

Our weekly newsletter
KINDNESS
Food For Soul

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**“KINDNESS CAN
BECOME ITS
OWN MOTIVE.
WE ARE MADE
KIND BY BEING
KIND.”**

—ERIC HOFFER



THE SECRET TO A HAPPY LIFE



***loud annoying noises* Sorry, that's your alarm blaring at its peak volume. Waking you up, for yet another monotonous day filled with lectures, meetings and work, with breakfast, lunch and dinner thrown into the mix. You wake up, brush, bathe, eat, work, sleep and repeat. Though not necessarily in that order. How many of you really take the time to think about your actions, think about the things that make you smile in life, things that aren't related to your home, your school or work, but rather yourself, your emotions, and the feelings of other people in your life?**

***“Wherever there is a human in need, there is an opportunity for kindness and to make a difference.”
– Kevin Heath***

***Happiness is the
new rich.
Inner peace
is the new
success.
Health is the
new wealth.
Kindness is the
new cool.
-Syed Balkhi***

We live in an ecosystem. We survive only because we have people around us. We survive because there are people who are invested in art, technology, research, farming, the list is endless. We live comfortably because we have a family that cares for us, friends to confide in, people whom we can count on. We live because we have ourselves to go to places only we can dream of.

When our sole existence comes down to one word: people, then the thought itself is worth a second glance, don't you think? We really got to sit down and have a chat with ourselves, ponder on how exactly we interact with people.

And how does all of this relate to kindness? Well, kindness is not just a virtue; it's a way of life. It is a way of interaction. Being kind doesn't need to involve a grand gesture, or require spending a day at an animal shelter. Being kind doesn't mean we need to volunteer for social service, or work at a nursing home. It doesn't mean we need to isolate a time in our everyday routine, in order to practice kindness.



Rather, it's the small ways in which we can show compassion, appreciation and love to the people who surround us. Thanking your mom, for uncomplainingly cooking for you every day, appreciating your friends for being there for you when you needed them, being grateful for having a comfortable lifestyle is kindness.

Expressing your appreciation to the mail man, wishing the security guard at your residence a good day, and bestowing everyone you meet with a smile is kindness.

None of these people really expect you to perform these small acts of kindness, but these small gestures have the potential for building the strongest relationships with the people around you.

Everyone likes to be appreciated, and everyone likes to be valued, even if they're just doing their job. I mean, don't you? The mail man will always leave with a smile because of your gratitude, and it will always spur him to bring you your mail on time. The guard will have an extra bounce in his step, all because you did the small kindness of remembering him, and valued his presence.

The secret behind a happy life is not all that complicated. When people around you are happy, the quality of life automatically goes up, and BAM you're happy too. And what better way to spread happiness than to show a small bit of kindness!

Kindness begins with the understanding that we all struggle.”
– Charles Glassman

- Anandita Chitnis & Bhuvaneshwari V



A LITTLE MORE SUN



You know it gets low ,
you know it doesn't always go with the
flow it makes you weak , it makes you go
blind

And somehow, we forget being kind
We forget we're not the only one
We forget that this dark world needs a little
more sun

We ignore strange faces,
We ignore the smile they gave in most of
the cases

We think it's enough to be nice so far,
But being kind could work as an ice to heal
a scar

It is as simple as opening a door
It is as simple as sitting with someone on
the floor

It is as simple as sharing your food,
It is as simple as not letting someone brood
It is as simple as sharing a smile,
It is as simple as being with someone for a
while

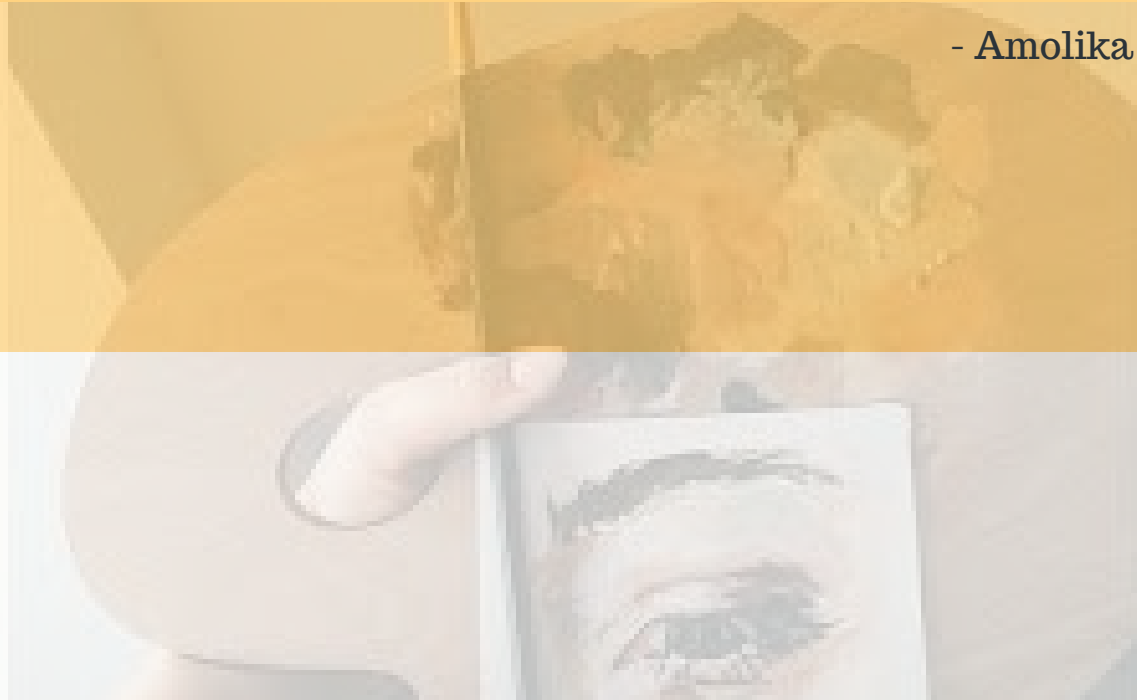
It makes you weak, it makes you go blind
And somehow, we forget being kind

