

# kind . ness (noun)

the quality of being friendly, generous, and considerate.

# Random Acts of Kindness

*“Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested.”*



Dr. Martin Seligman,  
University of Pennsylvania

## Benefits of practicing kindness:

*Did you know that people who practice kindness live healthier, longer lives? Kindness makes the body produce more serotonin (the same chemical in many antidepressant medications) which generates a feeling of calmness and even helps heal wounds. Studies have shown that developing a habit of kindness reduces pain, stress, anxiety, depression, and blood pressure. People who practice kindness as a habit have **23% less** cortisol (the stress hormone) and more of a chemical called nitric oxide (this dilates blood vessels, thus lowering blood pressure).*

## The giver of RAOK derives as much joy as the receiver.

*You will never feel badly about giving affirmation to someone nor receiving positive, heartfelt words of praise from another. Kindness extends love and compassion, and opens us up to receive such goodness ourselves. A Harvard Study showed that those who were selfless and gave away money were, overall, the happiest. On the other hand, witnessing acts of kindness produces oxytocin (occasionally referred to as the 'love hormone') which aids in lowering blood pressure and improving overall heart health.*

RAOK



Volunteer  
in your  
community

Offer to return  
a shopping cart  
to its rack for  
someone



Buy school  
supplies for a  
teacher

## Ideas for RANDOM ACTS OF KINDNESS

Write positive  
chalk messages  
on the sidewalk



Host a food  
drive for your  
local food shelf



Pay for the  
person behind  
you

TOGETHER WE CAN

*build a better future!*