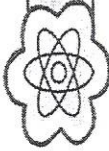
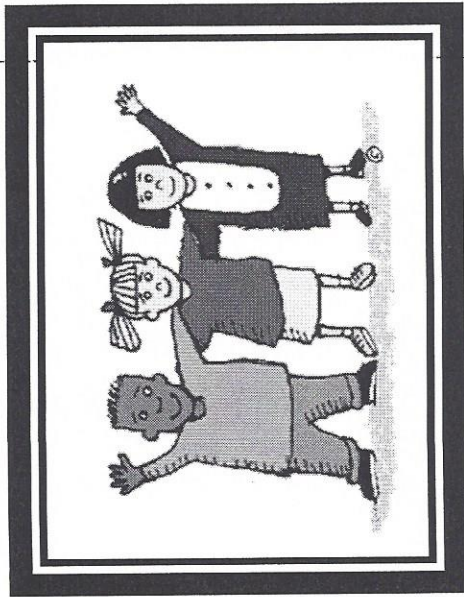




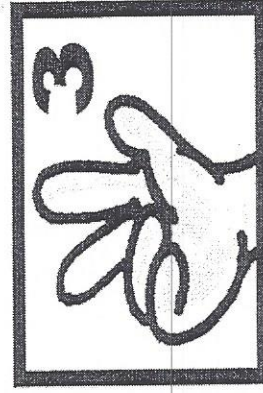
The Science of kindness



Science of Kindness

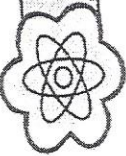


“When you consider performing an act of kindness, think about its potential three way positive effect. There’s the positive effect on the recipient, and the positive effect on you—you might find yourself experiencing the positive emotion of the ‘helper’s high.’ But perhaps the biggest effect of all will be on a passer-by who just happens to witness the act.”



—Steve Taylor Ph.D.,
Out of the Darkness

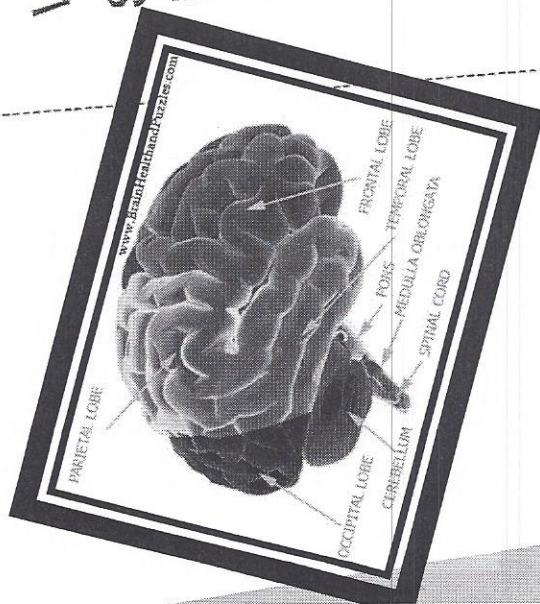


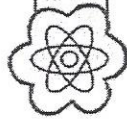


Science of Kindness

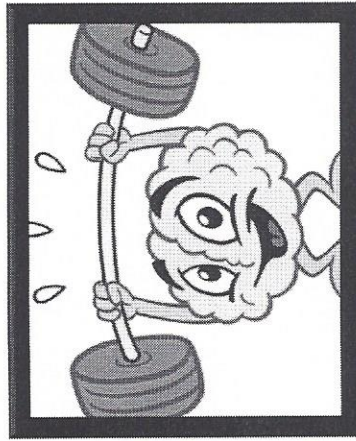
Psychology researcher Barbara Fredrickson studies how “micro-moments” of connection with others, like sharing a smile or expressing concern, improve emotional resilience, boost the immune system, and reduce susceptibility to depression and anxiety.

