

"To the world, you may be one person, but to one person you may be the world." —
Dr. Seuss



🐦 Today, I experienced a touching moment that made me think deeply about how we support those around us. Near the entrance of my house, there's a bird's nest, beautifully built with care. As I walked to the door, I noticed a baby bird had fallen from its nest while trying to take its first flight. It landed clumsily on the ground, its tiny wings fluttering in panic as it struggled to figure out how to get back up.

Nearby, the parent birds were in a flurry of activity, clearly worried but unable to help their little one directly. Instinctively, I reached out my hand, and to my surprise, the baby bird jumped onto my palm without hesitation. In that brief moment, as its tiny eyes met mine, I felt a connection. Maybe it was seeking comfort or simply trusting the help it found.

Gently, I lifted the delicate creature and placed it back in its nest. Immediately, the mother and father birds flew over, snuggling close to their chick, surrounding it with warmth and protection. Their relief was clear; they had their baby back safe, ready to encourage its next attempt at flying.

As I walked back inside, this simple event stayed with me. It made me reflect on our own lives and how we support each other. Here are the two lessons I learned from this incident:

Lesson 1: Offering a Helping Hand

How often do we offer help to those who have stumbled or lost their way? We talk about supporting mental health and promoting happiness, but do we really follow through? When someone close to us needs support, do we respond with care and readiness? Or do we find excuses to avoid responsibility?

It's easy to get wrapped up in our own lives and overlook those who need our help. But it's our duty to extend a hand and lift others during their struggles. True mental health support starts with ensuring our loved ones are okay. We don't need to make grand gestures to help a vast society; sometimes, just being there for the people close to us is enough to keep our world healthy. When someone reaches out for help, we should listen, motivate, and encourage them. Are we doing this, or are we making excuses? It's important to reflect on our actions and intentions.

Lesson 2: Encouraging with Warmth



The baby bird's fall was a natural part of its learning process. It was bound to happen as it tried something new and challenging. What stood out was how its parents reacted. They didn't scold or ignore it for falling. Instead, they immediately provided comfort and encouragement to try again.

As parents, guardians, or mentors, it's our duty to be a source of warmth and support when our children or those we guide face failure. Just as the parent birds surrounded their baby with care, we should support our loved ones with understanding and encouragement. Failure is a part of growth, and our nurturing response can make all the difference.

The little bird's fall and its parents' response remind us of the importance of being there for each other. Whether it's a friend in need or a child learning something new, our readiness to help and support can build a strong foundation for their next steps toward success.

Let's always be Ready to Help to offer a helping hand to our friends and loved ones who may be struggling.

It's essential to align our actions with our words about supporting mental health and being there for one another. **Let's Practice What We Preach**

The list of international days is just a reminder let's make sure that every day, not just on designated days, we practice these values. By doing so, we help those around us rise and create a ripple of kindness and support in our communities.  

"The smallest act of kindness is worth more than the grandest intention." — Oscar Wilde

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