

HOW TO PRACTISE KINDNESS:

- > Be sympathetic or empathetic*
- > Lend a helping hand
- > Speak a kind word
- > Listen sympathetically
- > Offer your time
- > Celebrate in other's achievements
- > Share something you value/like
- > Tell someone you value/love/appreciate them
- > Be a good Samaritan (random acts)
- > Donate
- > Volunteer
- > Help someone in need

* Difference between Sympathy and Empathy

Sympathy:

sharing or enduring an emotion.

Empathy:

understanding an emotion but not necessarily sharing in it.

“Be kind,
for everyone you meet is
fighting a harder battle.”

Plato

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	Gratitude and Reflection Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	Love Valentine's Day 14th February
MARCH	Happiness International Day of Happiness 20th March International Womens Day 8th March
APRIL	Truth International Day for the Right to the Truth 24th March
MAY	Creativity World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	Awareness World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	Forgiveness National Day of Forgiveness 7th July
AUGUST	Accountability International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	Generosity International Day of Charity 5th September
OCTOBER	Kindness World Kindness Day 13th November
NOVEMBER	Compassion World Compassion Day 28th November
DECEMBER	Family Holiday Season is a time of Family



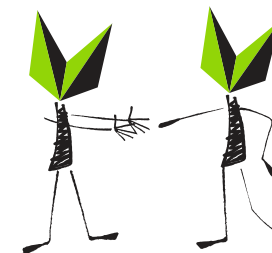
KINDNESS



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KINDNESS

KINDNESS IS:

- > The act of being friendly
- > Generous, and considerate
- > Linked with affection, gentleness, warmth, concern, and care
- > Not being weak or naive
- > An interpersonal skill

KINDNESS REQUIRES STRENGTH AND COURAGE

NOT selfish or self-centred

- > As humans we are altruistic, and caring
- > Sympathy for others is a basic human feeling
- > So too is empathy
- > Kindness is the act of demonstrating selflessness

Scientific research shows being kind:

- > Promotes better health & well-being
- > Provides stability and satisfaction in relationships

Be **KIND** to yourself:

- > Do you take care of yourself?
- > Do you allocate some time for yourself?
- > Do you treat yourself?
- > Do you speak kindly to yourself?

