

One Source EAP Connections

Random Acts of Kindness

February 2023

It seems that we can't go online or turn on the TV without seeing some tragic headline. However, if you read the full story, you'll usually find out about kind bystanders, neighbors or public servants who made a difference by saving lives or comforting those directly impacted.

These are high profile instances that attest to the fact that kindness matters. But big acts of kindness are not required to help make someone's day or bring a smile to someone's face. Holding the door for the person behind you, letting someone go in front of you at the store, letting another driver out of a parking lot or just a friendly smile can help bring joy to someone else.

Kindness not only helps the receiver, it also helps the giver and anyone else who witnesses a thoughtful act. From reducing pain and blood pressure, to increasing happiness and even lengthening your life, kindness pays dividends for all involved.

Read on to learn more about the science behind the benefits of kindness and register for the Random Acts of Kindness seminar on Tuesday, February 21st at 4:00PM.

One Source EAP offers free and confidential help to sort through challenges before they become crises.

Call One Source EAP at **(800) 300-0628**. Calls are answered 24/7/365 and are *completely confidential*.



The Science of Kindness

Your mother likely sent you to school with the guidance to be nice to the other kids. Now, research shows how right she was! Kindness increases:

Energy

Happiness

Pleasure

Oxytocin - A naturally occurring hormone which reduces blood pressure and improves heart health, self-esteem and optimism

Serotonin - produces calm, helps heal wounds and increases happiness

Lifespan - People 55 + who volunteer have a 44% lower chance of dying early.

[Click here](#) to read more from the Random Acts of Kindness Foundation.

Register for the Random Acts of Kindness seminar!

Kindness benefits the receiver, the giver and everyone who just witnesses a thoughtful gesture. Join Dr. Fred Foley for a deeper dive into the what, why and how to brighten someone else's day and start a virtuous circle of kindness. Each month we'll celebrate one day from the National Day Calendar with an all employee program on the 3rd Tuesday of each month at 4:00 PM. [Click here](#) to register.

You can also request other seminar topics for your workgroup. Check out our [seminar page](#) on our website to review the list. To ask for a seminar for your team, [click here](#).

