

CREATE THE RIPPLE — Kindness Cards

A little spark of kindness adds a burst of positivity to our day



Self-kindness

These cards help you reflect on kindness towards yourself. What can you change in your behaviours to be kinder to yourself?

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“

View your life with KINGSIGHT.
Stop beating yourself up about things from your past. Instead of slapping your forehead and asking, “What was I thinking,” breathe and ask yourself the kinder question, “What was I learning?”

Karen Salmansohn

”



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“

The ability to be in the present moment is a major component of mental wellness.

Abraham Maslow

”



Practice self-coaching



Maybe the term self-kindness doesn't quite work for you. How about aiming for self-coaching instead?

Learning to self-coach means that we can support ourselves through the good times and when things get trickier!



Think through these self-coaching questions and reflect on your response:

- What do I know to be true about this situation?
- If I knew someone else in this situation, what three things would I recommend them to do, and what would I encourage them to be thinking?
- What is the most important and helpful thing I could do to



Take a moment to pause



We all experience setbacks. Sometimes we catastrophise these moments which makes us feel stressed.

To avoid this, we can busy ourselves doing other stuff, less important things like surfing the Internet, social media scrolling, modern day paper shuffling. This is known as presenteeism. Being conscious and aware of this, being present in the moment, is a wonderful antidote!



How can you become more present? Realise the power of a pause.

Changing your environment can help too. Get some fresh air, take a walk, listen to music, have a cup of tea or coffee, break the cycle.



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Kindness to others

These help you focus on kindness towards others. What can you do to create kindness towards other people?

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Kind words can be short
and easy to speak,
but their echoes
are truly endless.

Mother Teresa

”



“

Remember, there's no such
thing as a small act of
kindness.
Every act creates a ripple with
no logical end.

Scott Adams

”



Compliment others



A kind word is a simple but powerful gesture. It helps people to feel seen and valued, triggering strong reward chemicals in our brains. Feeling appreciated can increase productivity, collaboration, creativity, and satisfaction.



Make a commitment to recognise others. Take the time to go one step further and share the impact too.

How have others made you feel? If at work, maybe there's an opportunity for wider recognition like noting their achievements in a newsletter, or nominating them for an award or giving a small gift.



Respond, retweet & reshare



When our colleagues use social media to talk about professional and personal milestones or achievements, we can show kindness by amplifying these positive vibes and calling on others to comment as well. It creates advocacy for them and for the wider team too!



Take a moment to read and share a colleague's post.

Adding a bit of commentary with a personal note is such a powerful way to show kindness in the digital world. We shouldn't make it about ourselves though. Focus on congratulating your colleague by name, keep the focus on them and their achievement. Help them enjoy their accomplishments by joining in a healthy celebration that works for their style.



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Team kindness

These help you create kindness in a team. How can you apply these ideas to foster kindness within a team?

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“

No act of kindness,
no matter how small,
is ever wasted.

Aesop

”



Culture of kindness

These help you learn ways to cultivate kindness in your wider community or workplace. How can you work towards a broader culture of kindness?

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“

The important thing is not to
stop questioning. Curiosity has
its own reason for existing.

Albert Einstein

”



Play to our strengths



We're not all the same and something that we can all benefit from is identifying and using one another's strengths.

When we're able to maximise our strengths, we'll feel more positive, more motivated and get more done.



A powerful activity that boosts productivity is to take time to share the strengths of others.

It's often not the done thing to shout about your own abilities. So, encourage some kindness by sharing the strengths we see in others. Have everyone pick a team member and jot down one thing they're great at. Then share this around the room to see the ripple effect this kindness brings!



The power of curiosity



Curiosity is powerful for an organisation, and it brings benefits on an individual level too. Curiosity can generate a reduction in cognitive bias, enhanced innovation, fewer decision-making errors, more open communication, reduced group conflict, and improved team performance. Curiosity encourages questions and suspends judgement. Curiosity is kind!



To harness this power, ask questions, take time to understand and build safe spaces to explore. This will also support a greater feeling of belonging. Think about catering to preferences to allow people time to think or supporting different ways of sharing. By creating an openness to share and explore together, we will magnify the opportunity for kindness.

