

# The Benefits of Kindness

Information gathered from different scientific studies that were cited on <https://www.randomactsofkindness.org/the-science-of-kindness>

## Kindness Increases:



### For Givers:

- Sense of reward and self esteem (from oxytocin)
- Providing help protects overall health twice as much as aspirin protects against heart disease

### For Receivers:

- Oxytocin which increases optimism
- Serotonin which heals wounds, calms you down, and increases happiness

## Kindness Decreases:

### For Givers:

- Pain- engaging in acts of kindness produces endorphins (natural pain killers)
- Perpetually kind people have 23% less of stress hormone
- Blood pressure (from oxytocin)

### For Receivers:

- Anxiety

For more facts  
about kindness,  
scan this qr code.

