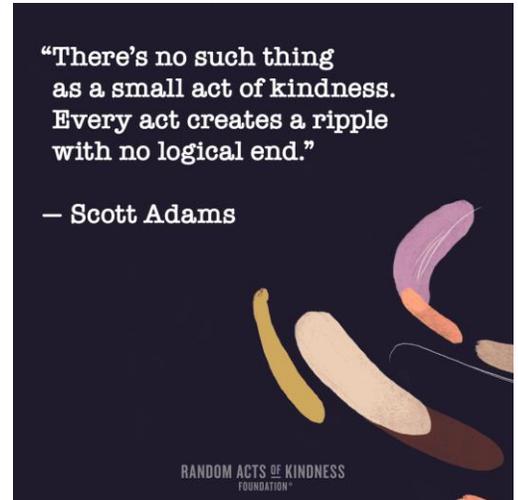




# Baker City Parks and Recreation Advisory Board Regular Meeting - Tuesday November 13, 2018 City Hall - 5:15 p.m.

1. Call to Order
2. Additions or Modifications to Agenda
3. Approval of Minutes – October 16, 2018
4. Old Business
5. New Business
  - a. Parks Master Plan Update
    - i. Updated Community Survey
6. Adjourn



*November 13 is World Kindness Day -*

**A casual exploration of what kindness actually is, and how you can easily use it to improve your life and the lives of others.**

Let's start this journey with a little self-talk. Do you want to be happy? Yes, right? Do you want others to be happy? Probably yes too, right? Do others want you to be happy? ... A little hesitation on that one, huh? Maybe even a no?

### **Well it's not true!**

Just like you want others to be happy, *they want the same for you.*

### **The power of a simple act of kindness is already within you.**

Over the last 20 years, researchers have been studying what has been termed “positive psychology,” an analysis of how uplifting emotions like gratitude, love, joy, and inspiration affect our wellbeing and literally improve our lives. What's incredible is these emotions are already within us; it's just a matter of whether or not we take intentional action to express them. One of the easiest ways to do this is through performing acts of kindness.

### **So, what is kindness anyway?**

Kindness simply is a positive action that leaves someone in a better situation than before.

It doesn't have to be as extravagant as paying for someone's surgery or spending hours and hours volunteering.

### **Literally, it can be anything.**

A smile. Hold the door open for another. Bring food to someone. Pay for the person in line behind you. Connect with a stranger. Say 'I love you' to someone close. Even treating yourself to a night out, getting a pedicure, or a massage are all acts of kindness. Yes, that's right, you can, and should, be kind to yourself too! So often we hold back from being kind because we don't know what to do or we don't think our actions will make an impact, but they do! The research proves this. What's important is to just take action no matter how small.

### **Wow! Kindness is easier than I thought, but what's the point?**

I'm glad you asked, kindness not only benefits others, but it also improves your life as much or more!

The science shows that some of the benefits of kindness are:

- Improved immune system functioning
- Decreased stress levels
- Feelings of meaning and purpose
- A sense of connectedness

*Super cool, right?*