

# Kindness

Kindness is the sincere and voluntary use of one's time, talent, and resources to better the lives of others, one's own life, and the world through genuine acts of love, compassion, generosity, and service. It is one of the most beautiful and powerful forces for good that exists in the entire world.

Why?

- Kindness is all the different ways we express care, concern, and consideration for ourselves and those with whom we share the world.
- Kindness shows up as a supportive smile, a comforting embrace, and a helping hand when we need it the most.
- Kindness exists as heartfelt words of encouragement, thoughtful gestures of affection, and compassionate acts of generosity.
- In a world filled with struggle and pain, kindness is like a deep cleansing breath that rejuvenates us with its goodness and gives us the strength to persevere despite troubles.
- Kindness is often the source of great joy and a reason why life is beautiful, even though it can be challenging.
- Kindness is a choice
- Kindness is love

The Best way to understand kindness is to practice it. If we want to know the real meaning of kindness, then we must take the time to intentionally spread it. More specifically, we must do the following:

- **Be kind to others**
- **Be kind to ourselves**

When we actively choose to be kind, we can then experience its real power. Kindness involves choice because there are many alternatives to kindness that will tempt us, like apathy and anger. Kindness is a wellspring of hope and a counterbalance to despair. It is a gift everyone can give not only to others, but also to ourselves. Sincere kindness does so much more than just make us smile. It stays with us. It lingers. As it disarms our shields of cynicism and reaffirms our faith in humanity, it marks us — kindness changes us. **It can change the world!**

Questions? Contact us at 363ISRW.ART.363ISRW@us.af.mil or at 757-764-9316