

WELLNESS WEDNESDAY

A little kindness

While it's appropriate to consider the impact politics, economics, institutions, and society has on our lives, we also don't want to let go of how we can effect positive changes in the little four feet of space around us. As with so many other things in life, *how* we do things is as important for our wellness as *what* we're doing, and a little kindness will go a long way to help us stay on track. Here are some ways we can start:

Kindness starts with being kind to ourselves. When we're feeling good, it's easier to be kind to others. If we take time to decompress, eat, move, connect, and cut ourselves some slack, we'll be in a good place to extend a little grace to others when they might need it too.

Try to understand. Our anger with a person or situation can be sign we don't fully understand something. No one is impatient, disagreeable, or disrespectful because they feel too good! There is likely more to the story than we know and if we keep that in mind, we might be able to help or at least resolve things with less friction.

Choose kindness. Waiter got the order wrong? Coworker is slacking off? Another car is driving too slow? Kindness and understanding in these situations will make all the difference for our little four feet of space. We won't waste energy on things we can't control, it clarifies the lens we see the world through, and sets an example that can have profound effects far outside our own space.

<https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447>



"I'm sending you to anger management class, so you can learn how to stop making me lose my temper."

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Connect with Employee Wellness!

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