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# The scientific case for kindness






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Psychological science has found performing acts of generosity **boosts happiness and well-being,** and is even linked **to physical health benefits.**

According to a 2018 study in the *Journal of Experimental Social Psychology* and a 2020 study in *Psychological Bulletin*





People reap more benefits from kind behavior when they've **chosen to be kind**, rather than being required to do so, and when they feel **their actions have had a positive impact.**

According to a 2022 study in *Current Directions in Psychological Science*





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On top of the psychological gains, research also ties helping behavior to better physical health. Those who volunteer, for example, **engage in more preventive health behaviors** than those who did not. In addition, older adults who spend more money on others tend to have **lower blood pressure** than those who spend more money on themselves.

According to 2016 studies in *Social Science and Medicine* and *Health Psychology*





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People who perform acts of kindness—anything involving helping, sharing, or caring for others—have shown improvements in gene expression associated with a **healthier immune profile.**

According to a 2017 study in *Psychoneuroendocrinology*