

The Power of Kindness

When you think of kindness, what comes to mind? Selflessness? Generosity? Respect?

The bottom line is that an act of kindness is a broad subject that is interpreted and shown in many different ways, but each definition revolves around the fact that kindness is an action that's purpose is to do good. This could be through being respectful, helping somebody out, or showing selflessness. To me, as long as the action is genuine and does good, then it is an act of kindness.

Just before my 7th-grade year began, my life changed drastically. COVID-19 had just become a pandemic, and I had just been diagnosed with leukemia - a disease that would be monumental to my life. All of this made me super insecure, especially since I was starting at a new school and first impressions were everything to me. I lost all the confidence and self-esteem I had. I felt helpless, alone, and overwhelmed. I was falling into a hole I wouldn't be able to escape from. I was without a doubt in the worst state of my life yet.

What saved me from spiraling into a horrible mental and physical state permanently? One word - kindness. The amount of kindness shown to me by others was genuinely lifesaving. The doctors and nurses worked so hard to make sure I was healthy. The overwhelming support from family and friends. The countless cards of reassurance and healthy wishes from people I didn't even know. The uplifting remarks and gifts from my amazing friends from both my old and new schools. Each of these acts of kindness varied but were equally important to me. Because of this, I believe an act of kindness shouldn't be measured by the amount of effort put into it, but rather by the impact it has. The smallest things that mean so little to one person, could mean the world to another. The impact an act of kindness has is the reason it's done; we want to make others feel better.

As I enter my freshman year, I now understand the importance of kindness and its impact. Because of this, I've recently gotten back into community service. Community service has always been a passion of mine, something about helping others helps me. From 4th to 6th grade, at my previous school, I was in a community service club. We raised money for organizations such as UNICEF, Water for South Sudan, and K9 Kokua. We wrote letters and held talent shows for the elderly. I only stopped because I transitioned to online school, but now I am starting in-person again, I plan on joining my school's Key Club. Helping others is what I'm passionate about, especially after I've been on the receiving end of a lot of kindness. I've not only seen the effects it has on people, but I've experienced the effects it has. I know how life-changing a simple act of kindness can be.

In conclusion, acts of kindness differ but they have a lot of power. Kindness is rooted in being genuine and good. It can drastically change someone's day for the better, it even has the power to change someone's life for the better. Kindness has lots of ways to be shown, but the impact is what matters. A simple letter, well-wish, or check-in that would mean so little to one person, can save the life of another. Overall, kindness is one of the most important things in our whole world and should be valued, appreciated, and most importantly, shown way more than it is.