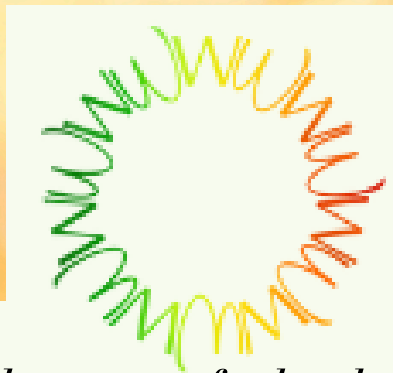


Weekly Wisdom

Grow the Green for You and Your Team



“Do things for people not because of who they are or what they do in return, but because of who you are.” -- Harold Kushner

Kindness Toward Others Boosts Your Well-Being

We're on a wisdom research email list, so we learn all the cool stuff! A recent study of new college students finds that those who perform everyday acts of kindness have better well-being. The study has implications for us all.

We know that self-focused strategies such as sleep, nutrition, exercise and mindfulness are good for us. But what about outward-focused strategies, or acts of kindness towards others, during challenging times such as the transition to college?

The study followed 193 students over 6 weeks. Each week, they reported how many pro-social behaviors they engaged in (sharing class notes, opening a door) and reported on 7 aspects of personal well-being.

“Students reported greater happiness, thriving, flourishing, resilience, and optimism, as well as lower levels of anxiety and loneliness during weeks when they performed more acts of kindness.”

Interesting tidbit: Students reported engaging in about 7 kind acts/week.