

# Kindness News, Articles, & Stories



## World Kindness Day: Improving Mental Health Through Kindness

<https://www.psychologytoday.com/ca/blog/happiness-is-state-mind/201811/world-kindness-day-improving-mental-health-through-kindness>

## How Does Kindness Affect Your Mental Health?

<https://chopra.com/articles/how-does-kindness-affect-your-mental-health>

## This Woman Let A Customer Ahead Of Her In Line; He Repaid The Kind Gesture With One Of His Own

<https://www.cbc.ca/news/canada/newfoundland-labrador/dollarama-kind-stranger-1.5402055>

## Homeless Man's Good Deed Challenges Others To Be Kind

<https://www.ctvnews.ca/lifestyle/homeless-man-s-good-deed-challenges-others-to-be-kind-1.4615458>

## Random Acts Of Kindness

<https://www.mhm.org.uk/blog/random-acts-of-kindness>