The Side Effects of Kindness

David R Hamilton, PhD

Kindness is good for mental health
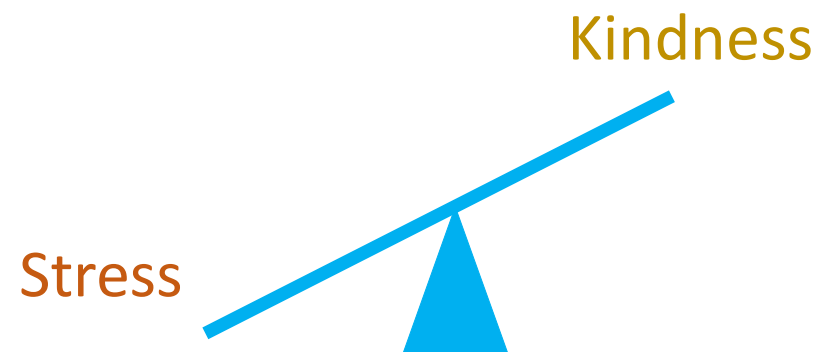
Q: What is the opposite of stress?

Opposites

Kindness

Stress

Brain Wave patterns – normal vs kindfulness

'Normal' brain waves

Brain wave pattern in a relaxed state. E.g. kindfulness
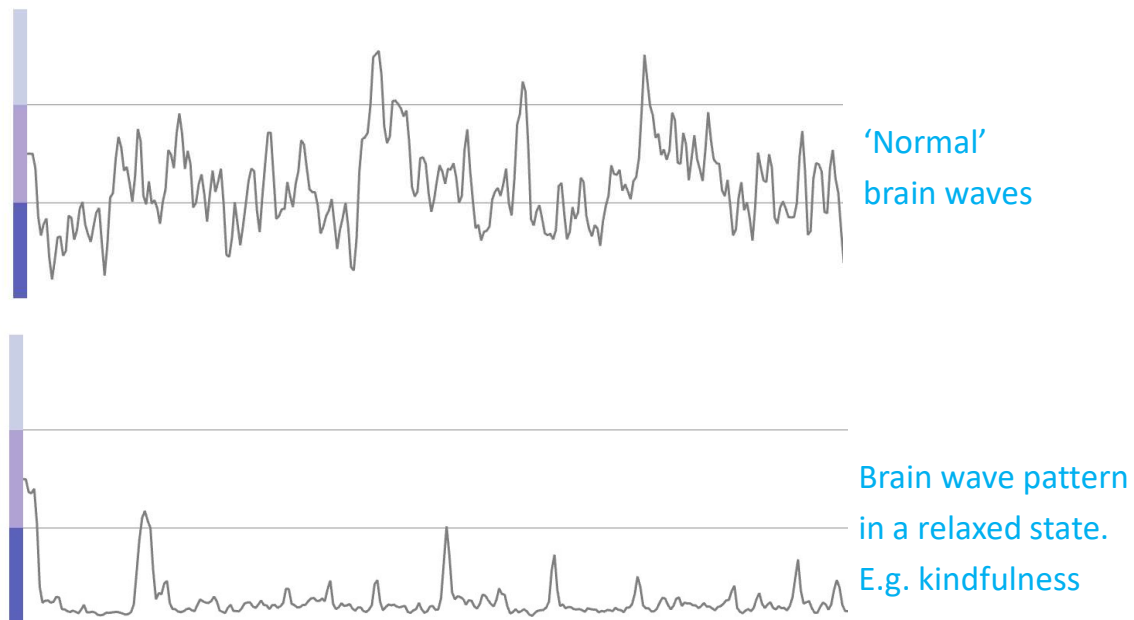
Practice Kindfulness
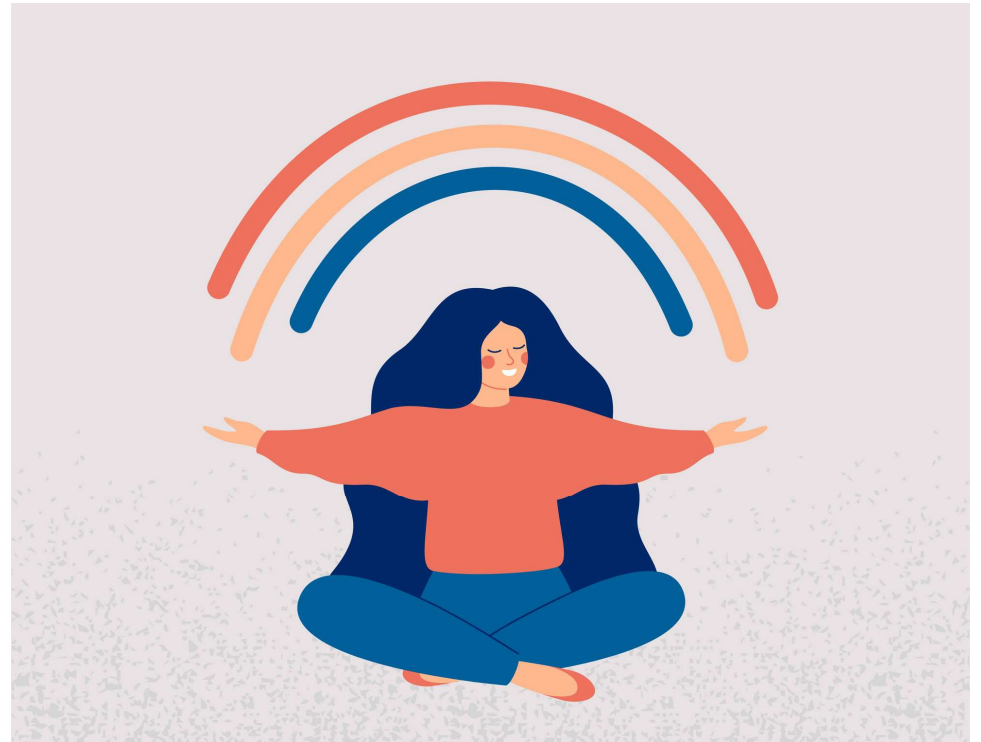
Kindness is Cardioprotective

