



10 Ways to Be Kind When You're Tired

1. **Start where you're at.** Look at the flow of your everyday life, and start with places you already go (grocery store, school, work) and people you already see. I guarantee you can find people who need kindness!
2. **Be realistic.** Set small goals to start, and be realistic with how much time and energy you have available.
3. **Understand that there are seasons.** Sometimes we can do more than other times. I've decided that I can do everything I want in life; I just can't do it all right now.
4. **Look for opportunities that fit naturally.** Going to the grocery store? Buy extra for the food pantry. Walking around the neighborhood? Pray for your neighbors and community while you walk. Purging items from your home or closet? Seek out people and places who could put them to good use, or sell them and donate the funds to a worthy cause.
5. **Talk to your kids about ways they could incorporate kindness into their lives.** Start small by helping them gain awareness of needs that exist, big and small. Who is being left out of activities? Who sits alone at school lunch? Have they heard about things like hunger or disasters in the news and want to help in some way?
6. **Partner with other people.** Don't feel like you need to reinvent the wheel. When you see someone doing something amazing in your community, ask if you can partner with them, combine resources, or volunteer.
7. **Reevaluate your commitments.** Every once in a while, sit down with your family, write out all of your commitments, and then reconsider them. What does an analysis of your time reveal about your priorities? Looking at the big picture and reevaluating can free us up to consider how kindness can factor into our lives.
8. **Intentionally under-schedule your life.** Sometimes, life gets so busy that we simply don't have the mental capacity to add one more thing. Take a look at your schedule and find openings where you can simply pray, "Lord, help me find an opportunity to be kind today."
9. **Realize that sometimes kindness requires intentionality.** Talk to your family and come up with acts of kindness you'd like to do together, then look at the schedule and find time to make it happen. Commit to doing a kind act once a week or once a month, and intentionally schedule it in advance so it doesn't get pushed to the backburner.
10. **Give yourself grace.** Hey, life happens. When you consider kindness to be a lifestyle rather than another thing on your to-do list, remember that it's okay to mess up and try again. God's mercies are new every morning.

For more ideas on how you can impact your community with kindness, read Julie, Kendra, and Kristin's book [The One Year Daily Acts of Kindness](#). See your family grow, change, and become more engaged with the needs of the world around them. Available [online](#) or in bookstores everywhere.

And, for more encouragement and tips for doing kind acts even when you're weary or tired, check out *The Ruth Experience's Conversations on Kindness* podcast!