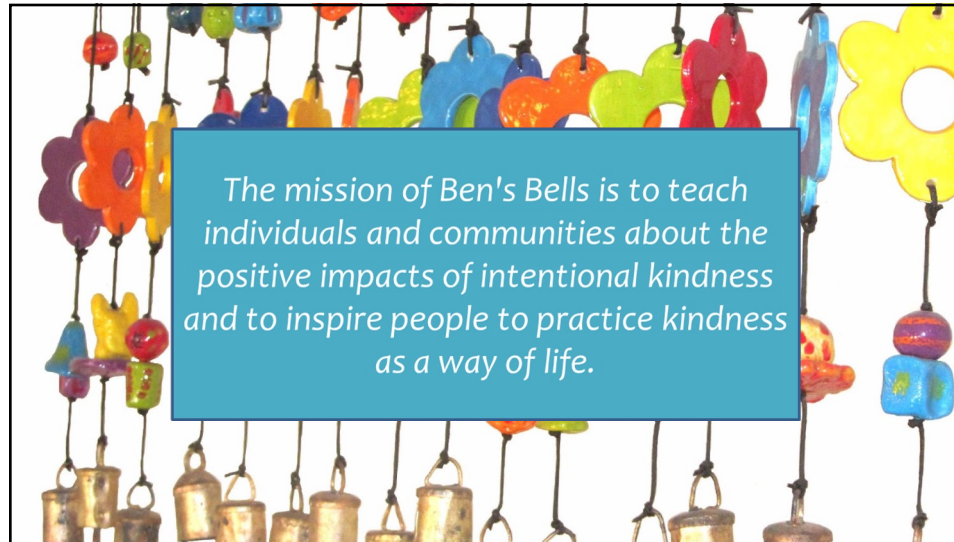




Building a Culture of Kindness

Social Emotional Intelligence

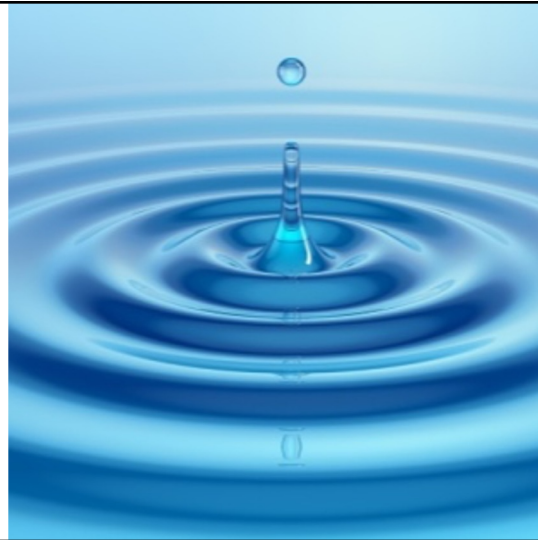
1



2

Ripple Effect

Studies have demonstrated that dopamine and serotonin levels are released by both the recipient, giver and witness of acts of kindness.



3

Creating a KIND CULTURE

- Radical Candor - Life is Good
- Being Clear is Kind- Brene Brown
- Fear vs Play Dr Jaak Panksepp, Neuroscientist

4

5

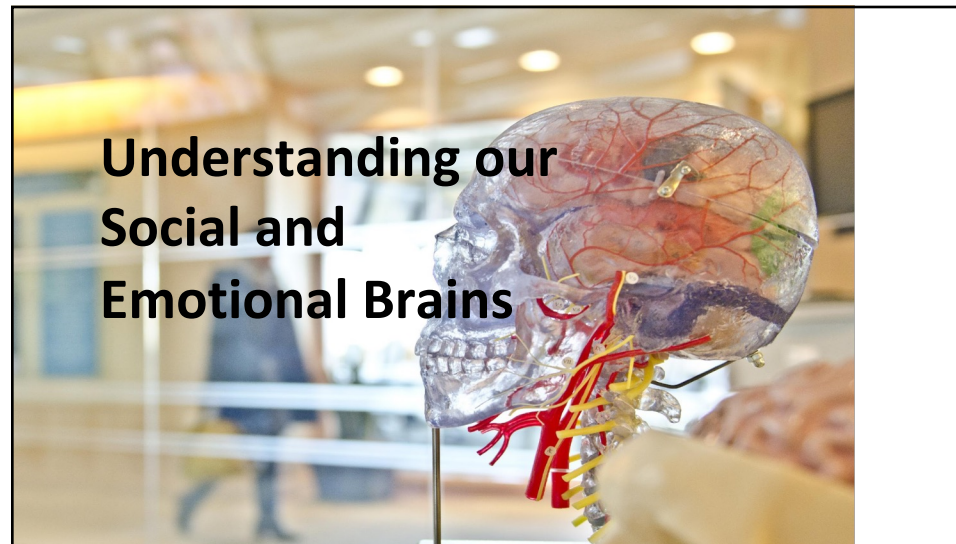
With kindness established as a shared value, we can think about kindness more, rely on it more, talk about it when it's hard, remove barriers to practicing kindness, and solve problems while still being kind.