A drug to treat spinal cord injury *pp. 265 & 347*

Arctic warming and summer heat waves *p. 324*

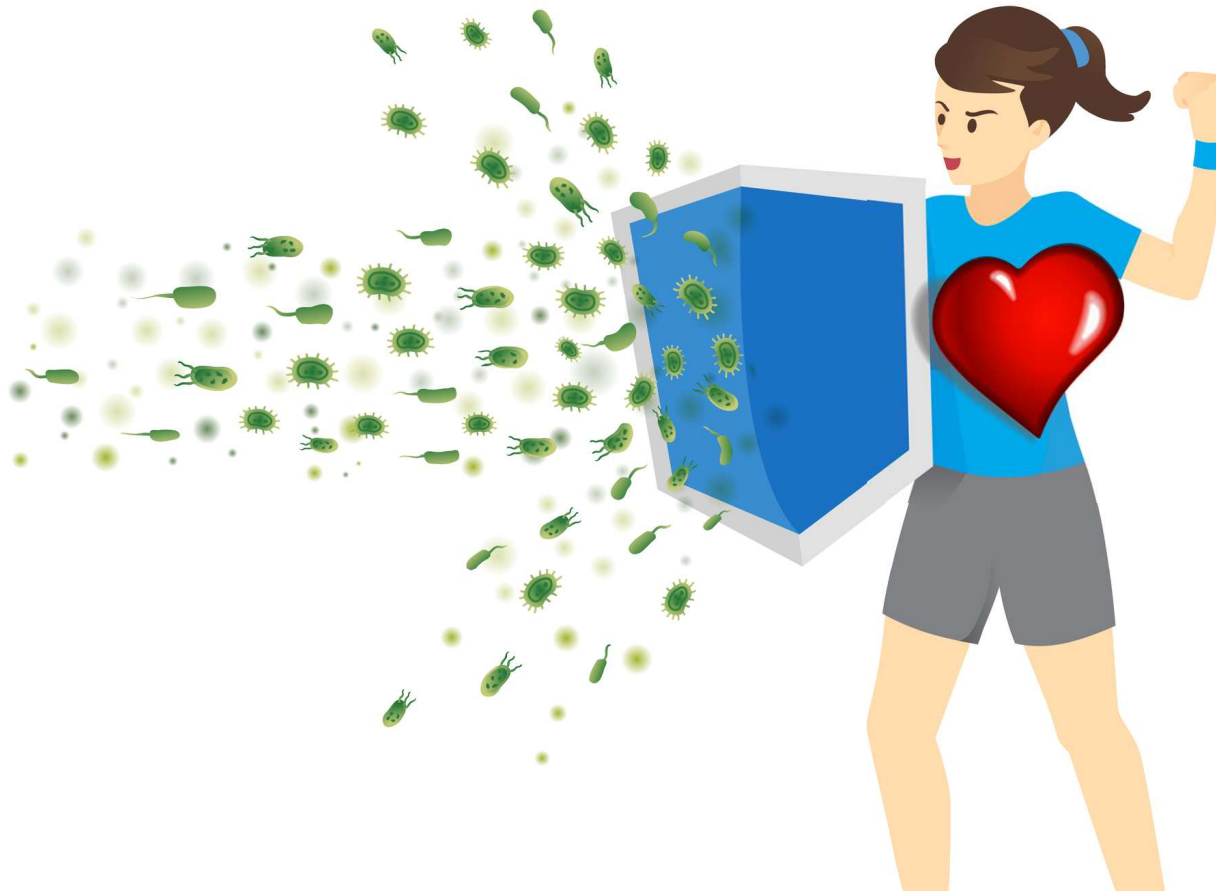# Science

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A lasting bond

