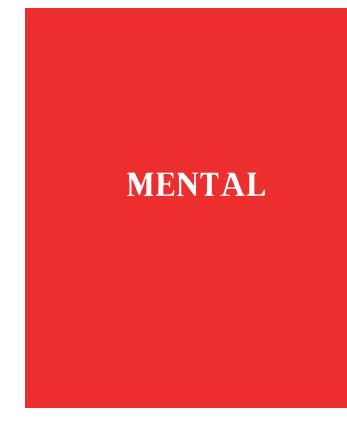
# 35 Scientific Benefits of Kindness from Kindness Magnet

### PHYSICAL

Improves sleep Lowers blood pressure Helps prevent overeating Motivates more exercise Strengthens immune system Improves pain tolerance Helps control glucose levels Extends lifespan Helps improve heart illness

Boosts self-confidence Improves patience Improves resiliency Reduces envy and jealousy Increases optimism Reduces materialism Makes you more forgiving Helps battle depression Helps addiction recovery Enhances vitality Enhances spiritualism



# **EMOTIONAL**

Improves your mood Helps manage grief Helps manage memories Contributes to happiness

Strengthens romantic relationships Improves all relationships Strengthens family support Fosters healthy social circles

#### **SOCIAL**

## WORKPLACE

Improves Retention Enhances Productivity Builds better relationships Enhances management capabilities Improves decision-making Cultivates a sense of fulfillment Improves the working environment

Source: https://bit.ly/35gratitudebenefits