

# PRACTICING kindness

Read the article, "[How sharing kindness can make you healthier & happier](#)" from the Mayo Clinic and answer the following questions.

1. Based on the article, summarize how kindness can affect a person's health positively.

2. List three practices of incorporating more kindness into your day.

3. What hormone is released when someone performs an act of kindness?

4. Practice Loving-Kindness Meditation (LKM) — Set a timer for an amount of time between two and five minutes. Once you start the timer place one or both hands on your heart.

- Repeat these phrases:
  - May I be healthy
  - May I feel confident and strong
  - May I be safe and protected
  - May I feel happy and loved
- Now repeat these phrases about a loved one
  - May you be healthy
  - May you feel confident and strong
  - May you be safe and protected
  - May you feel happy and loved
- Try listening to some meditation music (try this [song](#)) while thinking of a loved one or while repeating the phrases above.
- You can choose to try this [Loving Kindness meditation from Teens Health](#).
- Describe how you're feeling.

5. Practice Acts of Kindness – Perform a random act of kindness today for a friend or loved one. Describe what you did and how it made you feel afterwards.

6. What are some of the health benefits of feelings of thankfulness according to the article?

7. Practice Focusing on Gratitude – List five things you’re thankful for in the space below.

8. Identify and explain which kindness skill you liked best.

**Challenge!** Try practicing your preferred kindness skill for a week and journal how you feel at the end of each day.