

# 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

## MENTAL

## 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