Kindness: Be the Change You Want to See

People who were treated kindly at work repaid it by being 278% more generous to coworkers compared to a control group. Kindness encourages increased health and increased emotional well-being in the workplace in the following ways:

- **Increases Energy Levels.** Acts of kindness release a hormone called serotonin which generates a feeling of calmness and can even boost self-esteem.
- **Increases Positive Perspectives.** Kindness also encourages the release of oxytocin which encourages optimism, lowers blood pressure, and promotes cardiovascular health.
- **Increases Well-Being.** When you are kind, serotonin is released into your system. Serotonin is the ‘feel good’ chemical in our brain that generates happiness.

Being kind at work allows professionals to be more satisfied with their jobs and it can set off a morale-boosting wave throughout an organization. When others witness acts of kindness, they also get a surge of well-being and will often feel encouraged to perform an act of kindness of their own.

Here are some ways you could demonstrate kindness in the workplace:

- Offer to coordinate ‘coffee time’ with someone
- Be the last to speak in a conversation and show appreciation for others.
- Spontaneously help a stressed coworker with their deadline.
- Acknowledge others’ contributions timely and publicly.
- Congratulate someone on their accomplishments.
- Give your time as freely as you are able.
- Let go of a grudge, we all need second chances.
- Be nice to others, even if they are not your favorite person.
- Don’t gossip, there are more intelligent things to talk about.
- Be respectful to others, more than just tolerant.
- Be willing to listen first and ask, "how can I help?"

True success lies in recognizing that we can be responsive and kind to others and promote the environment we want to live in.

Reference: *The Remarkable Benefits of Kindness at Work*, published February 25, 2018