Impacts of Kindness

Kindness is something that everyone in the world can work on. In the oldest history books, there are stories of people spreading nothing but hate. The world is still like this today. In order to make a change, everyone can do simple acts of kindness to make an impact. The impact might not be that large because there's only so much one person can do, but it's better than doing nothing at all.

If you can tell someone if they are having a rough time, doing the smallest kind thing can make their whole day. One example that happened to me was last November. I was going through a really hard time and I didn’t even want to leave my bed. I got to school not wanting to talk to anyone when my good friend came up to me. She didn’t say much, she just hugged me and handed me hot chocolate and a letter. This sounds very dramatic but I started tearing up because of how grateful I was to have a friend like her. She made me realize that I can get through what was happening to me at the time and that everything is going to be okay. Even though this event happened almost a year ago, I still think about it a lot and I’ll forever be thankful for having her in my life.

Even if someone doesn’t look like they’re having a hard time, and it seems like they’re perfectly fine, you still should be kind. You have no idea what someone is going through behind closed doors. If you say one hateful thing to someone even as a joke, it can push someone to their limit or they could go home crying even harder because of something you said. Everyone in the world needs to realize that words and actions still have an impact on others even if they don’t on you. Especially in high school, people make jokes all the time thinking they’re harmless. Thinking before you say something because it can really prevent people from getting hurt more. Next time you’re about to make a joke about someone, think about how this can impact them and how they view themselves.
Unfortunately, many high school students tend to have issues with depression, anxiety, eating disorders, etc. One person won't be able to fix something so major like that, but doing something simple like letting someone know it's okay if you're going through something and that everyone has their own issues can help a lot. The main issue is that people are scared to be known as just "the person who is depressed" or "the person that doesn't eat". If no one made harmful jokes about serious topics like that and instead just didn't say anything at all it would make a lot of people feel better about themselves. If everyone was just a little more kind whether you're just checking up on others, giving compliments or offering for help, it will have a huge positive impact on someone and eventually the community.

Actions of kindness are so easy yet the world finds them so difficult. In your daily lifestyle, try to do at least one kind act. It might not seem like a lot, but it can act as a disease. Kindness can spread and spread until the world is a little more kind. But you can't expect kindness to come to you if you can't be kind yourself. It all starts with you.