Kindness

Kindness is a light and pleasant feeling that gives smiles and brings joy to people around us. Kindness is like a piece of happiness that we sincerely give from the heart.

In our days people demonstrate the kindness less and less. They become more selfish. People more often value assertiveness, resistance to stress, endurance rather than kindness. I personally think, it is wrong, and it must be definitely changed. We need to start changes with ourselves.

First of all, kindness helps us to become better, and, at the same time, helps the others. Kindness brings joy to both sides. When one person receives help and rejoices, the second rejoices for him. When we see how the person to whom we have helped sincerely smiles, we unconsciously start to smile, too. From the medicine point of view, the striatum is responsible for good deeds in the human brain. The same region of our brain is active, when we make something that we like - for example, we eat something tasty. In other words, scientists have proven that when we show kindness, our brain produces endorphin, which gives people the sense of euphoria, peace and happiness. When we watch, or read about good deeds like helping a stray dying dog, saving someone by risking lives, or feeding the needy, we start to smile and our hearts are filled with happiness. It means, when we do something good and kind, we create happiness like magicians. So the more good deeds we commit the more happiness and magic are created. Just think, how easy for us to give a sausage to a homeless cat, buy boots for a homeless person, and feed him to the full. It is simple for us but it is a miracle for them. The world stops believing in miracles, but we can do these miracles by doing good deeds absolutely sincerely.

Secondly, good deeds must also be done because they are contagious. For example, if one student begins to bring cookies to school and treats classmates, soon the other students will start to do the same. The same may happen with the good deeds, the more often they are committed, the more often they will be done by other people.

Sometimes we confuse kindness and good manners. For example, giving up a place on the bus we often regard as kindness, but this is an example of good breeding. Moreover, having done this, we are waiting for the evaluation of others for our deed. In kindness everything is different; everything that we do is like an impulse from the heart. We do not expect to be praised. We do it because we want it. When a person, risking his life, rushes into the icy water in order to save a stray dog, he doesn’t think about the opinion of other people. He does this at the behest of his heart because he cannot do otherwise.

Thirdly, while doing good deeds, we begin to understand that we are capable for something more, and we do not depend on the opinions of other people. We start to think that we are strong.

Besides, kindness and compassion are given us from the birth, and we must develop them.

In addition, in order to do good deeds it is not necessary to give away the last money or clothes, sometimes it is enough just to smile, approve, or support. In some cases it is more important than money. In this way, you will simply warm the soul of another person, or bring him out of the darkness despair.

And in conclusion, I want to say that we should not be afraid of being kind and commit desperate actions. It is so simple. We should remember when we help others we make the world around us kinder and happier.