6



7



8

The brain is
protective, reactive,
and self-centered.

**Reactive Fight or Flight
Subconscious Brain**
or
**Learn to activate your conscious
decision-making brain**



9

Effects of stress

Threat = Adrenaline and Cortisol.

Constant state of “threat” and cortisol production:

- Anxiety.
- Depression.
- Digestive problems.
- Headaches.
- Muscle tension and pain.
- Heart disease, heart attack, high blood pressure and stroke.
- Sleep problems.
- Weight gain.
- Problems with memory and focus.

10



According to neuropsychologist Rick Hanson, our brain is "brain is like Velcro to negative experiences and Teflon to positive ones."

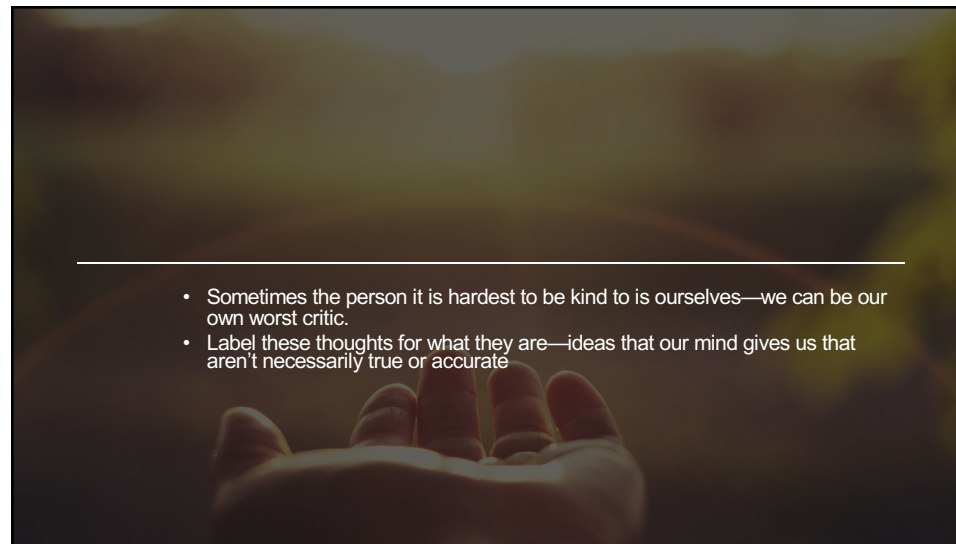
Negativity Bias

11



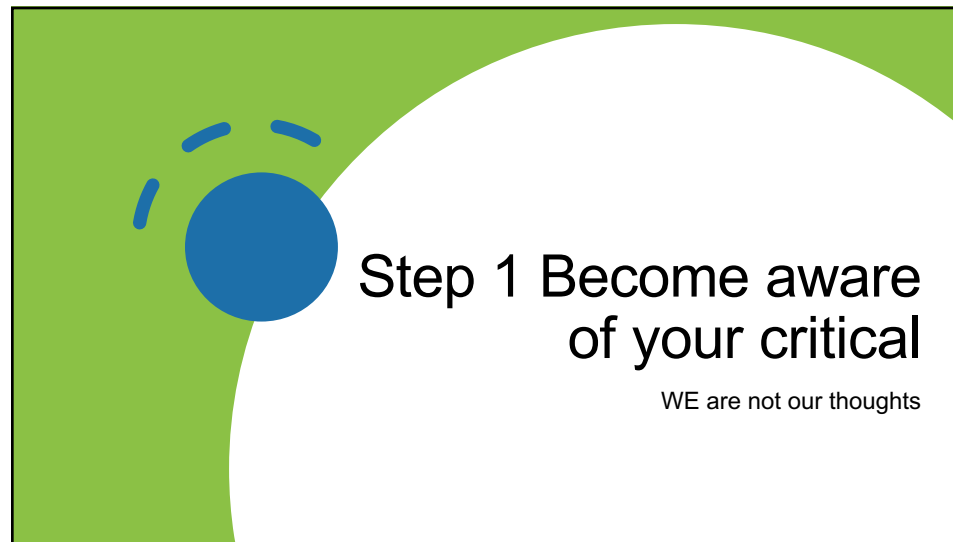
Metacognition

12



- Sometimes the person it is hardest to be kind to is ourselves—we can be our own worst critic.
- Label these thoughts for what they are—ideas that our mind gives us that aren't necessarily true or accurate

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Step 1 Become aware of your critical