The secrets of our deep ties with dogs
pp. 274, 280, & 333

Self Kindness

- In what we do
- In how we think of ourselves and how we speak to ourselves (about ourselves)
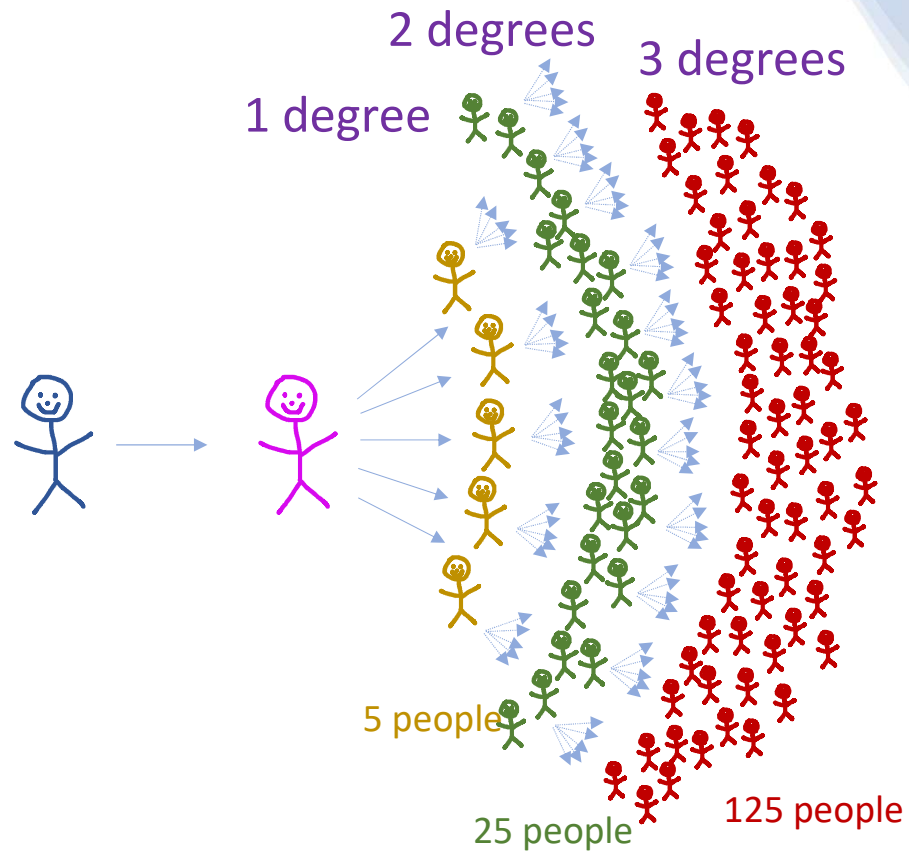
Practices

