



VOLUME 5

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A2 LIONS CLUB

THE HEALING POWER OF KINDNESS



A2 MIND

MATTERS

MENTAL HEALTH
NEWSLETTER



Meet THE EDITOR

Sharmmila Rajkumar



Dear Lions of A2,

November reminds us that kindness is the simplest, yet most powerful gift we can offer. A gentle word, a patient ear, or a helping hand can change the course of someone's day — and often, their heart. Kindness doesn't need a reason; it only needs intention.

As Lions, our service begins and ends with compassion. This month, let's not only share kindness in our communities but also extend it inward — to ourselves. Because when we fill our own hearts with kindness, it naturally overflows to those around us.

Together, let's make kindness a habit that brightens every season.

"No act of kindness, however small, is ever wasted." – Aesop

Sharmmila Rajkumar

District Chair – Lions Quest / Mental Health Initiatives



Do you have a story to tell?

A personal experience with mental health?

Tips that helped you cope or support someone in need?

We'd love to hear from you.

What You Can Share:

- Personal mental health journeys (with or without your name)
- Reflections or poems
- Artwork or photography
- Helpful resources you've discovered
- Club events promoting emotional wellness



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The Healing Power of Kindness

A Gift That Heals the Giver and the Receiver

In a world that often feels divided and hurried, kindness is a quiet force that brings people back together. It costs nothing, holds the power to heal, to comfort, and to remind us that we are not alone.

Kindness is more than a polite gesture — it's an act of compassion. When we choose kindness, we are saying, "I see you, and you matter." That message, simple as it may seem, can soften a hard heart, ease anxiety, and restore someone's faith in humanity.



The Science of Kindness

Research shows that kindness releases oxytocin, often called the "love hormone." It lowers blood pressure, reduces stress, and even strengthens the immune system. Acts of giving and compassion activate the brain's reward centres, creating a sense of joy and fulfillment — for both the giver and the receiver.

Kindness, therefore, is not just good for others — it's healing for ourselves. It reminds us that happiness doesn't come from what we have, but from what we give.





Kindness in Service

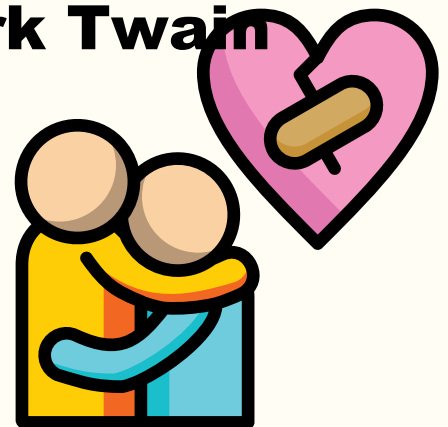
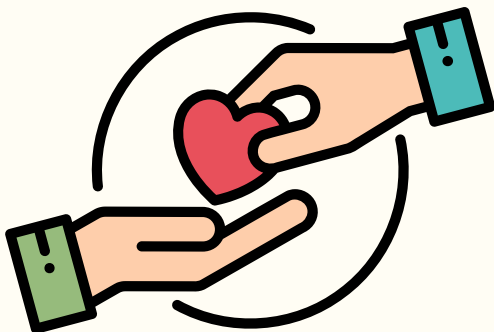
For Lions, kindness is not an event — it's a way of life. Every meeting, every helping hand is a reflection of our motto: Serve. Whether it's providing meals, supporting youth programs, comforting someone in distress, our collective acts of kindness go beyond what we can see.

When a Lion smiles at a stranger, when a club visits a senior center, when we check in on a fellow member — that's kindness in action. It's through these everyday moments that we build stronger, more compassionate communities.

Kindness Begins with You

In serving others, it's easy to forget ourselves. Yet, self-kindness is just as important. It means giving ourselves permission to rest, to grow. When we speak gently to ourselves and honour our needs, we are recharging our hearts to keep giving from a place of abundance. So this November, let's make kindness our daily practice. A simple smile, a small note, a helping hand — each act creates ripples of hope that touch lives in ways we may never know.

“Kindness is a language the deaf can hear and the blind can see.” – Mark Twain





5-Minute Mental Health Activity

I am kind

Kindness Chain Challenge

In just five minutes a day, you can make kindness a habit — strengthens connection, reduces stress, and boosts your mood. Studies show that performing or even witnessing acts of kindness triggers the release of serotonin and dopamine — the brain’s “good” chemicals — helping us feel calmer and more connected.

