



Did you know... November 7th - 13th is World Kindness Week!

History of World Kindness Week

World Kindness Week came into being when several humanitarian groups came together on November 13, 1997, and made a Declaration of Kindness. What started as World Kindness Day turned into World Kindness Week, where everyone is encouraged to make a similar declaration of kindness and charity. World Kindness Week aims to create a society where everyone can live a dignified life.

We observe World Kindness Week to highlight good deeds in our communities. This week has become globally recognized and is now widely celebrated everywhere. The sole purpose of this week is to focus on the positivity that surrounds us every day. It's a week to learn, teach, and share our kindness with others.

Why is Kindness Important?

Kindness allows us to connect with other people and build meaningful relationships. When someone shows us kindness, we feel connected and more willing to cooperate with them.

How to Celebrate World Kindness Week

- **Give Compliments**
Give a compliment to your teammates, patients, and their families during World Kindness Week. Compliment their haircut, outfit, or anything you admire about them!
- **Do a Random Act of Kindness**
Smile at strangers passing by, hold open a door, or buy lunch for a teammate. Even these small gestures are a nice way of showing kindness to others.
- **Donate**
Donate books, clothes, food, essential medicines, and even money to a charity of your choice.

As we approach World Kindness Week, keep in mind these facts about kindness:

- **Kindness is teachable**
We are psychologically wired to help someone in need.
- **It's contagious**
Witnessing an act of kindness improves our mood, making us more likely to pay it forward.
- **Kindness makes you live longer**
There's 44% less chance of dying early if you are kind.
- **Serotonin source**
Like most medical antidepressants, kindness stimulates the production of serotonin.
- **Kindness has anti-aging effects**
Perpetually kind people have 23% less stress hormone and age slower than the average population.

Source:

<https://nationaltoday.com/world-kindness-week/>