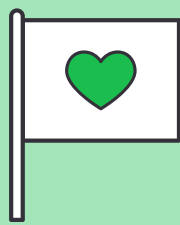


5 Ways to be KIND ONLINE



Comment something kind

It's easy to scroll past an 'imperfect selfie' that took a lot of courage for someone to post. Instead of scrolling past comment something kind or give the post a like. Focus on the person's qualities beyond the picture- are they happy, funny or a great friend? Then let them know.



Drop an unexpected DM

Send a direct message to someone you may not frequently speak to to wish them a good day or tell them you like their new hairstyle. We all like to receive positive messages, and it feels even more special when it's unexpected. So go ahead, and put a smile on someone's face!



Let the haters hate

Avoid getting dragged down the rabbit hole of a Twitter war. Do you really want to waste time and energy arguing with someone you barely know? Remember you're here to spread kindness, so take a step back, ignore and refocus on something positive on your news feed.



Disagree respectfully

Social media encourages us to voice our opinion, and sometimes we will disagree with the opinions of others. Either report it or respond with calmness, a clear message and then walk away. Perhaps take some time to reflect on why that person sees the world differently to you.



Spread the kindness vibes

We know how great it feels to be kind online and to receive kindness back to us, so share that with others. Post about being kind to others, follow inspirational accounts (such as the ones below) who promote kindness online and share the hashtag #cluedupkindness

@cluedupcoaching | @growthmonkeys | @happybeebopp

We all have the ability to be kinder online to ourselves and to others. Think about what you post, think about the language you use and take a moment to think about how your words can impact others.

Learn more at www.cluedupcoaching.co.uk



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