Loving kindness meditation

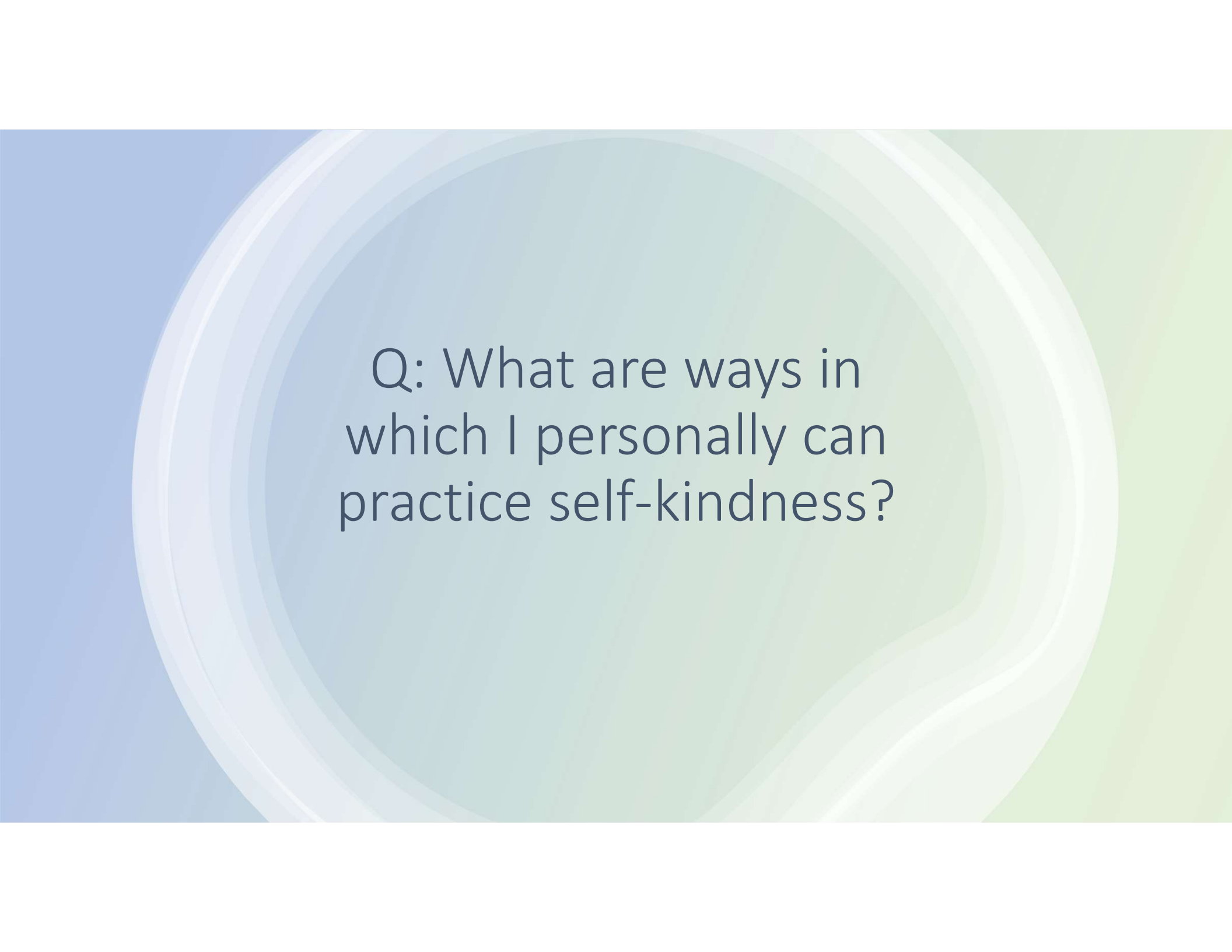Inner Buddha exercise

Kindness is contagious

Guidelines:

The 21-day (or 7-Day) Kindness Challenge

1) Do something different every day (or no repeats within 7 days)

2) Push yourself out of your comfort zone at least once

3) Make one of your kindnesses anonymous

Q: How do I / we lead with kindness?

Q: What are ways in which I personally can practice self-kindness?