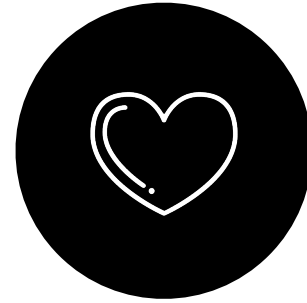


TAKING ACTION


From the Heart



Perhaps you may be **feeling out of alignment** with certain things that you are attracting into your life.

You're striving for the very best, but you may not be achieving it easily. Find out what you can do to **attract good vibes from everywhere.**

Many times you may not easily recognize that it's the simplest things that you can do to live more in alignment with who you are meant to be.

 You may be waking up each day and tirelessly pushing yourself into doing all sorts of meaningless tasks, being the selfless people pleaser to everyone and feeling the need to constantly criticize yourself for not being 'perfect.'

As a result, you end up going to sleep each night being consumed with how 'badly' your day went and how it could have been better. You fog up your mind with what went wrong rather than all the things that went right, and you end up

in a constant flow of life dissatisfaction.

You know that you want to improve but you don't have the awareness of how or what to change so you can breeze through each day feeling healthy, happy and successful.

FUELLING YOUR DAY WITH KINDNESS

There have been countless studies published concluding that performing acts of kindness has positive psychological effects on your overall well-being. A 2019 publication from the *Journal of Social Psychology* cites, 'performing kindness activities for seven days increases happiness.'

Kindness is simply being nice to someone and/or yourself and it is motivated for the sole reason to genuinely want to help someone without expecting anything

in return. Also the act of kindness act does not have to be any of grand scale. It can be as simple as opening the door for someone, smiling at a stranger, or acknowledging your very own strong traits and praising yourself for it.

The positive effects of being kind are:

- Increases overall subjective well-being
- Improves how others see you and accept you
- It's positively correlated with self-regulation
- Can lower the effects of stress
- Increases your happy hormones: serotonin, endorphins and oxytocin
- Leads to a reduction of risk of disease.
- Reduces depression and anxiety
- It is good for your heart health

KINDNESS HOLDS THE KEY TO MORE HAPPINESS AND BETTER HEALTH AS IT MOTIVATES YOU TO TAKE HELPFUL ACTION IN BEING OF SERVICE TO OTHERS

HEART MATH

Acts of kindness leads to a healthier heart because kindness increases hormones like oxytocin and serotonin which are happy hormones. This positively changes the rhythm of the heart which supports greater cognitive and emotional function of the brain. Research from *The Heart Math Institute* indicates that there is a heart to brain communication of information that occurs promoting self regulation and good health.*

GRATITUDE AND WELL-BEING

A form of kindness is showing gratitude. Consistently expressing gratitude is linked to more happiness because gratitude helps you feel more positive emotions. It also helps you focus on what you currently have instead of dwelling on what you don't have.

Research from *Berkeley University* provides insight on the psychological effects of expressing gratitude:

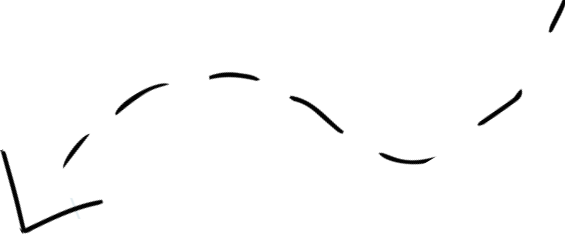
- **Removes toxic emotions** - your mental health improves as you begin to feel more positive and become more focused on happy moments.
- **Writing**- gratitude lists or letters help you better feel positive emotions and place you in a higher state of well-being.

- **Greater life satisfaction** - you are happier simply by expressing gratitude for everything you have.
- **Re-programs your brain** - your brain begins to align itself with all of your positive experiences and functions from a more happier place.
- **Kindness** - you unselfishly want to help others and spread more compassion.
- **Self-control** - you become more patient and learn to better regulate your emotions.
- **Self-worth** - increases self-worth and confidence.

Although the health benefits of expressing gratitude may take time and consistency, it is important to note that each time you receive or express gratitude; dopamine is released in your brain. Like serotonin, oxytocin and endorphins; dopamine is a feel good hormone which influences positive behaviours and thought patterns.

KEEPING A GRATITUDE JOURNAL

A gratitude journal serves many outcomes. By listing or writing about all the things, situations and people that you are grateful for, you have potential to improve your eating habits, decrease your negative emotions and improve your heart health by reducing stress and inflammation levels in your body.



ARE YOU IN SEARCH OF MORE POSITIVITY AND PLEASURE IN YOUR LIFE? (IF YOU AGREE WITH MOST OF THESE, CONSIDER INCORPORATING MORE ACTS OF KINDNESS AND GRATITUDE IN YOUR DAYS)

- You may be feeling that you are without a purpose
- Self criticism/negative self-talk
- Internalizing the negativity of others
- Lack of emotional regulation
- Unhealthy habits and patterns
- Feeling undervalued and overworked
- Overthinking
- Toxic relationships
- Constant scrolling of social media feeds
- Unhealthy weight gain

HERE ARE 10 WAYS TO PRACTICE KINDNESS AND EXPRESS GRATITUDE

#1 Smile. You don't have to say anything, but giving a smile to a stranger will mirror the gesture back to you and you will be both placed in positive moods that will propel you forward with displaying more positive behaviours.

#2 Buy a coffee, tea or treat for the person behind you in line for absolutely no reason aside from making someone else's day a little bit brighter. You may never know; the person may need some cheering up.

#3 Volunteer. Is there a cause that is close to your heart for a personal reason? Find out what you can do to be of service. Your gift of time is a greater contribution to your community than money can be.

#4 Write a Google review, if you've recently received wonderful customer service at a store, cafe, or from an organization. Or send a friendly e-mail acknowledging the people that provided you with great service.

#5 Pick up trash around your neighbourhood. Kindness also involves caring of the environment and doing your part in keeping it clean.

#6 Keep a gratitude journal. By expressing gratitude each day, you're programming your mind to focus on all the positives in your life rather than to constantly be thinking of what hasn't worked out in your life. When you express gratitude for what you have, you will attract more of it.

#7 Write a letter or a note to someone acknowledging how awesome they are.

#8 Rather than complaining about a colleague, write down one thing that you appreciate about that person.

#9 Say 'thank you' more often to people. Perhaps you already do, but be more mindful, make eye contact, smile or say it with a high five.

#10 Be kind to yourself. Let-go of setting unrealistic expectations. Make a list of all of your kind traits and characteristics. Express gratitude to yourself by thanking yourself for getting you through the day.