


Health and Wellness

Provided by Bethany Care Ministry Outreach Program

Celebrate Kindness



Many of us may be blue on February 14 because we may have lost a special loved one that once gave us flowers or cards to create a special sweetheart day for us. Some may even have hurt or angry feelings on that day because of how they were treated in a failed relationship. Some of us are far away from our family and that brings loneliness. Many of us may just feel blue because it is a long and very cold winter. If for any reason your emotional tank is empty on Valentines Day, I would like to offer a different day for you to celebrate that is guaranteed to bring you only good feelings. On February 17 is a little known holiday called, "Random Acts of Kindness Day." The spirit of this day was captured in the movie, "Pay It Forward," which would be a wonderful movie to rent and share with your family.

Practicing acts of kindness is a wonderful antidote to the February blues of any sort. Hard working and busy parents confined to small houses in the winter, may find themselves becoming overly critical in their never ending battle of keeping their families doing what needs to be done. Maybe this kindness day would be a good day to declare a "family praise day" ...no criticism only positive comments for one day. That will certainly be a challenge but who knows, the family harmony may improve. A little praise and encouragement works wonders with families. It is hard to sprinkle sunshine on others without getting some of it on yourself, too. So both the giver and the receiver feel good. Mother Teresa said, "Kind words can be short and easy to speak, but their echoes are endless."

Here are some other ideas to think about for kindness day (or any day!) How about buying two bouquets of flowers, one to brighten your own mood and the other to send to someone you know is struggling. If that is above your budget, consider sending a nice cheerful card or email. How about telling someone that is in a hard place that you are praying for them? This also would be a good day to send an overdue thank you card to someone that you appreciate but never can find the time to express it. Try giving a friendly smile to a fellow shopper. Pass on an inspiring book to someone. Offer to baby-sit for an overwhelmed single mom. Make a special meal for your family. Donate your children's out grown clothes. Maybe the family could join efforts and get together a donation basket of things needed for the local animal shelter. Those unfortunate homeless critters need our kindness, too.

In Acts 20:35 Jesus is quoted saying, "It is far more blessed to give than to receive." A nice part of this is that it also creates spiritual and emotional health and wellbeing for both the giver and the receiver. The time has come when we cannot just rely on others to make the world a better place. We must start doing it ourselves by making a difference, one person at a time. This would be a good day and a good way to start.

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