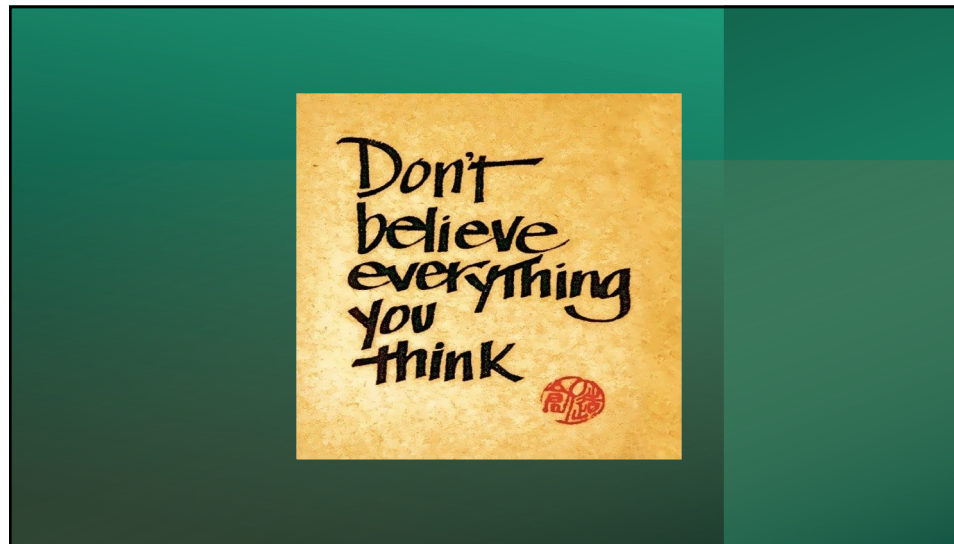
WE are not our thoughts

14

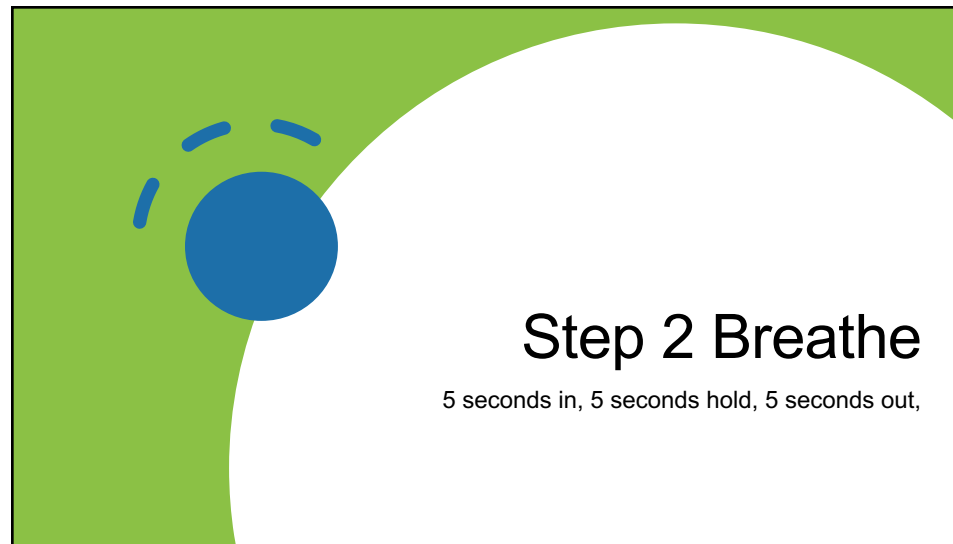
“Noticing”

Strength training for the brain

15



16



17



18



Power of Gratitude- HOW WE DEFEAT NEGATIVITY BIAS

Studies have demonstrated that intentionally reflecting on what we're grateful for:


- Increases optimism, positive mood, sleep quality, and a sense of connectedness with others
- is a productive way to counteract our natural human negativity bias and
- benefits both our personal and professional lives.

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BE THANKFUL FOR
DOING LAUNDRY

20



How to act with Kindness- THE EASY KINDNESS

Micro Connections- focus on the small, yet meaningful, positive interactions that we have nearly every day.

- Barbara Frederickson calls "micro-moments" of connection changes the way our brains work and helps us feel embedded in our families, schools, workplaces, neighborhoods, and communities.
- Bringing attention to the "micro-moments" in our daily lives helps us feel the kindness of others, practice kindness toward ourselves and share kindness every day.

21

TAKE CARE OF YOURSELF

BEING ORGANIZED IS KIND- REDUCES COGNITIVE ENERGY AND CAN MAKE BETTER DECISION.

Prioritize your day

EATING BETTER

WORKING OUT

SLEEPING BETTER

22



23

Kind Activities

- Write (3) Kind Note- Writing Kind Notes carries benefits for both the writer and the recipient! Kind Notes reflection, as well as learning to accurately understand, describe, and manage feelings
 - Write a Kind Note to a loved one
 - Write a Kind Note to someone you haven't connected with in a while.
 - Write a Kind Note to someone who would never expect receiving one from you.
- Rubber Band - SELF CRITICAL
- Mindful Breathing <https://www.youtube.com/watch?v=hA1YqEy8UI&authuser=0>
- Kindness Chain https://drive.google.com/file/d/1J_vQ-Is12iOOvCq1jbsZlgvaK6_bUkAX/view?usp=sharing



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