

HAPPINESS GUARANTEED IN 30 RANDOM ACTS OF KINDNESS EXPLAINED

WHAT IS A RANDOM ACT OF KINDNESS?

A random act of kindness has been defined as, “A non-premeditated inconsistent action designed to offer kindness towards the outside world.” The term refers to large and small selfless acts that are committed unexpectedly, without prompting and with no apparent ulterior motive. Typically, they are small gestures that brightens someone’s day.

EXAMPLES OF RANDOM ACTS OF KINDNESS

Here are just some of infinite examples:

1. Give an unexpected compliment
2. Plant a tree in someone’s name
3. Let someone cut in front of you in line
4. Pay the toll for the car behind you
5. Slow down so someone can merge in front of you in traffic
6. Let someone else take that primo parking spot
7. Put coins in an expired parking meter
8. Buy a warm meal for someone in need
9. Help someone struggling to carry their grocery bags
10. Stop to assist someone who looks lost
11. Say something encouraging to a parent who’s struggling with rambunctious kids in a restaurant or grocery store
12. Offer to return a stranger’s grocery cart to the front of the store
13. Offer to mentor someone
14. Donate flowers to a nursing home
15. Hand out disposable water bottles to people working outside on a hot day
16. Buy a gift card to hand to someone on your way out of the coffee shop
17. Leave a coupon next to that item in the grocery store

18. Pick up a piece of litter on the street and throw it away
19. Pass along a compliment to a service worker's boss
20. Take the time to write a great online review for a restaurant you love
21. Pay for the meal of the people at the next table. (Bonus: Leave before they realize what you've done.)
22. Give an extra tip and write an encouraging note along with it
23. Keep an extra umbrella in your car to give to someone stuck in the rain
24. Buy lemonade from a child's lemonade stand
25. Visit a nursing home — read books to or play board games with residents
26. Send a care package to a service member
27. Bring treats to your local fire station
28. Write a thank you note to your mail carrier
29. Talk to a stranger at a party who looks like they don't know anyone
30. Smile at someone who looks sad

BENEFITS OF RANDOM ACTS OF KINDNESS

Who doesn't get an overwhelmingly warm feeling in your heart when you've done something kind? Studies prove that acts of kindness can release hormones that contribute to your overall mood and wellbeing. It's not uncommon for many psychotherapists to incorporate the practice into their work.

Dr. Waguih William Ishak, a professor of psychiatry at Cedars-Sinai remarked, *"We all seek a path to happiness. Practicing kindness towards others is one we know works."* Science supports its benefits with proof that a person receives a 3-to-4-minute oxytocin (also known as "the love hormone") boost from one single act. Random acts of kindness can also cause the release of dopamine, which can chemically communicate with the brain, providing a feeling of euphoria. (also known as "helper's high") In addition to boosting oxytocin and dopamine, being kind can also increase serotonin, a neurotransmitter that helps regulate mood.

TIPS

1. Acts of kindness should be repeated often to continue to receive the feel-good chemical substances that will reward our minds and body.
2. Make random acts of kindness part of your daily routine.
3. Give yourself reminders (e.g. to your calendar, with an alarm reminder, or leave yourself a post it note)
4. No act is too small or too large.
5. The most rewarding acts are done with no expectation of reward.
6. Include on your gratitude list the random acts of kindness that you perform daily.