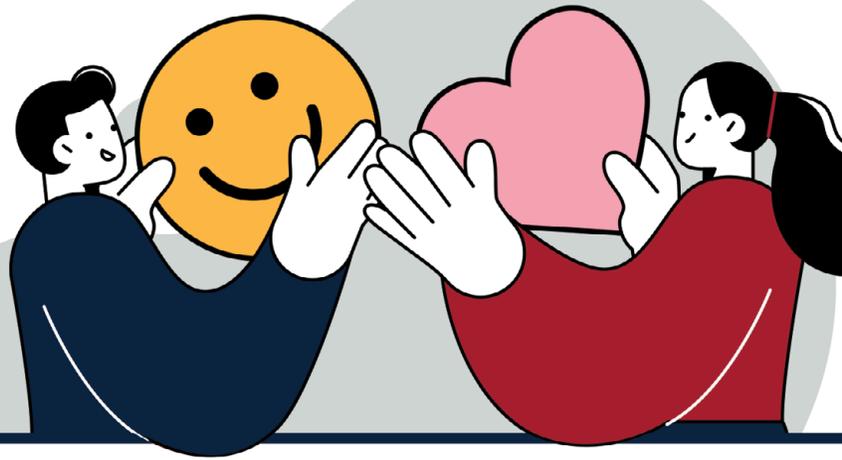


# RANDOM ACTS OF KINDNESS

How do you think an act of kindness can change the attitude of those around you?



Kindness is being friendly, generous, and considerate toward others. Kind people are selfless in their actions and words, and treat others with respect and dignity. When we show generosity toward the people we love and toward strangers, it boosts our confidence, gives us a sense of purpose, and makes us happier in our own lives.

## DID YOU KNOW? AN ACT OF KINDNESS CAN:

- Decrease Stress
- Increase Energy
- Boost Happiness
- Lower Blood Pressure
- Release Feel-Good Chemicals (Serotonin\* & Oxytocin)
- Reduce Anxiety & the "Stress Hormone" Cortisol
- Inspire More Kindness

## PAY IT FORWARD! SPREAD KINDNESS BY

- Smiling
- Talking To Someone New
- Compliment Someone
- Expressing Gratitude
- Holding The Door For Someone
- Sending A Positive Text
- Paying For The Person Behind You ("Pay It Forward Chain")
- Cheering Up A Loved One
- Donating Old Clothes
- Sending A Thank You Note
- Being Kind To Yourself
- Mentoring/Teaching A Skill
- Planting A Tree
- Offering To Help

## JUNE 1ST: SAY SOMETHING NICE DAY!

### Don't forget to say something nice such as:

- "Good morning" or "good afternoon"
- "Hi" or "hello, how are you today"
- "Have a good day." Or "enjoy your day today"
- "I like your \_\_\_\_\_ (i.E. Hair cut, shoes, hat, purse, car, etc.)"



## HEALTH BENEFITS OF KINDNESS

Promotes heart health by releasing oxytocin into the brain and body, reducing blood pressure, and protecting the heart. Increases Production of zderotonin, a feel-good chemical which regulates our mood and helps decrease stress and anxiety. Improves well-being, reduces pain, and boosts immune system.

"Be kind, stay young!" Kindness keeps us young. We slow the speed of aging by reducing our body's free radicals and inflammation through the release of oxytocin in the body.

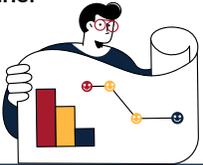
## THE SCIENCE OF KINDNESS

Engaging in the act of kindness stimulates your body's production of serotonin and endorphins which boosts physical, mental, and emotional health.

Compassionate people have 23% less cortisol & have twice the **Dehydroepiandrosterone** (DHEA) which slows down aging. DHEA is a hormone naturally produced by the adrenal gland.

**Serotonin** – neurotransmitter that helps to relay messages from one area of the brain to another. Approximately 40 million brain cells, believed to influence a variety of psychological and other body functions.

**Oxytocin** – neurotransmitter and hormone produced in the hypothalamus, known as the "love hormone", which has an important role in our mood and relationships.



## KINDNESS IS TEACHABLE

"It's kind of like weight training. We found that people can actually build up their compassion 'muscle' and respond to others suffering with care and a desire to help."

– Dr. Ritchie Davidson, University of Wisconsin

## KINDNESS IS CONTAGIOUS

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." Meaning one small good deed in a crowded area can create a domino effect and improve the day of dozens of people!