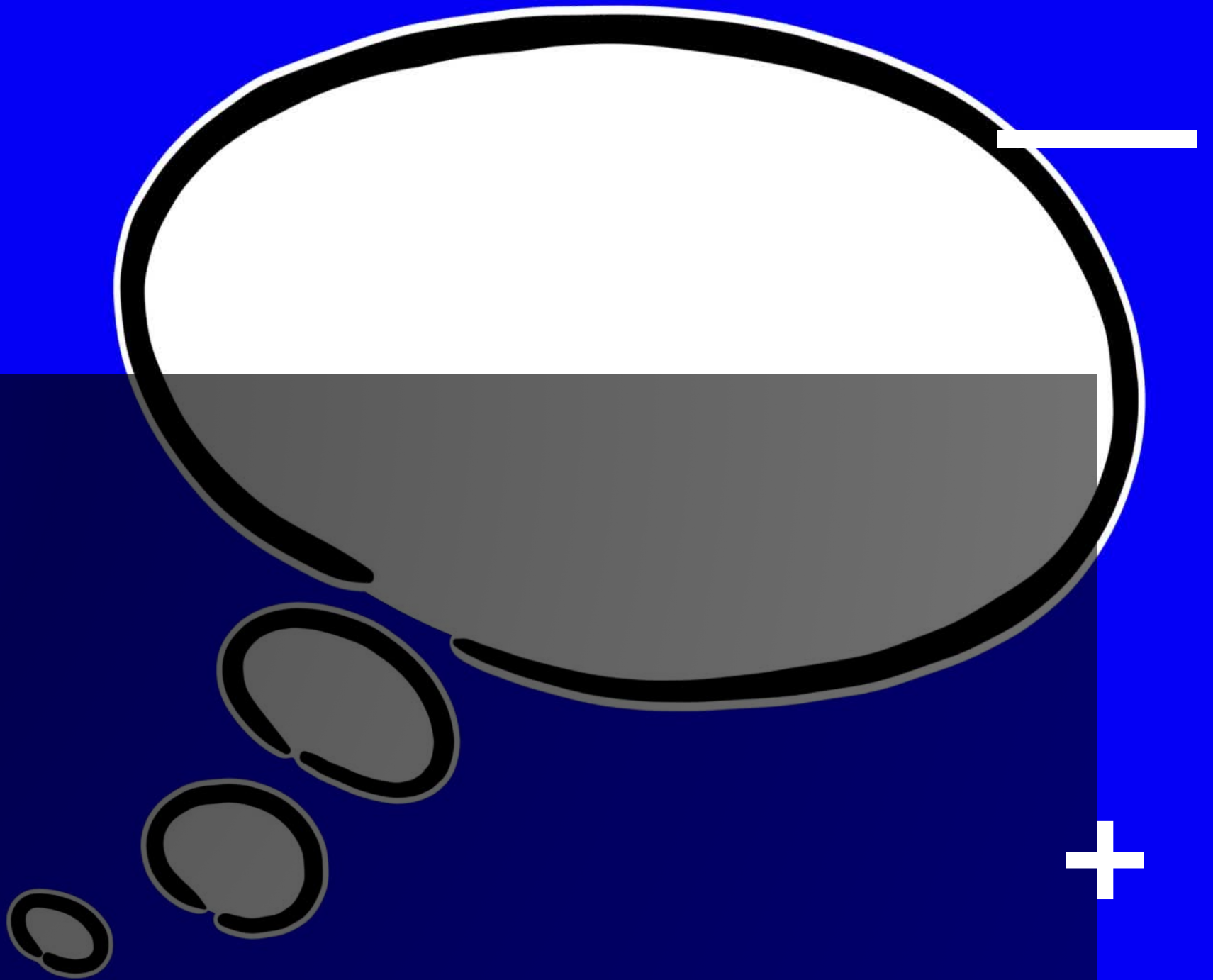Kind

One kind word

– What does it mean to be kind?

– What is the definition of being kind?

– Kindness is defined as the quality of being friendly, generous, and considerate. ... Whereas, being **kind is doing intentional, voluntary acts of kindness**. Not only when it's easy to be kind, but when it's hard to be.

Kindness releases feel-good hormones

– Doing nice things for others boosts your serotonin, the neurotransmitter responsible for feelings of satisfaction and well-being. Like exercise, altruism also releases endorphins, a phenomenon known as a "helper's high."

Kindness eases anxiety

– As pointed out in a study on happiness from the University of British Columbia (UBC), "social anxiety is associated with low positive affect (PA), a factor that can significantly affect psychological well-being and adaptive functioning." Positive affect refers to an individual's experience of positive moods such as joy, interest, and alertness.
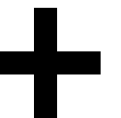
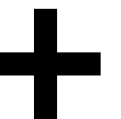# Kindness is good for your heart

– Kindness releases the hormone oxytocin. According to Dr. David Hamilton, "oxytocin causes the release of a chemical called nitric oxide in blood vessels, which dilates (expands) the blood vessels. This reduces blood pressure and therefore oxytocin is known as a 'cardioprotective' hormone because it protects the heart (by lowering blood pressure)."
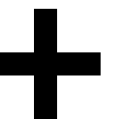
It can help you live longer

– According to Health.com, you're at a greater risk of heart disease if you don't have a strong network of family and friends. When you're kind to others, you develop strong, meaningful relationships and friendships.


"A little spark of KINDNESS can put a colossal burst of SUNSHINE into someone's life."

inspire kindness

It reduces stress

– Helping others lets you get outside of yourself and take a break from the stressors in your own life, and this behavior can also make you better equipped to handle stressful situations.
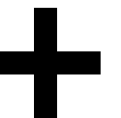
Kindness prevents illness

– Inflammation in the body is associated with all sorts of health problems such as diabetes, cancer, chronic pain, obesity, and migraines. According to a study of adults aged 57-85, "volunteering manifested the strongest association with lower levels of inflammation." Oxytocin also reduces inflammation, and even little acts of kindness can trigger oxytocin's release.
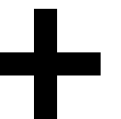
Odd socks Friday

– Remember to support your peers and anti-bullying by wearing your odd socks on Friday.