

BE KIND FOR YOUR MIND

BEING UNKIND:



**TRY DOING
THREE
KIND
ACTS A
DAY!**

**HURTS
YOUR**

**RELATIONSHIPS,
SHORTENS
YOUR LIFE,
LOWERS**

YOUR

**HAPPINESS,
& KEEPS
YOU FROM
SUCCESS**

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!

