

Kindness Corner from YMCA of Silicon Valley/Project Cornerstone

Kindness *improves your emotional health* and offers a *sense of positivity and purpose*.

While social bonds are important for us to thrive, in this time of social distancing, that can feel challenging. Even when shared remotely, acts of kindness can still promote a sense of community and connection.



Here are some inspirational ideas and ways to engage yourself and your family in compassionate and community-supporting ways:

Acknowledge others and share your appreciation

When you are out getting groceries, or on a walk in your neighborhood, look toward the other person and say "hello". Thank the first responders, health care providers, grocery store staff, and anyone else keeping your neighborhood safe and supported throughout this crisis.

Check in on your neighbors

A phone call, a post on Nextdoor or other neighborhood apps, or, if you knock on their door, remember to keep the 6 ft. recommended distance. Check to see if your neighbor needs any help or have run low on supplies. Share extras you may have with those who may be less able to get out and shop, or see if you can pick up a few things the next time you are out.

Support those struggling with food insecurity

Many people are struggling with food insecurity at this time. Several schools have organized Grab and Go meals. Check with your neighborhood school/district to see if they are seeking donations or how you can help. Consider fundraising to local food shelters or other hunger relief organizations.

Create and send a card or letter



Local elder care facilities may welcome uplifting cards as their residents are struggling with fear and loneliness. Check with your local facilities to see if they're accepting cards. If you are worried about sending germs on a card, consider scanning or photographing your card, or sending electronic messages. [Click here](#) for a list of other organizations that would appreciate notes of kindness.

And perhaps one of the most important things you can do is this ...

Take care of yourself

If you've ever flown you know that during the safety talk, the flight attendant always direct you to *put on your oxygen mask first* before helping others. You will be able to assist others best when you take care of yourself. Take breaks from watching, reading, or listening to news stories, including social media. Take care of your body - take deep breaths, stretch, meditate, go for a walk. Read a book, listen to music, or unleash your artistic and creative side. Eat healthy, well-balanced meals. Get plenty of sleep and make time to unwind and just be.

