

You're Built for Good Health

You're built for kindness

Just as a small stone tossed in a lake can create a wide ripple effect, so can you have a positive impact on your world. Start your day thinking about how you can be kind, compassionate and considerate of everyone around you.

Having a good life is about more than satisfying our every whim. How we treat others also has an impact. The Golden Rule says, "Do to others as you would have them do to you." That's more than just a nice concept – it's a blueprint for living a happy and healthy life.

- People who give practical help to family and friends may live longer lives.
- Providing social support reduces blood pressure and may provide relief from chronic illnesses.
- Giving without expecting anything in return may help stabilize the immune system and protect against the effects of stress.
- Those who practice kindness report greater levels of thankfulness and contentment.

