

What do you do when the news is so depressing?

There is good in the world. It just doesn't shout as loudly as evil, but if you look for it, you will surely find it.

So much has been happening lately. It is hard to pick and choose. Everything seems to demand attention. So what do you do?

Ignore the news, pretend like all is well with the world? That we live in a bright sunny place with white picket fences and daisies littered in the compound of perfectly cut grass, no dysfunction whatsoever?

Sometimes the newspaper looks like a crime scene. The news bulletins, like a police reception where all manner of crime is reported with no end in sight. Depressing is a word that has been used to describe the news. Fake PLE results, war, murder, suicide, depression, racism, violence, land wrangles, extreme poverty, disease, greed, road crashes, rising fuel prices, and the big one for us, corruption.

So what do we do? Avoid the news and live in ignorant bliss, or edit/censor it to minimise negative impact?

There is good in the world. It just doesn't shout as loudly as evil, but if you look for it, you will surely find it. Better still, how about we all contribute to making the good stuff happen? What if, for every messed-

up thing that happens in our lives, we deliberately make sure to have a random act of kindness on a regular basis and expect no payment?

When was the last time you were part of a random act of kindness? Tolerating your overbearing boss does not count here.

Also, sacrificing your dreams to provide for your family is not an act of kindness. I am talking about things that are not your responsibility and that will not benefit you.

When was the last time you did something for someone that did not benefit you in any way and with absolutely no strings attached or ulterior motive? I do understand if life has hardened you and emptied your tear holes or shrunk your heart to grinch size, but I also hope that this is not the way your story ends.

If you do not see yourself doing any good thing for anyone this year,

it is okay. You can start next year. We are only eight months away. Plenty of time to think about it. Seriously, though, we need to do some good to dilute all the craziness that the world generates so effortlessly.

I used to be one of those people who would hate on people who help and paste their kindness all over social media or tell all and sundry what they did for so and so. I believed and still do in not letting the right hand know what the left hand is giving. Giving quietly, privately, with no need for public praise and validation.

But now, I actually like to hear what good things people are doing for others. Of course, in some cases, the motives are questionable, but in others, it is pure good old Ubuntu. Nothing sinister or manipulative. I now

crave that kind of content to wash away some of the grim news we expose ourselves to.

We cannot quite run away from the news, bad or good, but we can balance all of that by generating some good that could directly or indirectly feed into the main news stream.

No grand gestures of kindness (although those are welcome too), just basic, simple good. Doing good can even mean doing your job well. For instance, if a person murders a one-year-old stepbrother, make sure that justice is served in a timely manner rather than waiting seven years and four innocent toddler lives later to try and catch up.

Or if you are in an office where you are supposed to attend to clients or the public's queries, do just that. Why are you acting like you are doing

us all a favour to even look up at us from your phone? Why did you take the job? Were you forced to apply for it? Why are you giving us customer care numbers if you have no intention of answering our calls or helping us?

If being diligent at your job/business is the only contribution of good that you can make to this world, then so be it.

Do not wait for December to clean out your closet of torn, over-worn clothes and worn out, faded Crocs, to take them to the church, mbu givhu, to the needy, and call that kindness. Or, like some people like to call it, charity.

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**Just
Saying
with
Janet
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