<https://experiencecellife.com/article/the-power-of-kindness/>



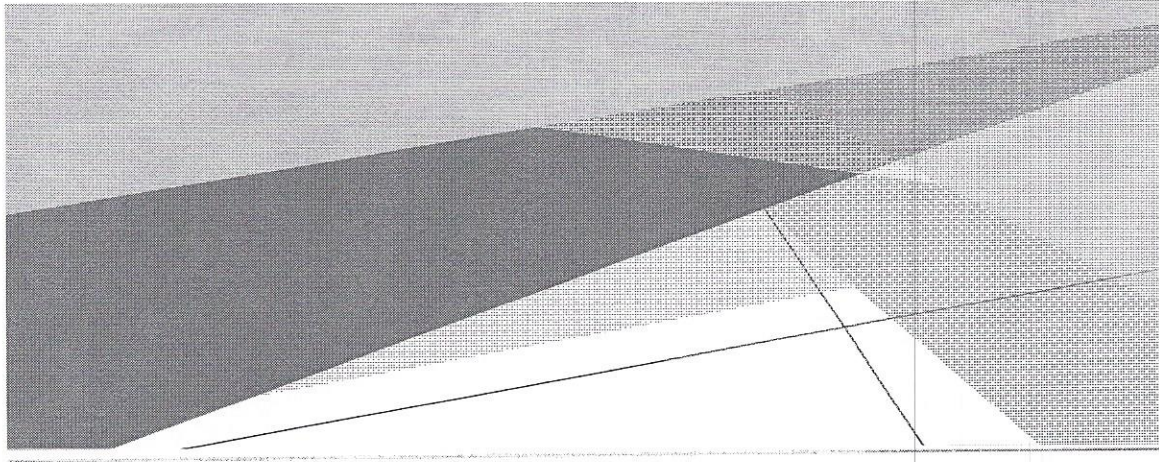


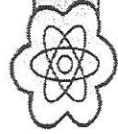
Science of Kindness



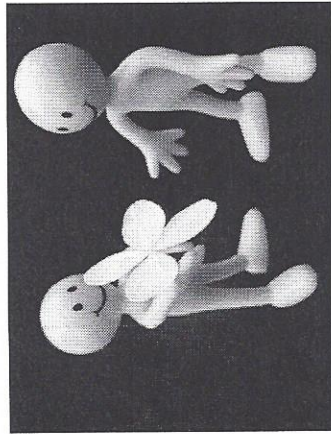
The brain is primarily shaped by what you pay attention to, and can change its structure in response to thoughts, feelings, and life experiences. Working connections in the brain get more blood circulation and become more sensitive.

— Rick Hanson, PhD





Science of Kindness

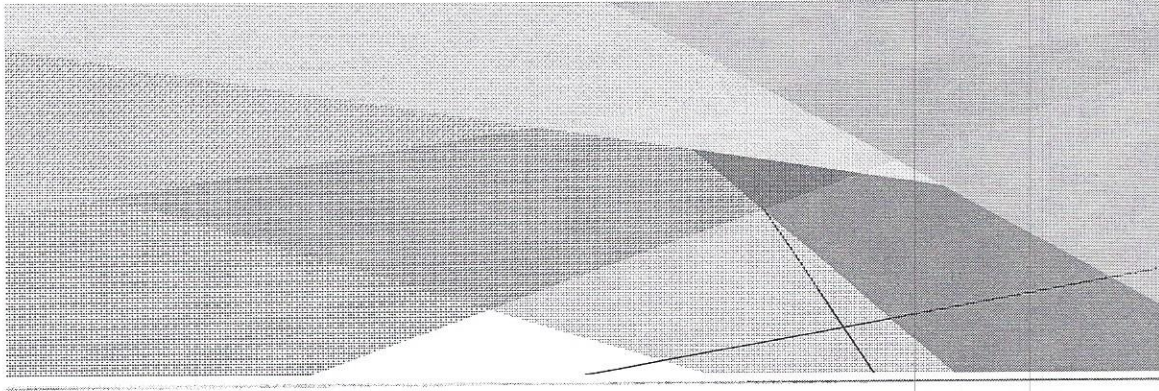


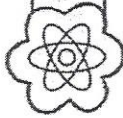
“Elevation’ is the warm and uplifting feeling of seeing someone do something good, kind, courageous, or compassionate.

The most common cause of elevation is seeing someone help a person in need.

Elevation can also reduce cynicism and cause people to ‘turn over a new leaf’ or vow to become a better person.”

