



UPDATE

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Kindness — Humanity’s Superpower

What’s this world coming to? This is certainly not a new question. Through the ages, generation after generation has faced changes that rock and shift the norms of what society considered practical, moral or comfortable.

Consider how electronic media over the years has profoundly shaped how we connect, conduct business and spend time. Where radio and television once pulled us into a collective experience, today’s digital world can also be one in isolation and isolating. For all of our digital advantages today, a downside is a loss in the capacity to truly see one another as human beings.

According to psychologist and author Joshua Hook, knowing we are seen is a fundamental human need and a prerequisite for both coming together and building consensus. It is now established that simple acts that recognize another improve well-being, harmony and productivity, such as the practices of greeting each student each day in school or recognizing the presence, achievements, milestones of employees, and, those “random acts of kindness” with strangers. A theme of kindness, or acts of caring, compassion and understanding towards others, runs through all, and, has been recognized as a superpower for humanity though all time:

Buddha:

Kindness should become the natural way of life, not the exception.

Socrates:

Be kind, for everyone you meet is fighting a hard battle.

Seneca:

Wherever there is a human being, there is an opportunity for a kindness.

Mark Twain:

Kindness is a language which the deaf can hear and the blind can see.

Taylor Swift:

Never be so kind, you forget to be clever. Never be so clever, you forget to be kind.

The ongoing interest and embrace of acts of kindness in all its forms is captured in a variety of undertakings such as the Emmy-award winning weekly series, Kindness 101.

Practicing kindness is a way to show up, to see others and project positivity, to build standing and connect with each other. It can touch policy creation that affects millions of people or one person at a time. Those small gestures, such as inviting a complete stranger to go ahead in line, can make a difference. “In a gentle way,” Ghandi reminds us, “you can shake the world.”

The Power of Human Kindness

- Provides mutual opportunity to be seen and heard.
- Boosts oxytocin levels, sometimes called the “love hormone.”
- Strengthens emotional bonds.
- Improves physical health by lowering blood pressure and reducing inflammation.
- Inspires others to reciprocate or pay it forward.
- Creates ripple effect of compassion and connection.
- Generates hope for overcoming adversity and achieving goals.

Source: Leon Logothetis, *The Kindness Diaries: One Man's Quest to Ignite Goodwill and Transform Lives Around the World*

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