BE KIND FOR YOUR MIND

BEING UNKIND: HURTS YOUR RELATIONSHIPS, SHORTENS YOUR LIFE, LOWERS YOUR HAPPINESS, & KEEPS YOU FROM SUCCESS

TRY DOING THREE KIND ACTS A DAY!

WWU.edu/KINDNESS
THE BENEFITS OF BEING KIND

Choosing to be kind reduces depression!
Kindness allows people to have better and more frequent interactions with others. This strengthens our relationships with others. Healthy relationships with others are a protective factor against poor mental health!

Increase your overall life satisfaction by choosing to be kind!