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Kiwanis Essay Contest

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Kindness

Where does kindness get us and what does it do for us? Kindness is a small action of displaying care and compassion to spark another's mood or day or simply make them feel good about themselves. When being treated politely even by people we don't know it really can make your day even at such a minor degree of provided politeness. I believe kindness is what we need right now more than ever to get back on track after the global pandemic that has just affected us as a whole. Spreading compassion and care is a way to make a more comfortable enjoyable home for all. Even before the pandemic kindness was needed to have a happy healthy community it is important to maintain your awareness of how you treat others around you.

In our community, kindness can be displayed by even a simple smile. A little bit of kindness can affect someone more than you think. Below the surface, each and every person has problems and conflicts they will have to conquer and face. With not being able to take away these troubles one must face we can simply lighten the situation by showing a little bit of positive energy and care to give to others. Each day it is important to contribute into the thought of how others are feeling. In a community, it's nice to have a connection with others around you that may be your neighbor, the local store cashier, or even just any resident of the area. Life is far too short to be spending it with a bitter outlook and mood.

As mentioned before, kindness goes a long way far deeper than you can imagine, it not only affects our mental health but our physical as well. Being in a positive, happy, kind environment builds and brings you up. While being in that environment it's contagious it will cause everything to flow in a fluent positive manner. Even the slightest bit can reach deeper than you think, if we each on our own choose to treat others kindly it would impact everyone as a whole. Where does it get anyone to be mean or negative? Sharing hurtful and negative thoughts out loud or even displaying them behind attitude and behavior only brings others down. Believe it or not kindness is good for the body. It can help reduce stress levels, improve self esteem, increase compassion and empathy, and improve overall mood. A result in having these factors result in a happier and longer lived life. We are unaware of struggles and conditions

others may have so it is important to know everyone is fighting their own battles. Try to make life a little more easier for others.

I believe BENV Kiwanis can help this spread of kindnesss by promoting and displaying the importance of it through technology. Technology as we know in this day and age has far from taken over it is beyond that. Almost every child parent or adult has a phone they are accessing multiple times a day. Simple little animations or short write ups may help get into ones head just how important this is. But as in us ourselves we can try to become a tighter more positive community by simply going out and offering any help possible. Checking up on people around us can also contribute to this new awareness we are trying to display of the necessitate of kindess for our community and or any community. Random acts of kindness stick with someone for longer than we would appear to imagine. Even a small action can be just what someone needed to keep them going and strong throughout the day. Our world needs more kindness!