

# Kindness & Healthy Wellbeing

Kindness can have a profound effect on mental wellbeing, both for the person giving and the person receiving the act of kindness.

When we are kind to each other, it provides us with a sense of purpose that can directly boost our mood and overall sense of wellbeing. Giving a helping hand, sharing a compliment or simply taking time to listen are all acts of kindness.



Acts of kindness can increase dopamine and serotonin levels in the brain, two neurotransmitters that play a key role in positive feelings, increasing happiness and improving wellbeing.

For the person on the receiving end of kindness the effects can be equally as powerful. Acts of kindness increases feelings of social connection and belonging, which are key factors in overall psychological fitness. When we feel valued and cared for by others, we are more likely to experience positive emotions and a greater sense of purpose.

In fact, research has shown that acts of kindness can have a ripple effect, spreading positivity and improving emotional wellbeing of not just the recipient but others around them as well. This creates a positive feedback loop that can have benefits for both individuals and communities.



# KINDNESS ACTION PLAN

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**Draw or write your kindness action plan for this week.**

- How can your community show that kindness matters?
- What does kindness mean to you?
- What are your acts of kindness for the next week?
- How can we reward kindness?
- How will people feel after spending time with you?

**List three unique and special things about someone else and tell them what they are...**

- 1.
- 2.
- 3.