


The Side Effects of Kindness

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Kindness is
good for
mental health



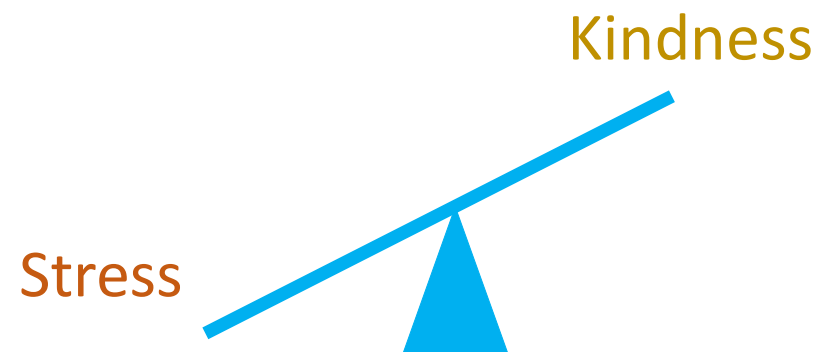


The background features two large, stylized, wavy lines. The line on the left is a thick, multi-layered blue curve that starts from the top left and curves downwards. The line on the right is a thick, multi-layered green curve that starts from the top right and curves downwards, mirroring the shape of the blue line. Both lines have a soft, blurred appearance with multiple overlapping shades of their respective colors.

Q: What is the opposite of stress?

