



Choose to be kind | Choisir la bonté

Reasons to be Kind

Top Five Reasons to be Kind

1. Kind people are happier

Kindness makes people happier. This was shown in a study that asked volunteers to commit to five acts of kindness on one day of the week for 10 weeks. After the 10 weeks, they were around 25 percent happier than a control group.

But you don't necessarily need to change someone's life to be kind. Small acts are meaningful for the person who receives them. Paying someone a compliment is good. So is holding a door for someone or helping a neighbour to carry their shopping bags. The small things that bring a smile can be very powerful.

2. Kind people are healthier and often live longer

For decades, research has suggested that people with positive emotions may live longer and healthier lives. For example, there are several studies which suggest that positive acts of kindness and the emotion they produce – such as happiness and contentment – may help to lower blood pressure, reduce stress or improve sleep.

There are also studies that demonstrate the physical effects of kindness on the heart. When we bond with people, which we naturally do when we show kindness, a hormone is released that dilates our blood vessels and counteracts the free radicals implicated in heart disease.

3. Kindness is contagious

The most obvious benefit of kindness is that you make others feel good. And in making others feel good, you inspire them to want to do something kind for you or for someone else. When you commit a kind act, those around you will take note and your kindness can have a ripple effect. Start that ripple now by being kind to those around you.

4. Kindness doesn't cost a cent

Kindness is something we can all engage in, anytime and anywhere. Kindness is a choice. It doesn't need to cost money. You may not fully realize it, but every single moment of your life, you have the choice to choose to act with kindness.

5. Kindness makes a difference

The purpose of kindness is to make a difference in someone else's day. And kindness can indeed make a big difference. In caring and nurturing school environments, for example, children and youth are more likely to excel. By the same token, several studies show that kind and caring work environments have a positive impact on the productivity of employees.