- Gatha Patel



MY EXPERIENCE WITH KINDNESS

- Amolika Kumar



~Less is more ! Often they say doing big is impactful. While that's true, we should dwell into the power of "less is more," how small and simple acts of gratitude and compassion makes a massive difference. It was a bright Sunday. And Sunday means shopping, yay! I was out with a friend of mine. We were walking along the pavement, close to the mall when we saw an elderly lady taking two steps on the across the road, but withdrawing herself back often. She was struggling to cross the road amidst the heavy traffic. It took us just a couple extra minutes to go a little out of our way and help her cross the road. While our shopping might have been delayed, our hearts were full as we put a smile on her as well as our faces. It is these selfless acts of kindness that count; you never know how much of a better place that makes the world to live in. Keep doing good!

KINDNESS



bingo

Do a kind thing for someone	Help someone today	Take a nap	Tell someone how special they are	Thank your mother for food
Do one kind thing for yourself	Make someone laugh	Listen to a friend	Wash Your Hands	Go for a stroll
Thank Someone	Laugh at Your own joke		Listen to Your favorite song	Phone call instead of text
Compliment someone today	Smile at a stranger	Stretch	Imagine Achieving your dream	Do something creative
remind yourself you are enough	Take a break	Read Something inspirational	Wave at Someone today	No phone in bed



KINDNESS

word search



W G R A C E C O V G X A W G F R
A D R A G T Y V K I G F O O G E
S K H N E S T A N I B L I O B E
S A E R E P A T I E N C E D G N
E W A M S P D E R S O D F W E H
N C R Q O B H O G W A R T I N K
S X T E G E N E R O U S S L E L
I Z L R U N C I X C R Y D L R O
T S O T C D C O M P A S S I O N
I R D J E K P V S S H U C J S E
V I P B L M O U N I Y T V B I G
I R D J E K P V S S H U C J S E
V I P B L M O U N I Y T V B I G
Y D I E G M A C T D U R S T I K
C R T B T H O U G H T F U L Q E
D I E T B O H O L C Y A A W E T
E N C O U R A G E M E N T C T E



words

Polite	Kind
Generous	Encouragement
Care	Sensitivity
Compassion	Heart
Goodwill	Grace
Empathy	Generosity
Thoughtful	TactPatience

BOOK OF THE WEEK

THE WAR FOR KINDNESS

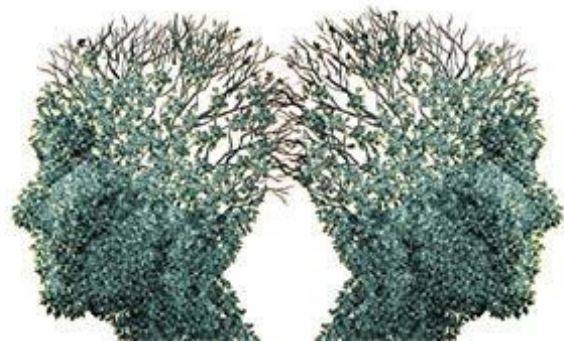
In a quest to understand kindness, and its presence in humanity, the Stanford professor explains through stunning experiments and cutting – edge research that kindness is not necessarily an inborn trait but can be strengthened over time through practice and effort. The book is a call for action. It's up to us to rise to the challenge!

- Bhuvaneshwari . V

JAMIL ZAKI

THE WAR FOR KINDNESS

Building Empathy in a
Fractured World



NOTE

if you have any personal stories of your experience with kindness to share with us, mail us at Mail@bloommantra.com we will publish them in our upcoming news letters