



Staying Positive and Practicing Kindness During the COVID-19 Pandemic

www.KindnessCloud.org/Toolkit



We've all experienced a change in our daily life due to the Coronavirus Crisis. While we all do our best to stay informed and follow the guidelines of social isolation, it's easy to get caught up in watching and sharing news reports about all the scary things happening around the world. Yet, constantly focusing on all the possible devastating effects of the coronavirus can leave us in a state of fear and rob us of an opportunity to encourage, help, and **Be Kind** to one another.

Now more than ever, we must stay positive and find our **Kindness Path** during this time of crisis. **Kindness** may look and feel a little different from the ways we normally used to do it, but we must come together and unite around **Kindness** in new and creative ways. Here are 3 ways to stay positive and practice **Kindness** during the Coronavirus Crisis:

1. **Be Kind to Yourself:** **Kindness** starts with you. If you're not taking time out to **Be Kind** to yourself, then it will be difficult to **Be Kind** to others. In times of crisis, it is critical to keep your stress level down as stress can weaken your immune system. To cope during the corona crisis, it is important to be proactive about increasing your positive emotions. Limit your intake of the news and try taking time out to enjoy the simple pleasures of life: Go out for a walk and observe the beauty of nature, listen to uplifting music, cook your favorite recipe, take time out to read a book, dance to your favorite song, start a gratitude journal, meditate daily, plant a garden. Finding moments to **Be Kind** to yourself will help you feel calm, positive, and uplifted.
2. **Practice Simple Acts of Kindness:** During a time of social isolation, you might find yourself at home with family. Take time out to appreciate your family members, engage in positive conversations, express gratitude, and share positive affirmations. Check in on your neighbors (keeping at a distance of six feet) who are elderly and self-isolating and offer to deliver supplies and groceries to their doorstep. Send cards and gifts to relatives and friends. Send texts and make phone calls to encourage your others. Post messages of hope on social media. Your commitment to practicing **Kindness** will be a catalyst in spreading the ripple effect of **Kindness** during this time.
3. **Share Kindness Forward:** Since the entire world is impacted by the coronavirus, we need to come together in novel ways to promote the viral spread of **Kindness**. Envision how you can motivate others to **Be Kind**. Encourage others to **Unite Around Kindness** through social media and email. Support the **Kindness Movement** and share this resource forward through your email and your social media channels. Join the **Kindness Community** to get inspiration and share resources, stories, and ideas on the **Kindness Cloud Facebook Group**.