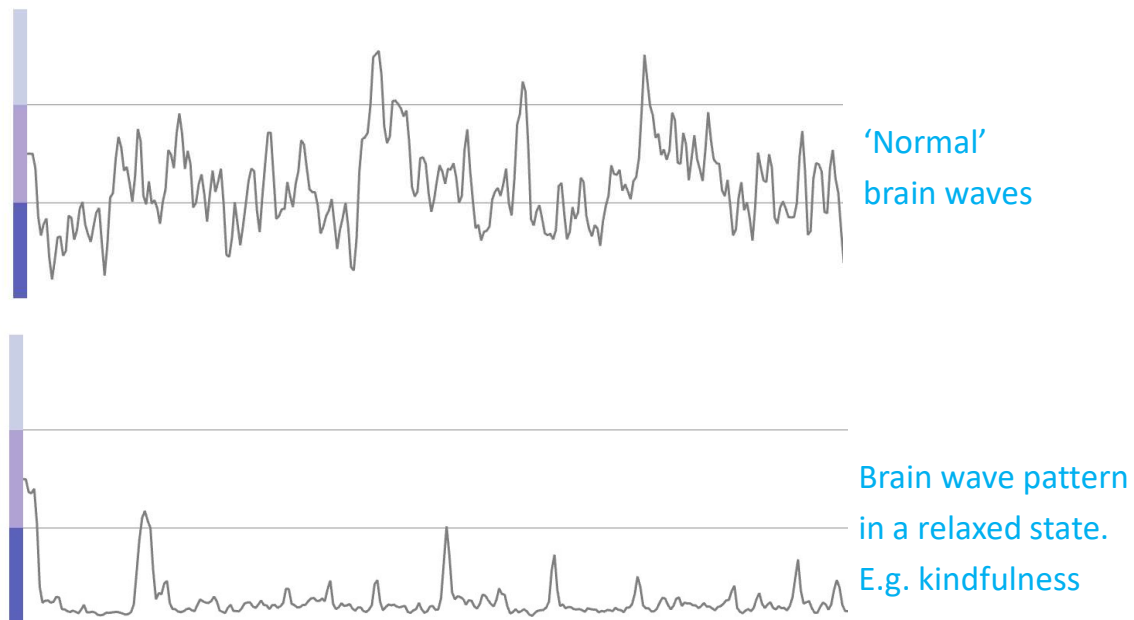


Opposites



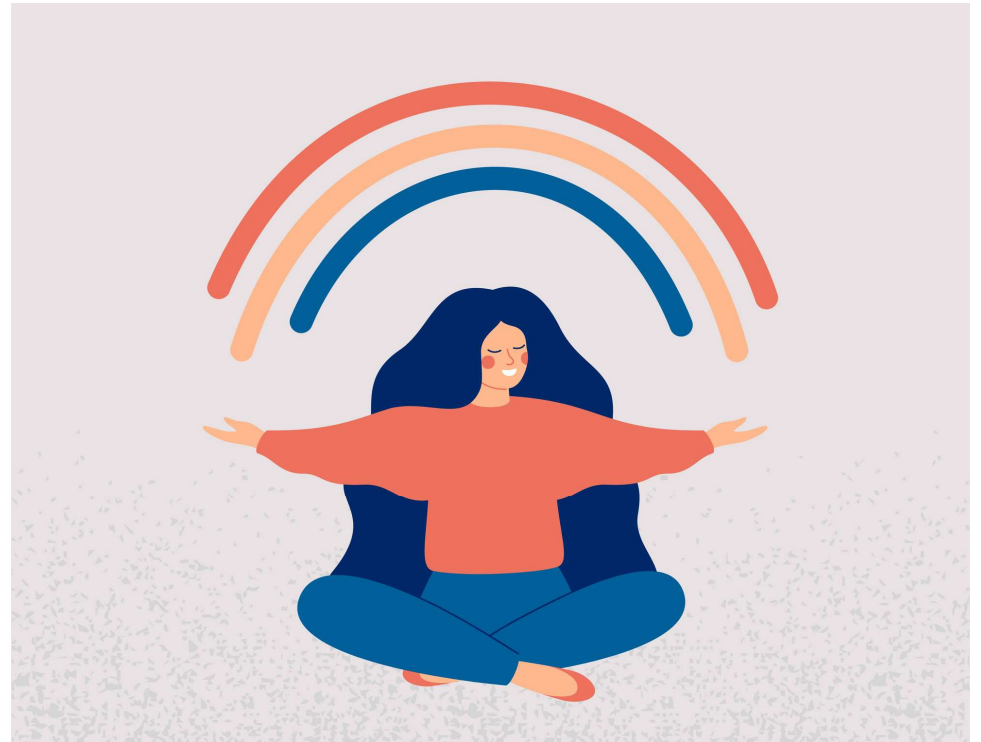


Brain Wave patterns – normal vs kindness





Practice Kindfulness







Kindness is
Cardioprotective



A drug to treat spinal
cord injury pp. 343 & 347

Arctic warming and
