

# Kindness



## Practicing Kindness In Your Own Way

### Morning Centering

**Aristotle:** Ask yourself, “Who can I show the right kindness to today?”

**Buddhism:** Repeat to yourself, “May I be well. May all beings be well.”

**Neuroscience:** Deep breaths calm stress circuits, priming empathy.

### Micro-Kindness Action

**Aristotle:** One intentional, well-measured act today.

**Buddhism:** Extend kindness even to strangers and those you dislike.

**Neuroscience:** Small acts trigger oxytocin & dopamine (“helper’s high”).

### Friendly Speech

**Aristotle:** Balance the truth with tact.

**Buddhism:** Speak with non-harming intention.

**Neuroscience:** Pausing lowers reactivity and improves regulation.

### Micro-Kindness Action

**Aristotle:** Did I balance kindness (not too much, not too little)?

**Buddhism:** Recall kindnesses received and given with gratitude.

**Neuroscience:** Gratitude journaling lowers stress and improves sleep.

### Amplifying Kindness

**Aristotle:** A thoughtful, timely bigger kindness.

**Buddhism:** Extend loving-kindness to someone difficult.

**Neuroscience:** Novel kindness boosts reward circuits more strongly.

