

The Power of Kindness

Mike Diller, PsyD, shares this article about the power and benefits of kindness. A few excerpts: “Kindness is an instant culture changer and we all get a chance to play a role in how powerful the smallest gestures of kindness, compassion and care can be in the life of someone else. There are benefits to the giver and the receiver and most of all, the seemingly small gestures are not small at all and may change the course of a moment, a day or a lifetime for someone.”

“In a time where uncertainty, divisiveness and frustration continue to build, kindness has the power to calm, bring peace and highlight the common thread that binds us all together, our humanness. May you choose to join in the intentional effort to be kind, shine the light and lift someone else up.”

Please take a look at the [full article](#) on the power of kindness.

