

We are here to help you.

The power & potential of kindness



In a busy world, where time is precious and we all have lots going on in our lives, kindness as a value can often be underestimated, undervalued or forgotten – and being kind (to others but also to ourselves) can get pushed aside by those things that shout louder and feel more urgent. However, humans are hard wired for kindness and it has an incredible and profound ability to connect us and bring us closer together as humans – particularly in times of crisis and struggle.

This year, amidst the chaos and uncertainty of the COVID-19 crisis, kindness has risen to the surface as a beacon of light and positivity – with acts of care and compassion being evident in many places. In times where we perhaps feel isolated and disconnected in many ways, kindness can and has for many, bridged the gap and united us together, strengthening our collective resolve to face into this unprecedented challenge we face.

A kinder world begins with each and every one of us, every day – whether it's a small random act of kindness, or something on a larger scale – putting kindness into action (towards others, in our communities and towards ourselves) can impact both our own and others' wellbeing and can help us to feel happier, healthier, loved and connected.

Being kind to ourselves

In a world where we're being pulled in various different directions and there's a multitude of demands and pressures on our time every day, it can be difficult to prioritise ourselves. However, in times like these, it's more important than ever.

Taking time to be kind to yourself and prioritising self-care will help you to safeguard your own physical and emotional wellbeing, and may help you to be more present for those who need you too. After all, to have the capacity to be kind to others, you must also be kind to yourself.

Here are a few simple things you can do to be kind to yourself today, and every day...

Be kind and flexible in how you think about and talk to yourself - turn 'should' into COULD and turn 'must' into I CHOOSE TO.

Be in the moment – whether that's with a walk, a meal, a song, a chat, a movie. Spend time 'being', not just 'doing and achieving'.

Recharge yourself every hour throughout the day. When working, ideally 45 minutes focus and 15 minutes recharge, for balance.

Be proud and celebrate your successes - however small they feel...measure how you've changed and adapted, not how you're doing compared to others.

Smile - before you go to sleep and when you're in the shower in the morning.

Carve out time to do what you enjoy. This could be some physical activity or exercise you enjoy - plan it, do it, and then celebrate doing it!

Connect with others that make you happy and who you make happy.

End every day by writing down 3 positive things about the day - what you're grateful for, what you're pleased about, what went well/successes.

Control what you can control and try to worry less about what you can't control.

Give yourself permission to ask for help and support when you need it. It's OK to not be OK, and to say so.

Hydrate - 2-2.5l of water a day, be kind to your brain!

Only use sugary treats as rewards not habits, otherwise they lose their effect and take you on a sugar rollercoaster!

There's lots of discussion externally around this topic, with plenty of resources and materials that you could check into. Why not have a look? And get involved in the conversation...



Mind, the mental health charity, are encouraging us all to think about how we can use our own experiences to help each other at this time. And to reach out to those who may need a friend, so that nobody has to experience the current situation alone. You can help others by sharing your own tips for coping and stories – to remind them they're not facing this alone.

To find out more, [visit their website here](#).



Samaritans, have launched a self-care app to help us all be kinder to ourselves every day. This app provides a type of support that anyone can access and use without having to discuss their feelings with others – something which many people find hard to do. This tool helps users track their mood, and includes tips and techniques to support emotional health and wellbeing. It's designed to aid people in supporting themselves to cope, feel better and stay safe.

[Find out more here](#).



On their social media channels, MHFA England have been sharing stories of kindness from their Mental Health First Aid England community – who have been sharing tips they have for supporting the mental health and wellbeing of colleagues, friends, family and importantly themselves too. #KindnessMatters

[For more information and kindness tips, see here](#).

Alternatively, take a look at MHFA CEO [Simon Blake's blog 'A lens of kindness'](#). Here, Simon reminds us that "Kindness can be seen as soft and fluffy, and perhaps underrated as a result. But it is time to think again. Kindness is not soft and fluffy. It is a way of thinking about the world. It is driven by empathy and understanding, and it is demonstrated in what we say and what we think."

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