

7 Benefits of Being Kind

We become happier by making other people happy. We usually think of how the person we are being kind to can benefit but we also gain from being nice. Authentic kindness goes a long way. Being kind to yourself is equally important as being kind to others. Here are some of the many benefits of being kind.

- Being kind makes us feel better and makes those around us feel better too

- Being kind lifts our mood and improves our wellbeing

- Kindness reduces stress and eases anxiety

- Being kind helps us keep in good health

- Kindness is contagious and makes us feel more connected

- Kindness increases self esteem

- Kindness makes the world a better place

