



Kindness Matters

Doing thoughtful or kind things for others not only makes other people feel good, it also has significant benefits to our mental and physical health.

Mental Well-Being

Kind acts activate neurotransmitters in the brain like dopamine, which reduces pain and makes you feel calmer and happier. The pleasure/reward center in the brain lights up, giving you a "helper's high."



Caring Connections

Kindness can increase our sense of connection to one another which can improve our mood and relationships with others. Kindness allows us to engage with one another in a more compassionate and caring way.



Physical Benefits

Studies show that kindness decreases cortisol level (stress hormones), blood pressure, and even produces endorphins, which are the brain's natural pain killers. Studies show that helping others can give us energy and help to strengthen our immune system.



Shared Positivity

Witnessing or experiencing kindness inspires us and can spread. Simply put, when someone does something nice for you, it feels good and makes you want to do the same for others. Kindness has a ripple effect of happiness.



Try a random act of kindness today and feel all of the benefits for yourself and others.