



# Stealth Kindness

Kindness brings positive benefits to the individual giver and receiver.

## The benefits for giving kindness are multifold.

Research has shown that "agents" or givers demonstrate increases in self-esteem, empathy, and compassion. They also become more resilient, both psychologically and physically. Regularly performing kindness or helping behaviors improves mood and can enhance thinking skills. For example, thinking has been observed to become more creative, integrative, flexible, and open to information. Important physiological impacts include decreased blood pressure and decreased cortisol.

## Kindness creates positive changes in the brain.

It boosts the chemicals serotonin and dopamine, and endorphins can be released. These neurotransmitters in the brain give you feelings of satisfaction and well-being. They cause the pleasure/reward center of your brain to light up.

(i.e. Post, 2005; Mayo Clinic 2020)

## Try This!

**Who:** You! Pick one person at a time, whoever presents themselves in your setting and/or grabs your attention naturally.

**What:** Be aware that this is a person just like you with hopes, dreams, fears, regrets, memories, and loved ones. And just like you, this person wants to be happy and well. Offer a "well-wish" or a simple phrase of loving-kindness in your head, such as "may you live with ease today." Move onto the next person you see and repeat. Allow yourself to enjoy the practice of sending stealth well wishes or dropping "kindness bombs" on the other people you see.

**Where:** Practice this while walking, driving, or sitting in a space wherever other people are present.

**When:** This can be part of your normal routine, or you can set aside special time for it. Set aside several minutes.

**Why:** Cultivate loving kindness, let go of overthinking, and concentrate on the mind. Begin to realize the multifold benefits of cultivating kindness and empathy.

## Uplift Wellness Collective

info@upliftpilatesandwellness.com

www.upliftpilatesandwellness.com

Wellbeing Toolkit

