**Q:** Did you know compassion can reduce stress?

**A:** Meaningful social interactions and strong social support can buffer against the negative effects of stress, boost your immune system and decrease depression and anxiety.

Click [here](#) for more information.

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**Q:** Why is compassion good for brain health?

**A:** Practicing compassion has a twofold benefit: It increases calm/relaxed brain activity (the parasympathetic response) and dampens the neural systems associated with fear and stress ([Kim et al., 2020](#)).

![Neural activation when participants engaged in compassion.](image)

Click [here](#) for more information about why compassion is good for your brain.
Q: Is it possible to increase your compassion?

A: Our preliminary findings show YES!

Early analysis from the pilot study for The BrainHealth Project have shown individuals who completed our cognitive training increased their levels of compassion. Click here for more information.