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Kiwanis Kindness Essay
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How does kindness affect our community? How does it affect our physical wellbeing and mental health? Studies show that showing kindness gives more self-esteem and gives compassion. It also shows that showing kindness can improve mental health over all. Just being kind could save a life. For example there are also studies showing just by being kind or showing kindness can potentially prevent someone from commiting suicide. In the movie from 2020 All the Bright Places It shows a character who lost her sister to mental health or suicide. Cause her to start having suicidal thoughts. One day when visiting where her sister passed she stood on the edge of a bridge. A stranger being kind and talking to her simply made her feel like someone cared. Showing that being kind and showing kindness can save a life.

Kindness and as a whole betters our community just by making people feel happier. People's moods improve just from a simple compliment. Or asking someone how their day was and listening to them makes them feel a lot better and it uplifts their mood. A popular way to show kindness is simply in the drive through when getting coffee or food. Paying for the person behind you can set off a chain reaction. Doing this can make someone smile and feel happy the rest of the day. Hopefully the chain will continue and people will pay it forward by paying for more people and spreading kindness just by paying for someone's meal or coffee. Its amazing how much kindness can change someone's life.