



KINDNESS MATTERS

The People Project Practice #1

KINDNESS

kindness (/ˈkɪn(d)nəs/) *noun*:

The quality of being friendly, generous, and considerate.

Synonyms:

affection, warmth, gentleness, concern, care; consideration, helpfulness, thoughtfulness, unselfishness, selflessness, altruism, and compassion.



KINDNESS BENEFITS EVERYONE



Acts of kindness can result in a “helpers high” that lead to more health benefits than from exercise or quitting smoking

People who receive acts of kindness frequently “pay it forward” that causes a ripple effect of kind acts

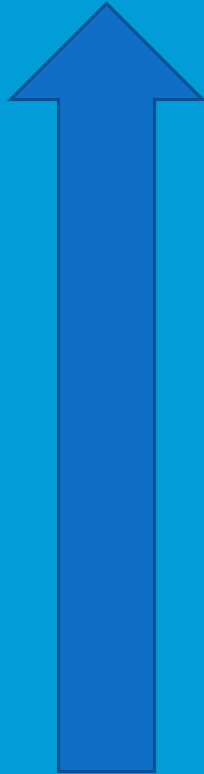
Those who spend money on others report much greater happiness than those who spend it on themselves.

Do you need a quick mood boost? Perform random acts of kindness to others for a boost in your short term happiness.

Do you want a longer happiness fix? Five acts of kindness in a week will increase your happiness for up to three months.



KINDNESS INCREASES



Oxytocin – the love hormone

Energy – half of people reported feeling stronger and more energetic after helping others

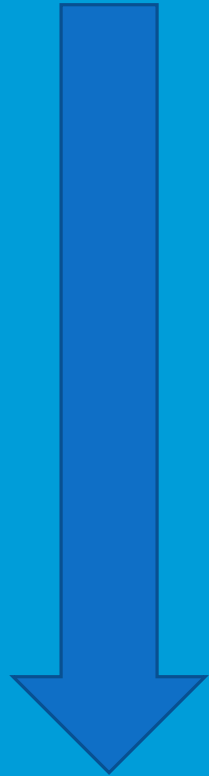
Happiness – altruistic people are happiest of all

Lifespan – People 55 and older who volunteer at two or more organizations have a 44% lower likelihood of dying early;

Pleasure – when you are kind to others, your brain reacts as though you were the one receiving the kindness

Serotonin – kindness increases serotonin, the same chemical in many antidepressant medications.

KINDNESS
DECREASES



Pain – endorphins are nature's painkiller

Stress – Kind People have 23% less cortisol (stress hormone) than the average population

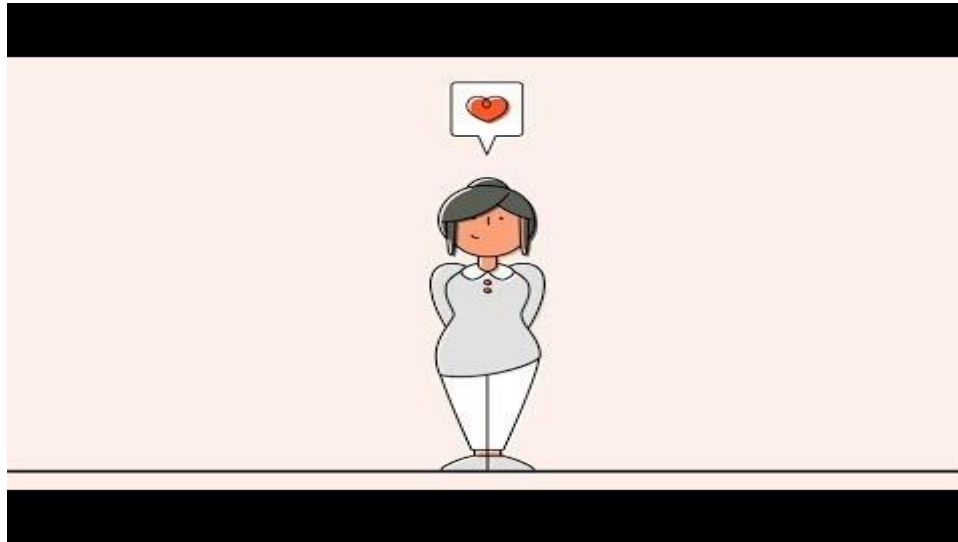
Anxiety – doing at least 6 kind acts a week benefited people with social anxiety

Depression – life satisfaction and physical health increase, mortality and depression are reduced

Blood Pressure – engaging in kindness releases oxytocin and produces nitric oxide, which dilates the blood vessels and lowers blood pressure.



THE SCIENCE OF KINDNESS



<https://youtu.be/O9UByLyOjBM>

SIMPLE ACTS OF KINDNESS

1. Practice courtesy: Holding the door and saying “please” and “thank you” are easy ways to practice kindness.
2. Offer to return a supermarket cart to its rack for a busy parent or a senior.
3. Put a coin in an expired or expiring meter for a stranger.
4. Write a gratitude letter to someone who has been a positive force in your life. Or just tell someone how much you appreciated something he or she did.



SIMPLE ACTS OF KINDNESS

5. Call a relative or friend to see how they're doing.
6. Offer to pick up groceries or medications for someone who is ill.
7. Buy a cup of coffee for a stranger.
8. Write a check to a worthwhile charity.

“ Kindness can
become its own motive.
We are made kind by
being kind. ”

- Eric Hoffer



SIMPLE ACTS OF KINDNESS



9. For five minutes, listen to someone without interrupting.
10. Slow down. Research tells us you are more likely to be kind to others when you are not in a hurry.
11. Give someone you love a hug. Say, "I love you."
12. If you can afford it, contribute a few dollars when someone comes up short in the check-out line.



SIMPLE ACTS OF KINDNESS

13. Donate blood.
14. Give a ride to someone who doesn't have a car.
15. Babysit for a friend or relative who needs some "me time."
16. Make soup and share it with neighbors.

“ I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou



HOW WILL YOU PRACTICE KINDNESS?

*No act of kindness,
no matter how small,
is ever wasted.*

Aesop

