Random Act of Kindness Tree

Look through the kindness tags and pick one to do.

Leave the tag for others to choose from.

**The Art of Kindness (Mayo Clinic Article)**

The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return.

**Good for the Body**: Kindness has been shown to increase self-esteem, empathy, and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels…..

**Good for the Mind**: Physiologically, kindness can positively change your brain. Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being and cause the pleasure/reward centers in your brain to light up. Endorphins, which are your body’s natural pain killer, also can be released.

**Be Kind to Yourself**: You wouldn't talk to your neighbor the way you sometimes talk to yourself. This is what is called the “good neighbor policy,” which can be helpful. If you would not say it to your good neighbor, do not say it about yourself.