lewis campus recreation

*NOV-DEC 2025 EDITION*

# STALL STREET NEWS

## Culture of Kindness

### What is Kindness?

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

Science has now shown that devoting resources to others, rather than having more and more for yourself, brings about lasting well-being. Kindness has been found by researchers to be the most important predictor of satisfaction and stability in a marriage. Many colleges, including Harvard, are now emphasizing kindness on applications for admission.

### Put Kindness Into Action

**Open Your Eyes**
One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

**Celebrate Other's Success**
Kindness is a willingness to full-heartedly celebrate someone else's successes. Gottman's work shows that your response to someone's successes may determine more about your relationship than how you respond when times are difficult. Do you minimize the success, not pay attention to it, or bring up all the problems with the success? Kindness is to be openly happy for the other person.

**Telling the Truth**
Kindness is also about telling the truth in a gentle way when doing so is helpful to the other person. Receiving accurate feedback in a loving and caring way is an important part of a trusted relationship. The courage to give and receive truthful feedback is a key component of growth and flexible thinking.

**Love Yourself**
Kindness includes **being kind to yourself.** Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

### Lewis Wellness Resources

QR code for the WELL

**Follow us on social media! @LifeAtLewisU**

QR code for the Timely Care App for 24/7 access

### Upcoming Events

**11/1 Annual Pumpkin Pitch** - 9am Baseball Field
**11/1 Lewis Men's Hockey Game -** 3pm Canlan Sports
1**1/3 First Gen Flyer Games** - 2pm Fieldhouse
**11/5 WOW: Gratitude Thankfulness Reflection [DIY]** - 12pm BJG Student Center
**11/5 Justice, Law & Public Safety Career Day** - 12pm Flight Deck
**11/7 LUK 2.0** - Off Campus
**11/12 All Fest** - 12pm Flight Deck
**11/15 Lewis Men's Hockey Game -** 6pm Canlan Sports
**11/19 Refusing Silence Film Screening of Idlewild: A Black Film & Dialogue Series** - 6pm DL250
**11/19 Creative Expressions** - 6pm JG 123
**11/22 Lewis Men's Hockey Game -** 3pm Inwood Athletic
**11/26 - 11/30 Thanksgiving Break!**
**11/27 Thanksgiving Dinner for International Students -** 12pm D'Arcy Great Room

**DECEMBER**
**12/1 Christmas Tree Lighting** - 4pm Outside North Hall
**12/3 WOW:Chill and Cheer Merry and Makeful** - 12pm
**12/3 Creative Expressions: Collage Making** - 6pm JG 123
**12/3 Holiday Concert** - 7:30 pm Convocation Hall
**12/4 Christmas Movie Marathon and Ugly Sweater Contest** - 7:30 BJG Student Center
**12/1-12/5 SUPER STUDY EVENTS**
**GOOD LUCK FLYERS**
**12/7 - 12/ 13 Finals Week!**

### Group Exercise Class

**FREE FOR ALL STUDENTS/STAFF/FACULTY**

**Monday**
Spin+Lower Body - 12pm | Pilates - 2:15pm
**Tuesday**
Spin+Upper Body - 12pm | Pilates - 2:15pm
Country Line Dance - 4:15pm
**Wednesday**
Spin+Core - 12pm | Yoga - 2:15pm
**Thursday**
Spin+Total Body - 12pm | Circuit Training - 4:15
**Friday**
Yoga/Pilates - 12pm

### Intramurals

- **11/3 - 11/7** Esports
- **11/10-11/20** 3v3 Basketball
- **11/24** Badminton

**Group Exercise**

**Intramurals**

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### Examples of Acts of Kindness

- Remember to say "hi" to colleagues and ask how they are – whether that's face-to-face, or virtually if you are working from home
- Offer to support colleagues who may not be familiar with videoconferencing or new software that you have already used
- Set up a coffee or lunch club – with your regular colleagues and with new ones
- Have a conversation with a colleague you don't normally talk with
- Get to know a new member of staff – it is hard to join a new workplace
- Lend your ear – listen to your colleague who is having a bad day
- Praise a colleague for something they have done well

### Health Benefits of Being Kind

Studies have found that acts of kindness are linked to **increased feelings of well-being.** Helping others can also **improve our support networks** and encourage us **to be more active**. This, in turn, can **improve our self-esteem**. There is some evidence to suggest that when we help others, it can promote changes in the brain that are linked with happiness.

Acts of kindness can make the world a happier place for everyone. They can **boost feelings of confidence**, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – **contributing to a more positive community**

Many people don't realize the **impact a different perspective can have on their outlook on life**. There is some evidence that being aware of our own acts of kindness, as well as the things we are grateful for, can increase feelings of happiness, optimism and satisfaction. **Doing good may help you to have a more positive outlook about your own circumstances.**

***The benefits of helping others can last long after the act itself, for those who offer kindness, and those who benefit.***