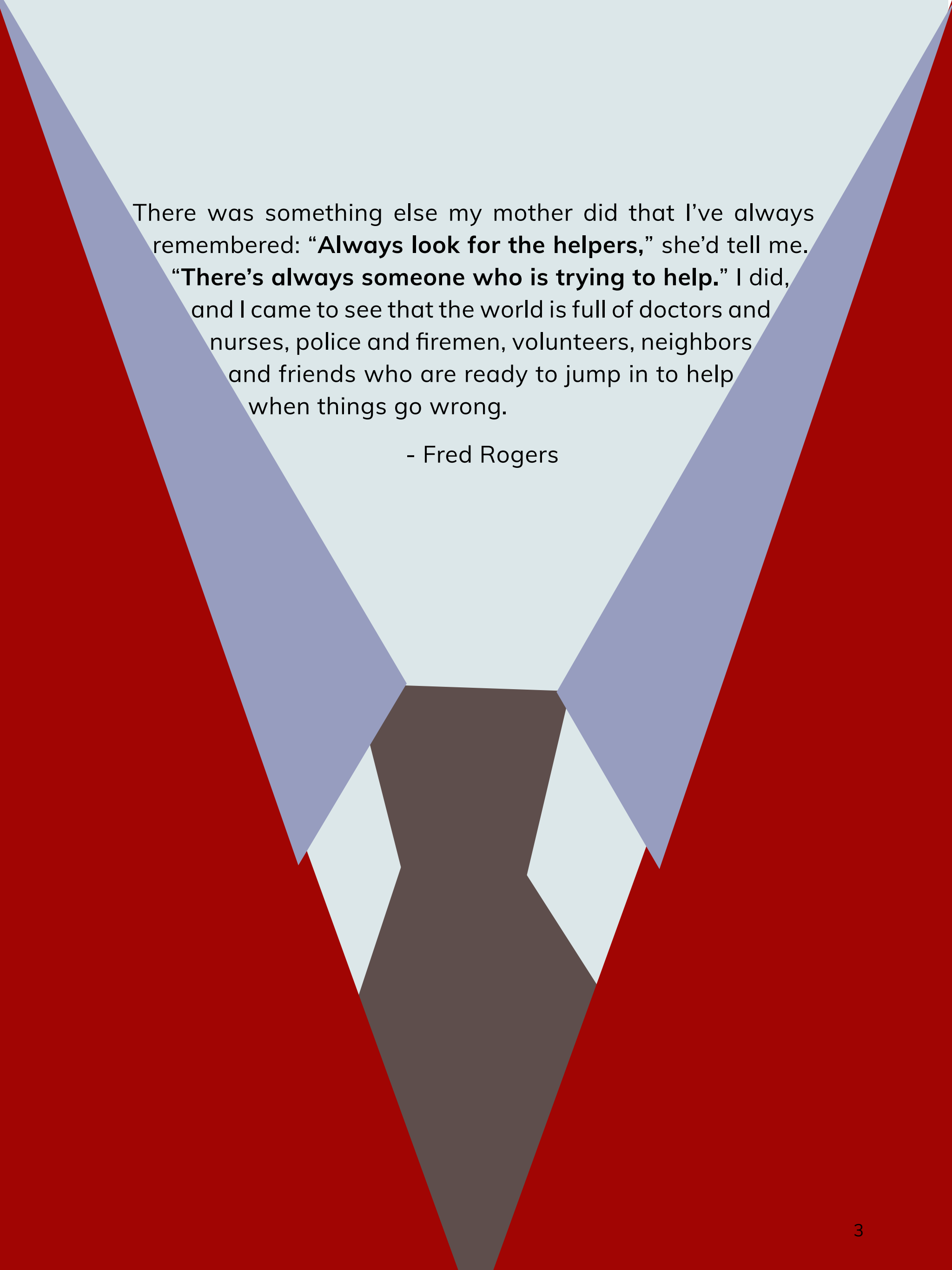
Once you open yourself up to seeing kindness around you, you have started your own personal Kindness Quest.

Congratulations!

Jennifer Jines

Chief Kindness Officer

Kindagious



There was something else my mother did that I've always remembered: "**Always look for the helpers,**" she'd tell me. "**There's always someone who is trying to help.**" I did, and I came to see that the world is full of doctors and nurses, police and firemen, volunteers, neighbors and friends who are ready to jump in to help when things go wrong.

