

## **Mindfulness Monday Message #31 – 05 December 2016**

The other evening I was having dinner with friends and someone raised the issue of the state of the world. They asked the question of how to make the world a better place. After much discussion, we settled on the idea that change could only start from an individual level through love and kindness.

Acts of kindness involve stepping outside ourselves. They are the next step on from self-care. Kindness can be as simple as a word of praise to a work colleague or paying for a stranger's coffee. Whatever the act is, it creates immediate and positive change and can be contagious. Acts of kindness connect you to humanity and they increase your resilience and sense of well-being. With all the negativity floating about in the world at the moment, acts of kindness are crucial.

*Dr. Annmaree Wilson*