

Research on the benefits of KINDNESS

Information is from The Honey Foundation (Non-Profit foundation promoting KINDNESS among kids and schools)- Prepared by Spark Policy Institute

Research & Info

Random acts of kindness are a hot topic in science and psychology today. Study after study has proven that compassionate giving and benevolence are not only great for the recipient, but the giver as well. Here are some facts and links for more information:

- Giving not only makes you feel good, it also makes you stronger.¹
- We feel happier when we perform acts of kindness.²
- People who are kind and compassionate are usually the most successful.²
- We increase [children's] feelings of happiness and well-being, reduce bullying, and improve their friendships by teaching them to be givers of kindness.²
- Random acts of kindness don't just benefit the ones you gift, but also help your own mental health.³
- When you are grateful and practicing random acts of kindness... the result is inner calm, clarity of thinking and a heart full of love.⁴
- Physiological benefits [of kindness] include:
 - o [Strengthened] immune system
 - o Improved Cognitive Performance
 - o Increase in Energy
 - o Lower Heart Rate
 - o Balanced cortisol levels which result in less internal stress
 - o More likely to live a longer and more satisfied life
 - o Laughter and inner joy resulting in decreased stress hormones; lower blood pressure; diminished pain.⁴
- When people benefit from kindness they "pay it forward" by helping others who were not originally involved, and this creates a cascade of cooperation that influences dozens more in a social network.⁵
- The flow of good and desirable properties like ideas, love and kindness is required for human social networks to endure, and, in turn, networks [like The Honey Foundation!] are required for such properties to spread.⁵
- Helping a neighbor, volunteering, or donating goods and services results in a 'helper's high,' and you get more health benefits than you would from exercise or quitting smoking.⁶
- Those who spend money on others report much greater happiness than those who spend it on themselves.⁶
- The most powerful way to increase your short-term feelings of happiness is to perform random acts of kindness to others.⁷

- Five [random acts of kindness] in a week will increase your happiness for up to three months.⁷
 - 'Passing it forward' is not just good for another, but in the long run benefits everyone around you.⁸
- See more at: <http://www.honeyfoundation.org/learn/research-info/#sthash.1I9Bvg7U.dpuf>

More Random Acts of Kindness Articles & Links

RandomActsOfKindness.org

A great resource for all Good Do-Bees.

Nice Guys Finish First

By David Brooks, Published May 17, 2011 in *The New York Times*

¹Surprising Ways Holiday Giving is Good for You

By Mehmet C. Oz, MD, and Michael F. Roizen, MD

²Acts of Kindness: Key to Happiness for Children & Teens

By Marilyn Price-Mitchell, Ph.D. in "The Moment of Youth," Published January 2, 2013

³Random Acts of Kindness help Mental Health

By KJ Mullin, Published December 26, 2007 in *Health*

⁴Stress Relief Expert Lauren E. Miller Shares Benefits as We Enter the Month of Thanksgiving: An Attitude of Gratitude and Random Acts of Kindness Can Release the Stress in Your Life

By Lauren E. Miller

⁵'Pay It Forward' Pays Off

UC San Diego and Harvard Deliver First Experimental Findings on Spread of Cooperation in a Social Network

By Inga Kiderra – March 05, 2010

⁶10 Things Science Says Will Make You Happy

By Jen Angel – October 31, 2008

⁷20 Surprising Facts About Happiness

By David Weedmark

⁸Passing It Forward – Random Acts of Kindness

Babies Unlock the Origins of Morality (Yale)

From "The Baby Lab" which aired on Nov. 18, 2012.

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Arts & Kindness

Download the theory behind the creative laboratory, People United, exploring how the arts can inspire kindness and build a more caring society.

By Jo Broadwood

The Biology Behind the Milk of Human Kindness

By Natalie Angier, Published November 23, 2009 in *The New York Times*

Forget Survival of the Fittest: It is Kindness that Counts

By David DiSalvo, Published February 26, 2009 in *Scientific American*

Random Acts of Kindness Benefits Your Health

By Donna Bush, Published February 12, 2010 in *Health & Fitness*

Celebrating Kindness: Random Acts of Kindness School-Based Pilot 2011-2012 Teaching Kindness: Benefits of Social Emotional Development

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