

FOUR ELEMENTS OF KINDNESS

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Kindness to Self

Kindness to Self - Put yourself first. Take time to mindfully take care of yourself and show kindness. By caring for yourself, you replenish your resources that allow you to be kind to others. Research tells us that when we act kindly to others, we feel better about ourselves and reduce stress.

- **Mindfully fuel your body** - with nutritious food and stay hydrated. Avoid sugar, unhealthy fats and heavily processed foods when possible.
- Ensure you get **adequate sleep** the recommended amount per night for ...
 - School age children (6-12 years old) - 9 to 12 hours
 - Teen agers (13 - 18 years old) - 8 to 10 hours
 - Adults is 7 to 8.5 hours
- **Exercise** - each day to maintain both physical and psychological well being. Simply stretch, dance or walk etc. each day to connect your mind, body and soul.
- **Relax and have Fun** - be mindful in managing a balance so to decrease stress relief. Make sure that you relax and have fun to balance your school / work life.
- **Manage your self critic** - is your inner voice a harsh critic? Be kind by recognizing your achievements and best efforts (regardless of outcomes).
- **Practice gratitude** - take a few moments each day to mindfully be aware of the “good stuff” in your life. It can be as simple as giving thanks for great weather, an easy commute, good health, the support of a good friend, a new experience, loving family etc
- Think about how being **kind to yourself** helped you to be kind to others.