



# KINDNESS COUNTS: SIMPLE ACTS FOR BETTER MENTAL HEALTH

Research and real-life experiences show us that kindness isn't just good for others - it's incredibly beneficial for our own mental health too.

According to a study published in the *Journal of Social Psychology*<sup>1</sup>, people who perform daily acts of kindness experience higher levels of happiness and wellbeing. How great is that?

These positive effects are attributed to the release of neurotransmitters such as serotonin and dopamine, often referred to as our friendly 'feel-good' chemicals. Kindness can also lead to the release of oxytocin, a hormone that fosters social bonding and reduces stress.

## A small act can often have a big and lasting impact. Here are some ways you can incorporate more kindness into your fitness routine:

- **ENCOURAGE OTHERS:** Offering words of encouragement to others can motivate them and foster a more supportive environment.
- **PARTNER WORKOUTS:** Exercising with a partner can be a great way to bond and support each other's fitness goals.
- **JOIN GROUP ACTIVITIES:** Group fitness activities and kindness enhances the experience for everyone!
- **SHARE YOUR KNOWLEDGE:** If you're experienced in a particular exercise sharing your tips with others can help them feel more confident.

Start the ripple effect of kindness. When you show kindness to others, they are more likely to pass it on, creating a chain reaction of positivity.



Check out our [blog](#) for other ways to incorporate kindness in fitness and life, as well as other useful tips to support your wellness journey!

[fitnesspassport.com.au](https://fitnesspassport.com.au) | [fitnesspassport.co.nz](https://fitnesspassport.co.nz)

1. [https://greatergood.berkeley.edu/article/item/kindness\\_makes\\_you\\_happy\\_and\\_happiness\\_makes\\_you\\_kind/](https://greatergood.berkeley.edu/article/item/kindness_makes_you_happy_and_happiness_makes_you_kind/)