- Fred Rogers



Confronting negativity



Imagine that you rely on foraging for food, you have two berries, one of which is the most delicious berry you have ever eaten, and the other is poisonous, leaving you terribly sick. Are you more likely to remember the deliciousness of the first berry, or the painfulness of the second? Imagine again that you are told by a passerby that they like your hairstyle, and later, another person tells you that you have a terrible sense of fashion and you should donate your clothes to a circus. Which of these are you going to remember as you are trying to fall asleep?

Naturally, in both of these instances, you are going to remember the painful negative experiences, because they overpower the positive ones. This is a phenomenon called negativity bias, and although it can lead to anxiety and stress, it serves an important part in human evolution. Like in the example with the berries, fearing negative experiences increases the likelihood of survival; you will certainly be more cautious about which foods you eat in the future. However, in modern society, concerns of food quality and avoiding predators are greatly reduced from those of our prehistoric

ancestors. And with today's constant access to information, especially world news, which skews towards the negative, negativity bias can do more harm than good.

Fortunately, there are ways to change the way we store information in our brain to reduce stress and promote positive thinking. The first step is awareness; just by bringing attention to your thoughts, you can begin to control them. Try to think objectively. Am I in danger? Will this be something I worry about five minutes, an hour, a month, or a year from now? Actively acknowledging moments of improvement, positivity, and inspiration as they happen can build pathways in the brain dedicated to positive thoughts. Another positive thinking exercise is to match negative or intrusive thoughts one-for-one. Take a fond memory and use it to combat the negativity, and over time your brain can learn to lessen the effects of negative thoughts by associating them with more positive ones. It is important to keep the negativity bias in mind when you consider the concept of seeing kindness. In actuality it is happening all around you, the unkind things are just capturing your attention. See what happens when you take a step back and actually look for the kindness happening daily. What may look like very little kindness in your world will grow as you give it your attention.



MINDFULNESS

STOP

Close your eyes - try to imagine yourself in a totally white room with a large white board in front of you, as thoughts arise imagine a large eraser erasing your thoughts.

Follow your breath - where do you feel it? In your throat as the air comes in/out. In your chest as it expands for each new breath, in your diaphragm as it fills and empties. Pick one area and focus on it for 5 mins. As thoughts appear - and they will - redirect your attention back to your breathing.

Pay attention to your immediate surroundings. What is the temperature? Is there a breeze? How do your clothes feel on your body? What surfaces is your body touching - sitting, lying down - paying attention to where those surfaces touch.

Do a body scan. Start at the crown of your head focus on any sensations there, then move to the face and jaw/tongue, neck, shoulders, arms, hands, fingers. chest, stomach, legs, feet, toes. Relax each body part as you go through the scan.

WATCH

Go out into nature - what do you see? Birds, animals, insects, plants, butterflies. Focus on the minute and intricate details of what you see.

Look for patterns - spider webs, tree bark, dew on the grass, grass that has been mowed, sidewalk lines, the lines in furniture, tile on the floor,

Name 6 colors you can immediately see - be specific. (ex: turquoise as opposed to blue or green)

If it is sunny with clouds, focus on the movement of the clouds. If it is raining/snowing focus on the pattern that the precipitation is making on the ground.

LISTEN

If you are in nature listen to what birds you hear. Try to distinguish between different types.

If you are in a noisy place try to isolate the sounds you hear - sirens, talking, traffic, construction. Take a minute a try to listen exclusively for each individual sound

Go for a short walk pay attention to each footstep as it hits your walking surface. Bonus if you can have several walking surfaces in a single walk.

If you are in a silent place, close your eyes and "listen" to the sound of silence.

kindness checklist

☒ Do I know someone who could use a helping hand?

☒ Am I doing the activities that fulfill me?

☒ Do I have any unused items I could donate?

☒ How can I make someone's day better?

☒ Is there a friend I haven't talked to in a while?

☒ Where am I needed most?

☒ Can I find a way to give a compliment to a stranger?

☒ Are there small moments of kindness that I can acknowledge?

☒ Am I looking for opportunities to help people?