

# THE SCIENCE OF KINDNESS

BE IN THE  
**MOMENT**

Be Present. Be Well.



## Kindness May Decrease:

### Pain

Participating in random acts of kindness produces endorphins. This is the body's natural way to decrease pain!

### Stress

People who are always kind may have decreased levels of cortisol, or the stress hormone, and may age slower. Being less stressed may lower blood pressure and help you get better quality sleep.

### Blood Pressure

Random acts of kindness can lead to happiness. When you experience happiness, your body releases a hormone known as oxytocin, which is associated with positive health outcomes, such as reduced blood pressure and lower cortisol levels.

### Negative Feelings

Performing regular acts of kindness may boost optimism and life satisfaction. Kind people may also have a higher self-esteem and sense of self-efficacy.

## Kindness May Increase:

### Energy

Showing kindness to others can help you feel stronger and more energetic. Being kind can leave you feeling calmer and less depressed, with increased feelings of self-worth.

### Happiness

Researchers have found that people who are kind tend to feel a heightened sense of purpose and happiness, especially those who perform random, informational acts of kindness over formal acts like volunteering.

### Lifespan

People who volunteer tend to experience fewer aches and pains and protect their overall health in the process.

### Pleasure

Being kind to others can cause you to feel a "helpers high." This is what happens when your brain's pleasure and reward center lights up after a good deed.

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

Sources: randomactsofkindness.org. The Science of Kindness. <https://randomactsofkindness.org/the-science-of-kindness>. Accessed 01/18/2021.  
greatergood.berkeley.edu. [https://greatergood.berkeley.edu/article/item/how\\_kindness\\_fits\\_into\\_a\\_happy\\_life](https://greatergood.berkeley.edu/article/item/how_kindness_fits_into_a_happy_life). Accessed 02/01/2022.

mayoclinichealthsystem.org. The art of kindness. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness>. Accessed 02/01/2022.

WebMD<sup>®</sup>  
health services

  
WELL WISCONSIN  
Healthier starts with you