

5 BENEFITS OF KINDNESS



Kindness is being friendly, generous, and considerate toward others. Kind people are selfless in their actions and words. They treat others with respect and dignity. Showing generosity toward the people we love and toward strangers boosts our confidence, gives us a sense of purpose, and makes us happier. When people are kind to one another, the best of humanity shines through.



1 KINDNESS Makes Us Happier

A study has shown that spending money on others makes us happier than spending money on ourselves. Kindness is also shown to be long-lasting because it makes us feel good, which motivates us to do more kind acts.



2 A KIND HEART Creates Stronger Bonds

Showing we care about people we love or even strangers acknowledges their lives matter. Emotional distance dissolves, and bonds strengthen when we are kind to others. New relationships can develop from our kind acts, expanding our world in unexpected ways.



3 Paying it Forward Helps Decrease Stress & Anxiety

Kindness makes us focus on others, so we are less focused on our negative feelings. In addition, kindness increases the production of serotonin, a feel-good chemical that regulates our mood and helps decrease anxiety.

4 KINDNESS Promotes Heart Health

Kindness releases the natural hormone oxytocin into the brain and the body, reducing blood pressure and protecting the heart.



5 KINDNESS Keeps Us Young

When we are kind, we slow the speed of aging by reducing our body's free radicals and inflammation through the release of oxytocin in the body.

“This is my simple religion. No need for temples. No need for complicated philosophy. Your own mind, your own heart is the temple. Your philosophy is simple kindness.”
~Dalai Lama XIV

WAYS TO PRACTICE KINDNESS

● PAY FOR THE PERSON BEHIND YOU

Whether it be a coffee or a whole meal, pay for the person behind you at the drive-thru. Relay a friendly message through your server like “Have a great day” or “Pay it forward.”

● EXPRESS YOUR GRATITUDE

Thank a teacher, spouse, mentor, or someone who has made a difference in your life. Share how their support or gesture has impacted you with a note or, better yet, in person.

● CHEER UP A LOVED ONE

Give a loved one an unexpected gift. You don't need to spend a lot; it's the thought that counts.

● SINCERELY COMPLIMENT SOMEONE

Give a genuine compliment to someone on their physical appearance, character, or accomplishments. As long as a compliment is honest, it can brighten someone's day, strengthen the relationship and create an atmosphere of positivity.

FOR MORE IDEAS VISIT: VIRTUESFORLIFE.COM/100-WAYS-TO-BE-KINDER

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Because Of You A Of Kindness

Rachel Sandford



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