summer heat waves p. 324

Science

\$10
17 APRIL 2015
sciencemag.org

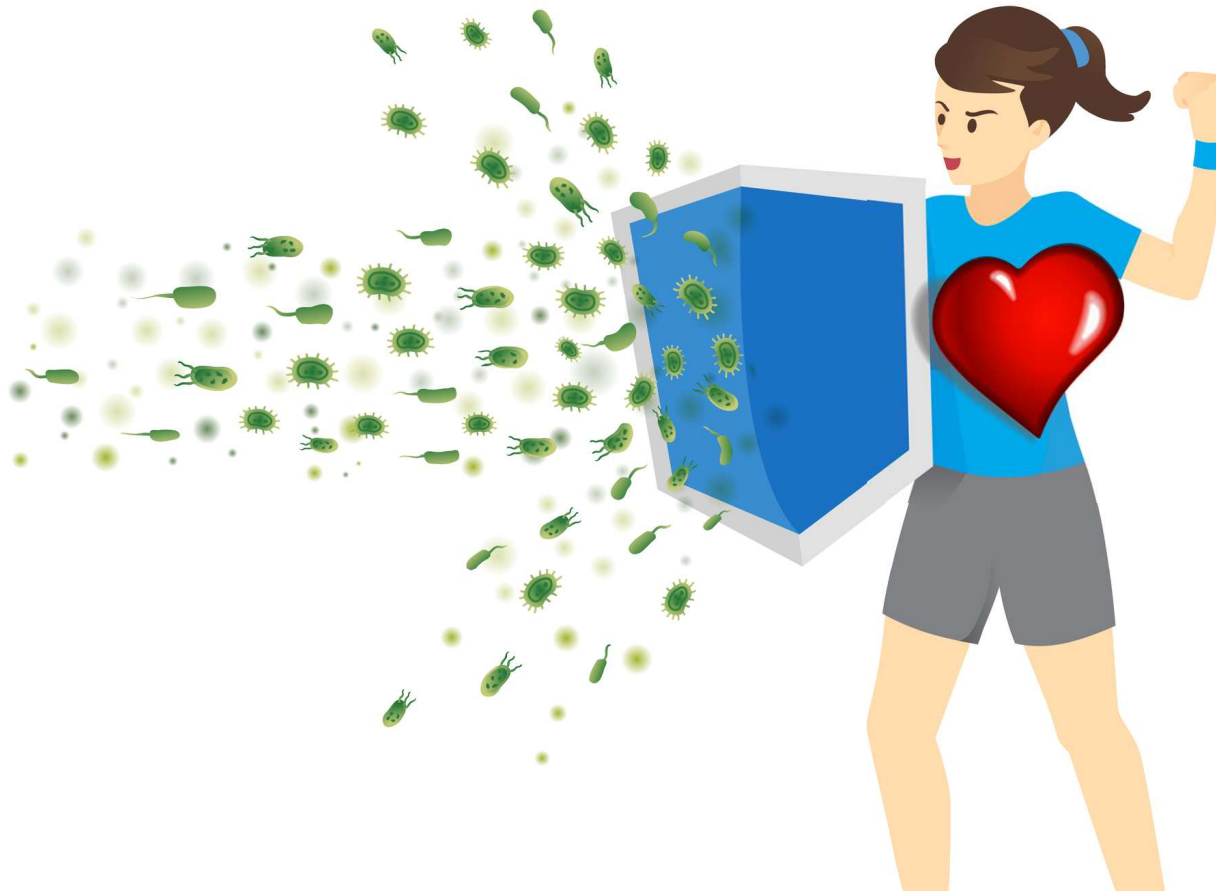
AAAS

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

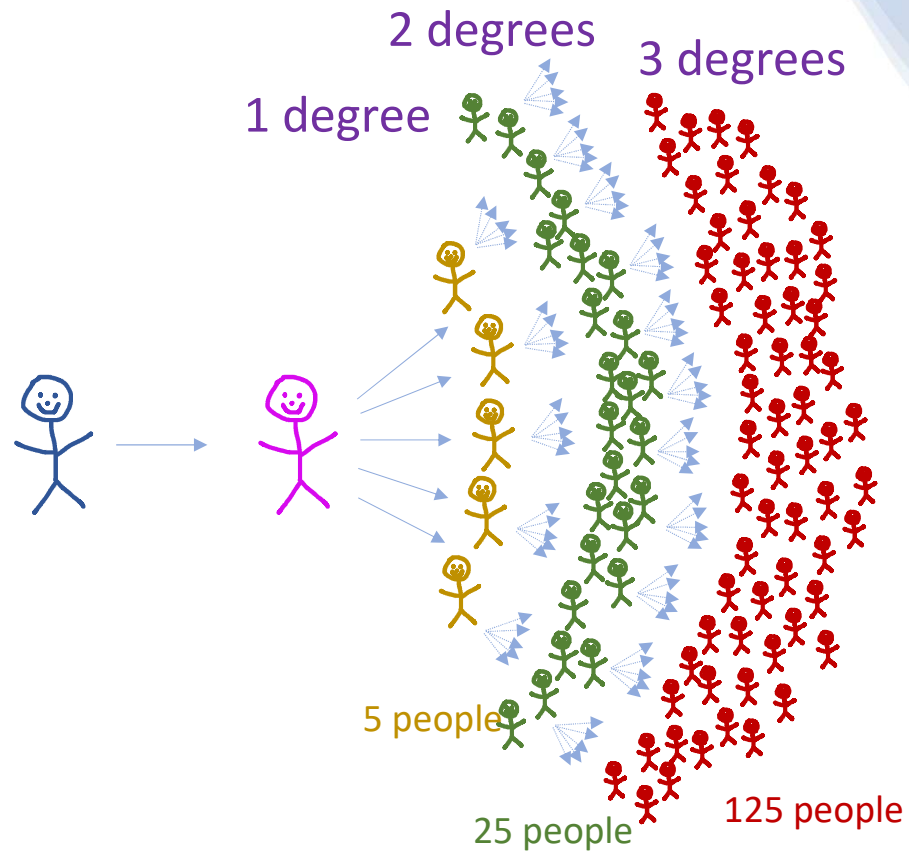
Loving kindness
meditation

Inner Buddha
exercise