– *Jonathan Haidt*





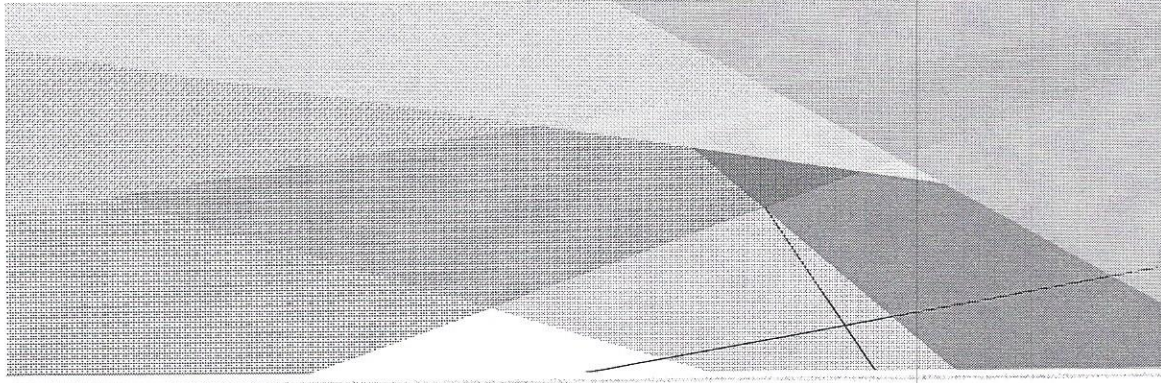
Science of Kindness

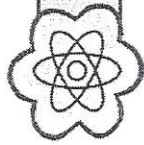


"In recent years, social scientists have conducted experiments demonstrating that the effect of a single act of kindness can in fact ripple through a social network, setting off chains of generosity that reach far beyond the original act."

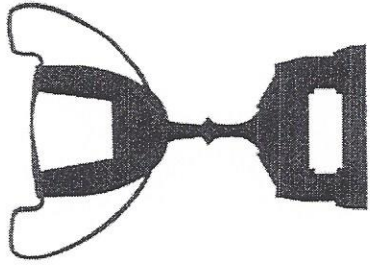
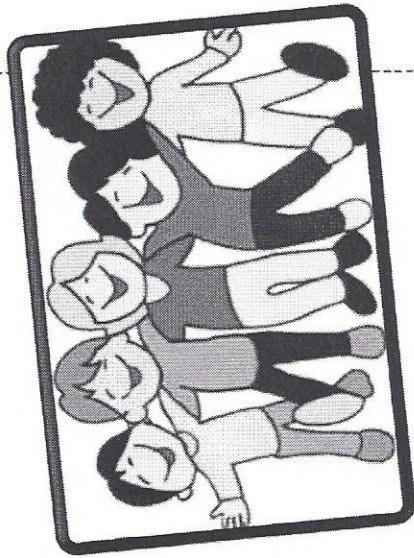
Studies by Milena Tsvetkova and Michael Macy of Cornell University.

http://www.nytimes.com/2014/03/16/opinion/sunday/the-science-of-paying-it-forward.html?_r=0

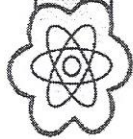




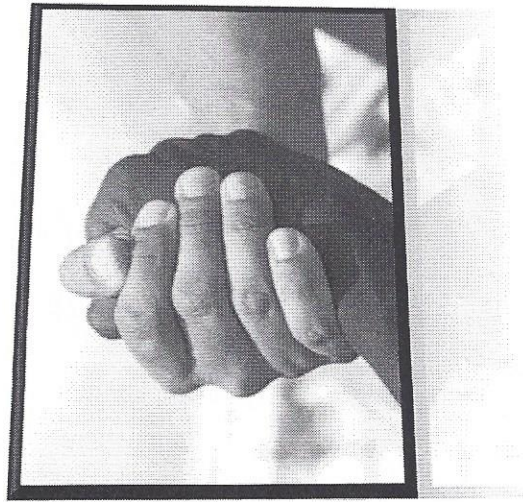
Science of Kindness



The Robert Wood Johnson Foundation reports that “young children with more developed social competence skills are more likely to live healthier, successful lives as adults—through the education and jobs they attain and their overall quality of life.”



Science of Kindness



Researchers suggest that one reason giving may improve physical health and longevity is that it helps decrease stress, which is associated with a variety of health problems. In a 2006 study by Rachel Piferi of Johns Hopkins University and Kathleen Lawler of the University of Tennessee, people who provided social support to others had lower blood pressure than participants who didn't, suggesting a direct physiological benefit to those who give of themselves.

http://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you#contagious

