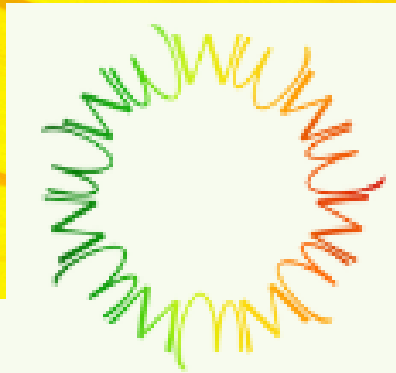


Weekly Wisdom

Grow the Green for You and Your Team



“Kindness is the language which the deaf can hear and the blind can see.” -- Mark Twain

The Surprising Benefits of Kindness

No one would argue that kindness is not a good thing for those around us. But what if it's a good thing for *us*, too? Here are highlights from an analysis of 126 kindness studies:

People who perform random kind acts, such as taking dinner to a sick friend or offering to cover a shift for a co-worker, were happier than people who did more formal kind acts - volunteering in a food bank or soup kitchen, for example.

Women experience more well-being benefits from being kind than men.

Younger people experience more happiness benefits from being kind than older people.

People who are kind tended to have higher self-esteem and self-efficacy.

Kind people experience less depression and anxiety and improved physical health - especially in older adults.

“Helping others is a universal virtue and a very affordable and economic way to benefit others' and our own well-being.”