How to Do It

1. **Start Your Chain:** Do one simple act of kindness each day. It could be as small as holding the door, sending a thank-you message, or calling a friend who might be feeling low.
2. **Pass It On:** After your act, encourage that person to do the same for someone else. Every action adds another link to the chain — spreading positivity throughout your community.
3. **Reflect:** Before bedtime, take a minute to note how your act made you feel. Did you smile more? Feel lighter? This reflection strengthens the kindness-mental health connection.
4. **Keep It Visible:** Use a Kindness Tracker — a small printable box or checklist (like your “Check-In Tracker”) — to write one kind act per day. Over time, you’ll see how many hearts you’ve touched.

Examples of Simple Acts

- Compliment someone sincerely.
- Offer to help a neighbour with groceries or snow clearing.
- Send a “thinking of you” text to a friend.
- Share a positive story at your club meeting.
- Leave a thank-you note for a volunteer or co-worker.



Reflection Prompt

“How did today’s act of kindness make me feel?”



Awareness Da



Nov 13 – World Kindness Day

**Nov 19 – International Men’s Da
(theme: men’s mental health)**

Nov 20 – World Children’s Day

Nov 29 – Giving Tuesday

“Kindness begins with one heart... yours.” 

**Challenge yourself to complete at least 20 acts this month — and share y
your next Lions meeting!**



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30						





Helpful App of the Month

BeKind *Kindness*

• SPREAD •



Track your Kindness. Share your

Looking for a simple way to make kindness a daily habit?
The BeKind app helps you do just that — one small act at a time.

How It Works:

- **Each day, BeKind suggests easy, thoughtful acts of kindness to do for others or yourself.**
- **You can log your own acts, add notes, or even upload a photo.**
- **Every act adds to your personal kindness streak — motivating you to keep going.**
- **You can join community challenges, see how many acts you're inspired by, and share your journey with others.**

Why We Love It:

Kindness doesn't just help others — it lifts your spirit, too. It turns compassion into a lifestyle, one tap (and one smile) at a time.





The Power of Gratitude

grat · i · tude:

the quality of being thankful; readiness to show appreciation for and to return kindness.



The Evolution of Gratitude

- Research shows that primates — and many other species — often help each other with the expectation that the gesture will be reciprocated.
- Our earliest ancestors practiced gratitude, realizing that cooperation was essential for survival.
- Gratitude also plays a significant part in many religious traditions, reinforcing thankfulness and dependence on higher powers.

The Benefits of Expressing Gratitude





Taking the time to share your gratitude with others takes a moment, but the impact may be long lasting.

Here are some ways to get started:

- **Write** and send a complimentary personal note to someone.
- **Share** your appreciation about someone with others.
- **Thank** people regularly.
- **Pay** it forward after receiving a kind gesture.
- **Leave** positive reviews.
- **Tip** extra for great service.
- **Take** time to fully listen to someone without interrupting.
- **Send** someone a meaningful photo of a shared experience.
- **Surprise** someone by taking care of a chore they normally do.
- **Fix** a lingering problem.
- **Connect** like-minded people together.
- **Attend** an event with a family member or friend.
- **Commit** to taking a deep breath and silently offer someone grace before a problem accelerates.

The Power of

Gratitude

I am grateful for your ongoing friendship and support. If there is anything I can help you with, just let me know. I can also refer you to a trusted professional in my network. And oh, by the way...I'm never too busy for any of your referrals!

Reach Out: Mental Health Helplines & Support Networks



Immediate Help in a Crisis

Talk Suicide Canada

 **1-833-456-4566 (24/7)**

 **Text: 45645 (4 PM – 12 AM ET)**

 **talksuicide.ca**

9-8-8: Suicide Crisis Helpline

 **Call or Text: 988**

(24/7, free and confidential)

 **Nationwide access**



Mental Health Support Line

Wellness Together Canada

 **wellnesstogether.ca**

 **1-866-585-0445**

(Talk to a counsellor, 24/7)

 **Text: “WELLNESS” to 741**

ConnexOntario (for mental health, addiction, and gambling)

 **1-866-531-2600 (24/7)**

 **connexontario.ca**



Kids Help Phone

 **1-800-668-6868 (24/7, for youth)**

 **Text: “CONNECT” to 686868**

 **kidshelpphone.ca**

Hope for Wellness Helpline (for Indigenous peoples)

 **1-855-242-3310 (24/7)**

 **Chat: hopeforwellness.ca**

LGBT YouthLine

 **1-800-268-9688**

 **Text: 647-694-4275**

 **youthline.ca**



Therapy and Community Services

BounceBack Ontario

 **Self-guided CBT program for anxiety and depression**

 **bouncebackontario.ca**

211 Ontario

 **Dial 2-1-1**

 **211ontario.ca**

For finding mental health, housing, food, and community programs

