

HOW BEING KIND BENEFITS HEALTH

You may not think of kindness as a tool to reduce stress & improve happiness, but it is not only effective, research also suggests it could help us live longer. Recent behavioural science has demonstrated clear physiological benefits for those that practice kindness.

Kindness has been found to trigger the release of good hormones in the body like... **Dopamine - 'feel good'**
It has an essential role in our reward system & reinforcing feelings of pleasure

Boosts mental & emotional health
Helps you feel happy
Links to reducing pain
Improves depression & anxiety

Serotonin - 'feel good'
It helps us ward off depression & anxiety

Supports mood & calms you down
Helps memory
Improves sleep
Improves your sense of wellbeing

Oxytocin - 'connectedness' & 'love'
It also manages aspects of male & female reproductive health

Lowers blood pressure
Reduces inflammation
Improves confidence
Reduces stress

The case for Self-Compassion

Kindness to ourselves is essential for good health. Engaging in negative self-talk leads to negative feelings & emotions which in turn can lead to anxiety & depression.

So, how do we practice kindness?

- Say something positive about yourself
- Buy extra at the supermarket & donate
- Tell someone they are doing a great job
- Hold the door open for someone
- Buy something from a local business
- Share your favourite book or recipe with someone
- Put your phone away while in someone else's company
- Have a judgement free day
- Give an unexpected gift
- Share some positivity

Reap the Benefits

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We know that all giving is good & all acts of kindness are worthwhile

Enjoying giving without the expectation that someone will return the favour seems to be the most beneficial to health

Acts of kindness need to be repeated for long term benefits

Benefits to health

- Other benefits to wellbeing
 - Creates a feeling of connection
 - Provides a sense of purpose
 - Makes you feel valued & appreciated
 - Helps to keep things in perspective
 - Kindness can create a chain reaction of positivity

Having kind thoughts about someone as well as doing something kind boosts our 'feel good' hormones

16 WAYS TO SHOW KINDNESS IN THE WORKPLACE

