

Extending kindness to a stranger can be a powerful way to make a positive impact in the world. It doesn't take much effort or time, but the benefits can be significant for both the giver and receiver.

A simple act of kindness like holding the door for someone, offering a compliment or buying someone a cup of coffee can brighten up their day, lift their spirits and make them feel valued. It can also create a ripple effect where the recipient may be inspired to pay it forward to others. Showing kindness to a stranger can also help to break down barriers and promote a sense of community. It can help to counteract negative news stories and restore faith in humanity.

It's important to remember that extending kindness to strangers is not just about doing good for others but also for ourselves. Studies have shown that performing acts of kindness can increase happiness, reduce stress and promote overall well-being.

So how about we make it a habit to extend kindness to strangers whenever we can. You never know how much of an impact it can have on someone's day, or even their life. *(sourced: Majellan Media)*

"The greatest gift you can give someone is your kindness because it costs you nothing, but it can mean everything to them."
~ St Francis of Assisi ~