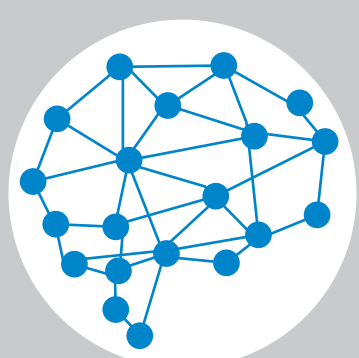




7 effects of *kindness*



PAIN RELIEF: Kindness stimulates the production of endorphins, the brain's natural remedy for aches and pains.



LOW BLOOD PRESSURE: Emotional warmth releases oxytocin, aiding in a healthy heart by lowering blood pressure.



ANTI-AGING: Oxytocin also reduces inflammation in the cardiovascular system, slowing the aging process.



DOMINO EFFECT: One good act of kindness is infectious! Witnesses of the act are likely to pass it on to others.



STRONG RELATIONSHIPS: Kindness builds trust, leading to stronger bonds and better relationships.



HAPPINESS: Acts of kindness produce dopamine and serotonin, which decrease anxiety and stress and increase overall happiness!



LONGEVITY: Kindness in day-to-day routines is said to increase life expectancy.



BE KIND TO OTHERS:

- Compliment a colleague on a job well done.
- Remind a loved one how much they mean to you.
- Go out of your way to help someone with a task.
- Smile at and acknowledge all those you encounter.



BE KIND TO YOURSELF:

- Visualize your success.
- Reward yourself for your accomplishments.
- Practice positive self-talk.
- Reflect on what you're grateful for.
- Allow yourself to feel emotions, including sadness.



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