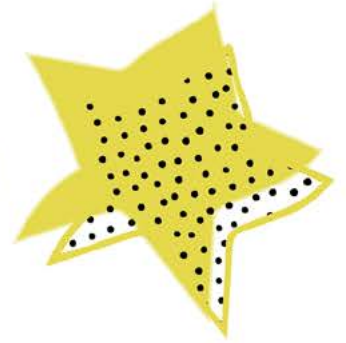




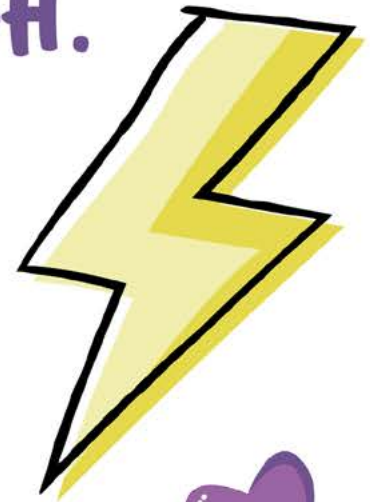
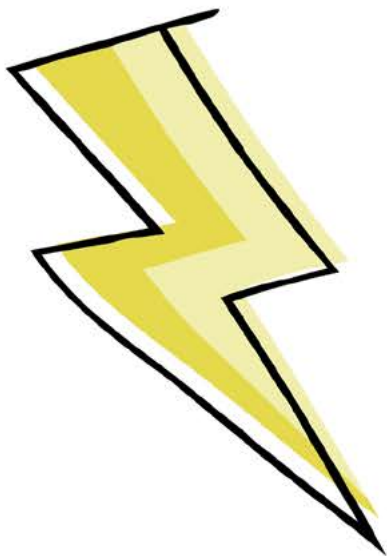
DID YOU KNOW?

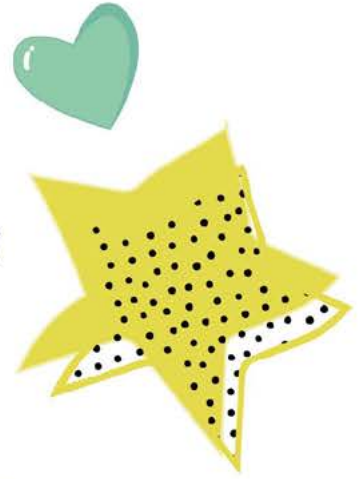
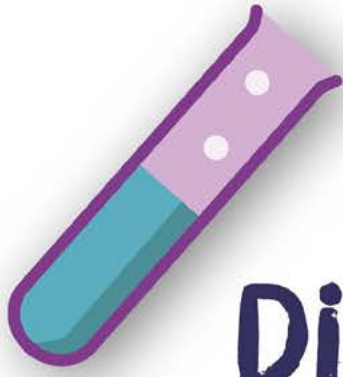


WHEN WE'RE KIND TO SOMEONE, IT RELEASES
FEEL-GOOD CHEMICALS IN OUR
BRAINS THAT HELP US **FEEL HAPPIER.**



IT'S KNOWN AS A
'HELPER'S HIGH.'





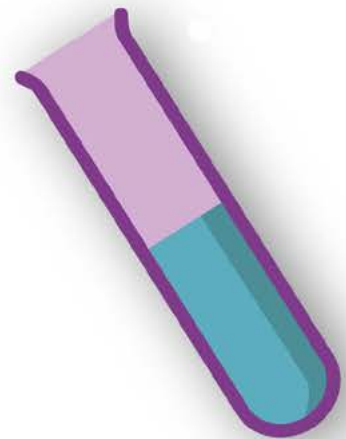
DID YOU KNOW?

PERPETUALLY KIND PEOPLE HAVE
23% LESS CORTISOL

(THE STRESS HORMONE) AND
AGE MORE SLOWLY

THAN THE AVERAGE POPULATION.

(Source: Integrative Psychological and Behavioural Science, 1998)





DID YOU KNOW?

**KINDNESS BOOSTS OUR
ENERGY LEVELS.**

**A STUDY FOUND THAT
PEOPLE FELT STRONGER
AND MORE ENERGETIC
AFTER HELPING OTHERS.**

(Source: Christine Carter, UC Berkeley Greater Good Science Centre)



52 LIVES
SCHOOL OF KINDNESS



DID YOU KNOW?



**KINDNESS HAS BEEN SHOWN TO
SLOW THE AGEING PROCESS!
IT CAUSES THE RELEASE OF OXYTOCIN,
WHICH CAN REDUCE THE LEVEL OF
FREE RADICALS AND INFLAMMATION
IN OUR BODIES, SLOWING AGEING AT THE SOURCE.**

(Source: Dr David Hamilton, The Five Side Effects of Kindness)

