



Wellbeing Tips

The ripple effect of kindness



Paying it forward: A mindful practice inspired by Brené Brown

Mindfulness isn't only about meditation or calm moments; it's also about the way we choose to show up in everyday life. Brené Brown's work on vulnerability and wholehearted living reminds us that mindfulness begins with awareness of our own emotions and continues in how we connect with others. One meaningful way to nurture this kind of presence is through the simple act of paying it forward.

Brené emphasises that connection is built through small moments of courage, empathy, and kindness. When we hold space for someone having a hard day, offer a helping hand without being asked, or express appreciation just because it feels right, we practice mindful compassion. These gestures may seem small, but they ripple outward, reinforcing the message that we belong to each other.

For individuals and families alike, mindfulness can be as simple as pausing during a busy day to notice our thoughts, feelings, and surroundings. When we pair that awareness with action; choosing kindness, patience, or generosity, we bring Brené's teachings to life. Paying it forward becomes a way to honour both our own wellbeing and the wellbeing of those around us.

Brené often highlights that meaningful change happens in ordinary moments. A friendly message, a supportive conversation, or an unexpected act of generosity can shift someone's entire day. And when these acts are grounded in mindfulness, they remind us to be intentional, compassionate, and present.

This month, consider choosing one small way to pay it forward. Whether it's offering time, encouragement, or kindness, your action can spark a chain reaction of positivity. In showing up for others, we also reconnect with ourselves, and together we can create a more wholehearted, mindful, and connected community.



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