

# Random Acts of Kindness Day

*February, 2022*

The kindness movement is an important movement that has been fueled in part by the hard work of the Random Acts of Kindness Foundation (RAKF). This international non-profit's labor of love is to bring awareness to how much simple kindness can affect our lives and our world.

The creation of a Random Acts of Kindness Day (RAKD), which is observed on February 17th in this country, is one means to hopefully bring cognizance to people as to how easy and fulfilling kindness can be.

How does one celebrate this day? The sentiment is to perform an act of random kindness without thought for recognition for having done so. It can be a great deal of fun thinking of all the different things one can do and the acts can be very simple.

The following are some really easy ideas:

- Hold the door for someone coming behind you.
- Let the person in line behind you go first.
- Complement people throughout the day.
- Make it a point to smile at people.

If you have more time and energy, you could:

- Help an elderly neighbor shovel their walkway/driveway or take out their trash.
- Babysit for a single Mom for free.
- Drop off a homemade lunch for someone who is housebound or in quarantine.

Order flowers from a florist and have them sent to a nursing home. Ask the main desk to give them to who they believe needs them the most. Call an animal rescue shelter and volunteer a few hours or bring much needed supplies.

There are endless ways to do nice things for people if you just take a few moments to reflect on them. For instance, Valentine's Day is coming up. You could act early on your RAKD if you know someone recently widowed or divorced. Sending them a friendship Valentine to let them know that they are thought of is a very kind idea.

So why would anyone want to celebrate RAKD? It is obvious that the receiver benefits from the action but so does the giver. Research has proven that one instance of kindness causes the brain to release endorphins which are the feel good hormone. Studies also show that people who continue to perform kind acts actually positively affect their health. Cortisol levels drop which can reduce blood pressure. Lower rates of depression, anxiety, less stress, and less pain have all been the recorded results of continued good deeds.

Another important reason to celebrate RAKD is that acts of kindness rarely stand alone. They are contagious (which in this instance is a GOOD thing!) Each act is like a drop of water in a puddle that then ripples outward. By positively affecting others, we then create the scenario where that energy moves on through them to more people. Every little bit makes the world a better place.

We hope that by reading this blog that we have brightened your day and inspired you to celebrate Random Acts of Kindness Day. We also hope that once you have exercised your kindness muscle, that you may see the benefits of making kindness be the norm and a part of your everyday life (if you don't already do so or if you just needed a reminder.) Anyone can weave kindness into their routine on their own or you can go to [randomactsofkindness.org](http://randomactsofkindness.org) to see the programs they have for bringing kindness to your school or work place.

"Kindness starts with one." - RAKF

"Wherever there is a human being, there is an opportunity for kindness." - Lucius Annaeus Seneca

"Be the change you want to see in the world." - Gandhi

Between now and Valentine's Day, Body Mind Spirit Salon and Day Spa has an offer for you: buy \$200 in gift cards and get a \$25 gift card free. Consider sending one to a deserving person. We'll be sure to pamper them!