

Kindness includes YOU

- * Accept care from others, too.
 - * Forgive yourself when you stumble.
 - * Let yourself rest when you're tired.
 - * Speak to yourself the way you would speak to a friend.
 - * The way you care for others? You deserve that, too.
 - * You deserve kindness, too.
- The world is kinder when we remember:

Small moments, but they soften the world.

offering a seat, a hand, a moment of patience

saying "take your time" instead of rushing someone

Smiling at a stranger

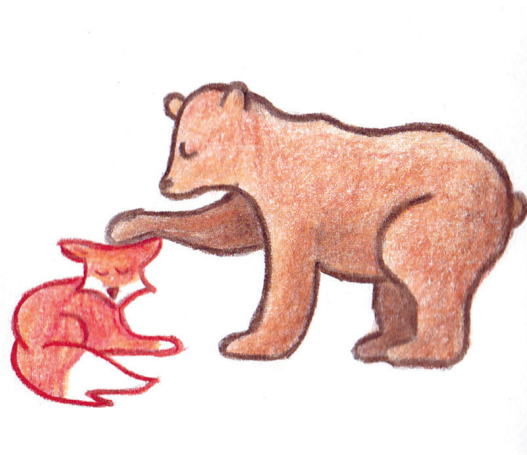
Letting someone go first in line

Holding the door open

Everyday kindness that costs nothing

TINY ACTS OF KINDNESS
that matter more than you think

Because small things aren't small when they come from the heart.



KINDNESS IS NEVER WASTED.

- Some times, people need to hear what they can't say to themselves.
- "I'm proud of you."
- "you don't have to do this alone."
- "I appreciate you."
- Try telling someone:
 - Words can hold warmth. Words can be a light in the dark.
- Words can be a gift

A gentle word. A small gesture. Just being there.

Some times, a small kindness at the right moment can mean more than you'll ever know.

You don't have to fix everything. You don't have to have the perfect words.

Kindness doesn't have to be big

The little things that show that you care

- Remembering their favorite tea or how they drink their coffee
- Checking in, even if they seem "okay".
- Sending a song, a meme or a silly message just to make them smile.
- Giving them space when they seem overwhelmed.
- Deflecting conversation if they're stuck in an awkward soc / moment

When someone's struggling...

You don't need to have the answers.

You don't need to take away their pain.

Just sit beside them. Just listen. Just remind them:

"I'm here and you don't have to go through this alone."

That's enough. That's more than enough.