

## **Acts of Kindness**

In addition to being grateful for the positives in our lives, another way to activate and support our new positive core beliefs is to do kind things for other people.

When we are kind to others, we often experience a mood boost and greater happiness.

In one study, people who performed kind acts toward others every day for four weeks felt happier and more satisfied with their relationships.

The types of kind acts that led to these changes included small things like opening the door for someone, buying lunch for a friend, smiling at a stranger, letting someone go ahead in a line, visiting an ill friend, giving a compliment, and helping a neighbour with shopping or home repairs.

When we do these kind acts toward others, we tend to feel better about ourselves, more positively connected to other people, and happier over time.

### **Exercise: Doing Acts of Kindness**

For the next several weeks, plan to do regular acts of kindness.

These can be small things that you do for family, friends, co-workers, neighbours, strangers

Notice if your positive core beliefs about yourself, other people, or the world are activated when you do these kind acts.

Adapted from *Mind Over Mood: Change How You Feel by Changing the Way You Think* (2015) by Dennis Greenberger and Christine A. Padesky.