

## **Research: Benefits of Kindness**

### **1. Kindness makes you happier.**

When we do something kind we feel good! Our brain produces chemicals to give us a “Helpers High”. Have you ever felt that?

### **2. Kindness gives us healthy hearts.**

Kindness gives us emotional warmth which produces oxytocin which makes your heart healthier. Kindness is cardio protective! Has kindness ever made your heart feel warm?

### **3. Kindness slows aging.**

Kindness stimulates the vagus nerve reducing inflammation that increases aging. Oxytocin also reduces free radicles slowing down the aging process.

### **4. Kindness makes for better relationships.**

Kindness increases the sense of belonging, connection and community, bringing people together. Has kindness ever made a relationship better for you?

### **5. Kindness is contagious!**

Kindness creates the ripple effect. Doing or even observing an act of kindness makes people want to be more kind. Have you noticed act of kindness that made someone else want to be kind?