

# Positive psychology and kindness



**ASSIGN  
BUSTER**

## Assessment 1 – Personal Reflection and Sharing / Celebrating with others

Happy people become happier through kindness intervention. The relationship between the character strength of kindness and subjective happiness, and the effects of a counting kindnesses intervention on subjective happiness. Happy people tend to perform on their motivation, recognition and enactment of kind behaviors. They have more happy memories in daily life in terms of both quantity and quality. Subjective happiness was increased simply by counting one's own acts of kindness for one week.

Happy people became more kind and grateful through the counting kindnesses intervention. Compared with less happy people, happy people have better social relationships and more pleasant everyday lives. For example, very happy people have highly satisfying relationships with friends, romantic partners, and family members and that, compared to their less happy peers, they report more positive events and emotions in their daily lives relative to negative ones. Happy people are more extraverted, more agreeable, and less neurotic.

Some studies have shown that subjective happiness is one of the key factors in subjective well-being and overall satisfaction with life. Therefore I expected that in addition to the strength of gratitude, the strength of kindness would also play an important role in increasing subjective happiness. Gratitude is an important human strength that contributes to subjective happiness, especially appreciative of the contribution of others to their happiness. I suggest that grateful persons would further be characterized by the appreciation of life's simple pleasures.

These imply reciprocal relationships among gratitude, subjective happiness, and good social relationships. Consequently, compared with unhappy people, happy people report close and satisfying relationships and feel more gratitude in their lives. Gratitude when people receive kindness from other people, kindness entails enacting kind behavior toward other people. In personal mindset, how to act of kindness can be expressed in countless ways? A warm hello said to a stranger, giving money to those in need, allowing cars to merge into traffic... all of these are acts of kindness.

Kindness may be best expressed as a state of mind. With the holiday season over, and many of us feeling the effects of a far-reaching world disaster, understanding how kindness can help is very important. People you help can see the direct result of your actions, and people who witness your gestures can be touched by what you do. From giving money and time, to the way in which you communicate with friends, family, and co-workers, the ripple effect of kindness is far-reaching.

It is easy to think that kindness is only a "one-way street", but kindness can go both ways. Giving, in and of itself, can be a great reward, but how is the giver affected? The giver can be rewarded in many areas, both psychologically and physically. It would be impossible to list every way that kindness can be shown or given. Being attuned to situations where you can help almost becomes a "state of mind" or "attitude" that you can live by. Start by making a list of areas where you can help.

This may include giving to a helping organization, such as a local homeless shelter, food-bank, or a national/ international organization. With the natural disaster in the Far East dominating what we see on the evening news,

perhaps you could start by identifying national or international organizations that could use your financial donations. You can even look to your community for places that could use your donations or volunteer time, such as visiting patients in a nursing home or hospital ward.

Or, for some of this writer's favorites: start with the everyday little things that offer surprises and make people in your nearby community wonder what simple yet amazing acts of kindness are running amok and to get you started, I have listed some ideas below

- \* Pay for the person's order behind you in the drive-through line.
- \* Make eye contact with the person who rings up your groceries and really look at them when you say, " Have a really great evening. Thank you".
- \* Compliment at least 2 people every day.
- \* Contrast someone being well mannered and kind, with someone being rude.
- Send someone a hand written note of thanks
- \* Buy a lottery or Charitable organizations ticket for a stranger.
- \* Give a compliment about your waiter or waitress to his or her manager.
- \* Stop and help someone replace their flat tyre on high-speed road.
- \* Let someone jump the queue at the bank.
- \* Let someone jump the wallets or valuables at the police office.
- \* Treat a friend to the movies for no reason.
- \* Give up your seat for someone, not just an elderly person and pregnancy women.
- \* Talk to a homeless person and have a " normal" conversation.
- \* Pick up some rubbish in the road which would otherwise be lying around.
- Compliment a work colleague for their excellence.
- \* Tell all your family members how much you appreciate them.
- \* Leave a copy of an interesting book on a train.
- \* Buy an inspirational book for a friend.
- \* Send a thank you note to a person who has helped you in the past.
- \* Smile a lot. Kindness is contagious - and as part of Personal Socially

Responsibility you might want to consider carrying out random acts of kindness on a daily basis. It is truly a win/win/win situation. The person you are being kind to benefits through your help. You feel good for having helped someone.

And the world is a better place through your kindness. Never underestimate the impact of a single act of kindness. I still remember, after many years, the time someone stopped and helped me after my car had broken down in high-speed road. Since then, I have stopped on the road myself and helped stranded motorists a number of times. All because of that single act of kindness by a stranger. The implications of kindness are far reaching. Showing kindness even on a small level is a great start. Also, it is important to carry out your acts of kindness without expecting anything in return has its own rewards. 1013 words