Kindness is contagious


Kindness is Contagious





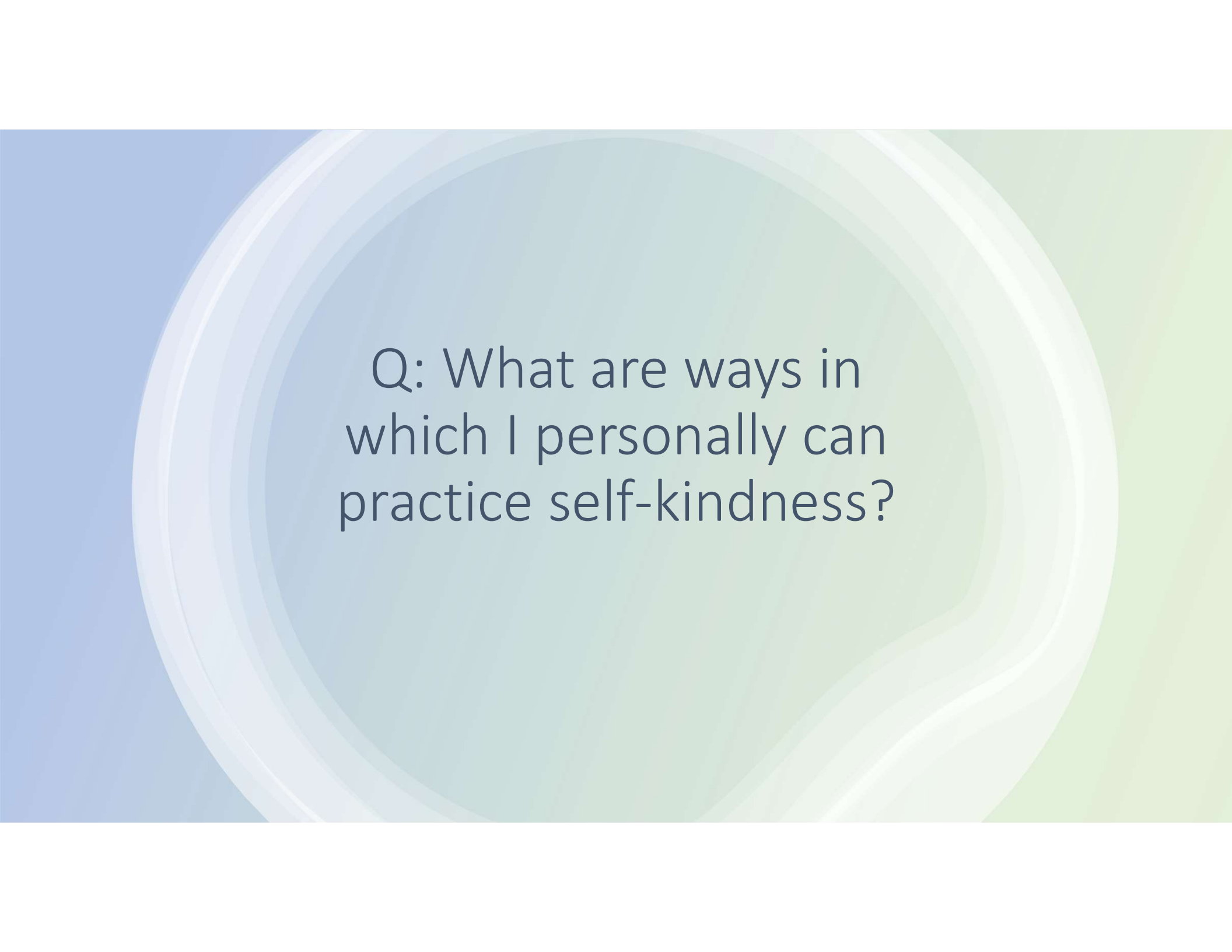
Guidelines:

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

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- 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?