

Kindness is good for your health

Sometimes the simplest act of kindness, such as a someone holding a door for you or a compliment from a friend, can brighten your day.

Thanks to science, we know that kindness is good for your long-term physical and mental health.

Kindness can reduce stress, improve health and increase well-being.



Photo above by FG Trade, below by Ridofranz, courtesy iStockphoto

Quick facts on kindness:

1 Being kind includes taking care of yourself. Rest when you need to rest, take a break when you feel anxious. Don't be hard on yourself for small things that go wrong. Learn to let go.



2 Being present with other people is kindness. Listen to others fully when you talk to them, and relax in their presence. Don't be in a rush.

3 Reach out to other people. Volunteer with groups that help others. Or spend time with a neighbor, relative or friend.

Outreach can be as simple as sending a text to tell someone you've been thinking about them.

4 Offer a compliment. Kind words and compliments can make people feel valued and cared for.

5 Ask people how their day is going and really listen to their response. Show them you care.

Hugs can also be an act of kindness. Studies show that people who offer and receive hugs report better well-being.

>> For more kindness tips, visit www.randomactsofkindness.org

