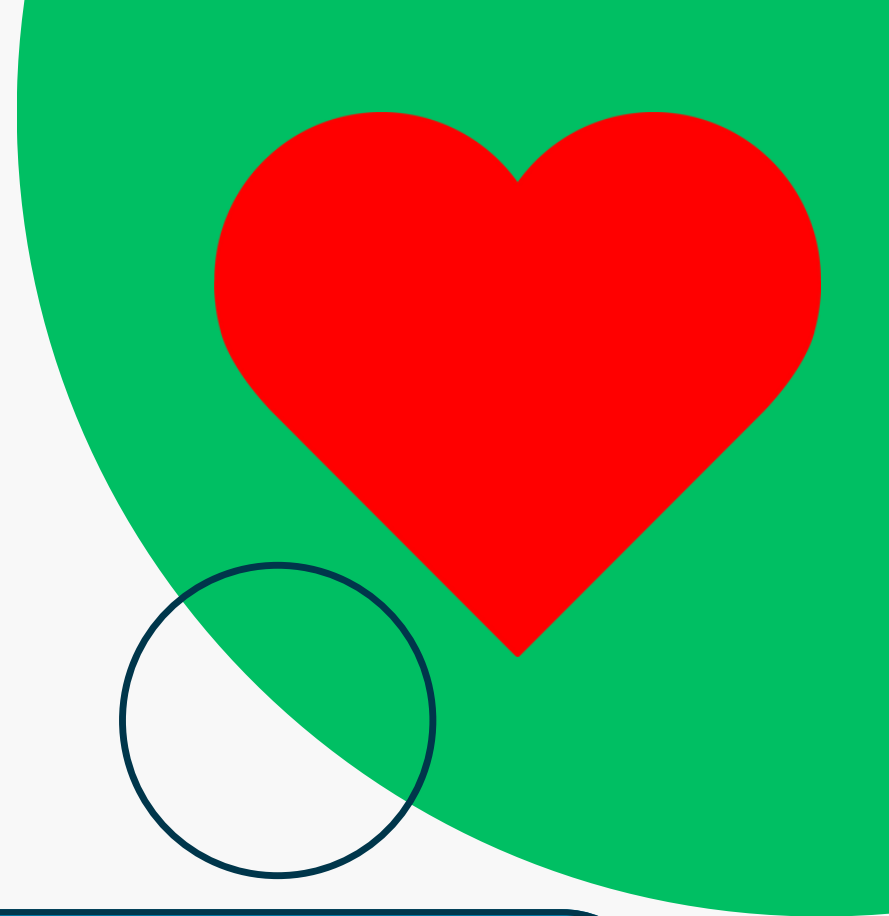


5

Tips For _____ Staying Kind in Unkind Times



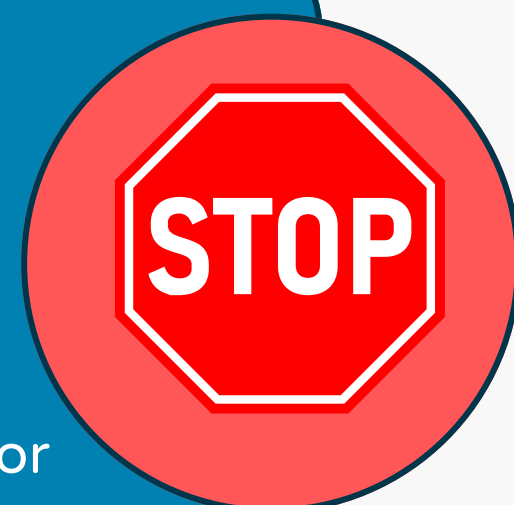
1. Know what triggers you to think, speak or act unkindly.



- Pay attention to your body's signals in different situations
- Reflect on past situations in which you've been unkind, figure out what the causes were and if there are any patterns
- Trust your gut! Don't ignore triggers, they are telling your something!

2. Stay away from things, situations and people who trigger you to think, speak or act unkindly.

- Unfollow people, unsubscribe from websites and delete social media posts and platforms that could trigger you
- Decline invitations to gatherings in which you will be triggered
- If you find yourself in a situation where you are triggered, call for a time out and/or leave



3. Make and take time DAILY to do self-soothing activities to help you process negative thoughts, feelings and emotions.



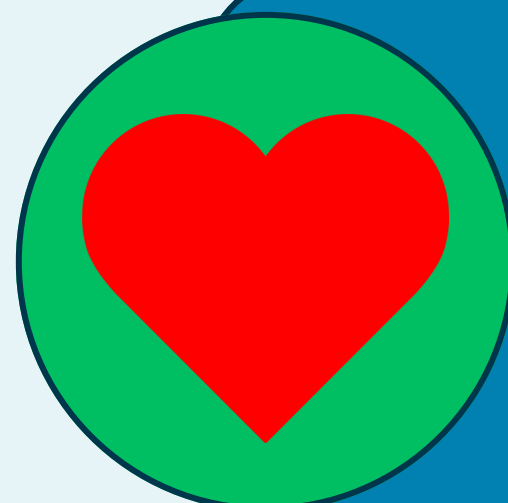
- Schedule time on your calendar to do self-calming and soothing things for yourself
- Take that time! Pretend you are in the shower or on a flight or somewhere else you can't be disturbed!
- Do something creative! Write, sew, knit or draw! Give yourself an outlet for feelings, thoughts and stress

4. Let others know that you are struggling to stay kind and ask them to help you by avoiding your triggers.

- Speak up at work and at home. Let others know topics, words and phrases to avoid using around you
- Ask others to turn off the TV and social media when you are around
- Remember that others can't read your mind so telling them how they can help is kind!



5. Be kind to yourself: Remind yourself that kindness is a practice and that no one is 100% kind all the time



- Don't be so hard on yourself! Keep telling yourself that you are human and imperfect and that is okay!
- Go back to Step 1 and start again! When you practice, you are sure to get better!