

# Mental Health Moment



Presented by the Counseling Department

## Kindness



This month's focus is on kindness. While we discussed grace last month as a verb, something you do, this too is an action. Kindness in action has a butterfly effect. A butterfly effect is described as one small action causing a ripple effect throughout the world which can create hurricanes and more. Kindness in action can have a lasting impact on those around you and the culture of your community. Acts of kindness, whether it's a kind word, a held door, a smile in the morning, a wave to your neighbor, allowing someone ahead of you in line, a genuine compliment, a note of gratitude, all can ripple through the hearts and minds of many. Meanwhile, it makes you feel great. It activates a different part of your mind and soul to act out of kindness without regard for what you will get from it yourself. Being selfless is a characteristic we should all aspire toward. Keep reading this month's edition for inspiring quotes about kindness which will hopefully lead you to have a positive impact on your community. Hopefully, this will also have an impact on your own wellbeing as a growing, developing, changing young person. Look for kindness in action around the campus and make sure you mention what you see to others. You will see and experience kindness from others if only you keep your eyes open for it.



## The Butterfly Effect:

You need to stay. And you need to stay loudly.  
 You're afraid of making bad choices but the truth is this:  
 the tiniest actions will influence the course  
 of the rest of your life and you cannot control it.  
 So many factors play a part in you being here today:  
 a delayed train, an extra cup of tea,  
 the number of seconds your parents took to cross the street.  
 This is chaos theory. Sensitivity. Mathematics. You are here.  
 And every choice you ever made has led to right now, reading this.  
 While you exist, every movement and moment matters;  
 those bad choices led you to the best days of your life,  
 if you were to play it all in rewind. So let them go.



**Change will come. Even if you're standing still.**  
 Butterflies will keep flapping their wings and causing hurricanes.  
 So, make your choices and make them loud.  
 Trust your gut. Trust energy. And if you ceased to exist?  
 Oh the Universe would notice. The mess that would make.  
 The hearts that would break. So just stay. Stay for bad choices.  
 Stay for great ones. Stay. Cause a few hurricanes.



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