



STUDENT HEALTH AND WELLNESS PROGRAMS

STALL TALK: Kindness Counts!

Kindness: a behavioral response of compassion and actions that are selfless; or a mindset that places compassion for others before one's own interests.

E aloha kekahi i kekahi: Love one another.

'Ōlelo No'eau

A study of Japanese undergraduates, found that **happy people were kinder than people who were not happy**. Their study also revealed and that one's sense of happiness increased by the simple act of counting the number of one's acts of kindness.

Counting one's acts of kindness also led happy people to become more kind and grateful.

How do random acts of kindness increase a person's sense of happiness?

- Kindness can promote **gratitude**, increasing your awareness around your own good fortune.
- Kindness promotes **empathy and compassion**; which in turn, leads to a sense of interconnectedness.
- Kindness is potent in strengthening a **sense of community and belonging**.
- Kindness enhances both physical and mental health. It has been seen to **increase positivity and can lessen pain**.

A few ideas for showing kindness on a daily basis.

HINT: It doesn't have to be big, it just has to be done with love!

- Let someone **in front of you** in the cafeteria line.
- Give someone a compliment.
- **Bring in extra fruit or veggies** so others can enjoy the bounty of our island.
- Review your old clothing and **make a donation to charity**.
- **Help a neighbor:** wash a car, walk a dog, water the plants, run an errand.
- Surprise a loved one with dinner when you they off work.
- **Sneak a note** into a friend's textbook, so they find it next time they study.

In an emergency:
Call 911 or
Campus Security:
(808) 974-7911
(x7911 campus phone)

**CONFIDENTIAL
CAMPUS RESOURCES**

Counseling Services
(808) 932-7465
Student Services Building
Room E-203

Medical Services
(808) 932-7369
Campus Center
Room 212

ADDITIONAL RESOURCES

UH Hilo CARE Team
hilo.hawaii.edu/careteam

UH Hilo Title IX Office
Jenna Waipa
(808) 932-7642
<https://hilo.hawaii.edu/titleIX>

**CONFIDENTIAL
LOCAL RESOURCES**

Crisis Line of Hawaii
(24-hour, 7 days)
1-(800) 753-6879

Crisis Text Line
Text "ALOHA" to
741741

YWCA 24-Hour Sexual
Assault Hotline:
(808) 935-0677