

Kindness Matters



<https://twitter.com/Lochsideaca>

May 18th to
22nd 2020

Why Kindness...?

At Lochside Academy Mental Health Awareness Week this year is focusing on the power and potential of Kindness.

Protecting our mental health is going to be central to coping with and recovering from the corona virus pandemic. The psychological and social impacts will likely outlast the physical symptoms of the virus.

Kindness has the ability to unlock our shared humanity. Kindness strengthens our relationships, develops community and deepens solidarity.

There is an abundance of kindness flowering at this time: from 100 year old Captain Tom to the many national and local organisations and communities responding to needs.

'Do things for people not because of who they are or what they do in return, but because of who you are.' (Harold s Kushner)

Each day we will release a newsletter containing a variety of activities for your family to attempt. These will include a kindness task, a fun quiz, inspirational quotes, mindful colouring and a mindfulness practice.

Mindfulness practices are a great way of helping us focus & pay more attention to what's important. Using simple breathing techniques, we can help ourselves manage stress better, improve our attention and stay grounded despite these changing times . Mindfulness and kindness go hand in hand and during this week we'll be focussing on how to look after ourselves and others, having fun along the way



Mindfulness at Lochside Academy

The story so far:

We've been using Mindfulness practices with groups in Lochside Academy since the school opened back in August 2018. These groups tell us they love their mindful time together and look forward to it each week!

We're bringing Mindfulness and Kindness together with a week-long programme to help our families. Together we'll be making space for our minds & our bodies

Over the coming week we have a range of lovely activities to fill our time purposefully and take daily opportunities, for connection, gratitude and family time.



<https://twitter.com/Sarahgear4>

The Science of Kindness

Physically, kindness is excellent for us!

When we practice kindness and compassion our brains release oxytocin (also known as the 'love hormone'). This causes the release of a chemical called nitric oxide, which lowers blood pressure and improves heart health.

Kindness also affects the vagus nerve which has the important role of running communication between our brain and organs.

When this nerve is responsive, it can reduce inflammation and heart disease. Being kind makes this nerve more responsive and even boosts our immune system.

'A warm smile is the universal Language of kindness' (William Arthur Ward)

Kindness for Mental Health

Kindness makes us happier! A big reason kindness and happiness are interlinked is the element of gratitude. Being kind to others promotes a feeling of gratitude, which makes us more aware of our own good fortune. Kindness makes us feel more connected and loved.



Doing good does you good.



Be kind to your mind.

Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

There are many ways to be kind and many opportunities to practice. Perhaps kindness is a value that could add more satisfaction to and strengthen your relationships.