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.

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.

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.

Q: How does kindness change our appearance?

A: A soon to be published study by Dr. Sara Konrath at Indiana University found when people are kind they are considered more attractive. All the more reason to go out and be kind!

Check out her upcoming Frontiers of BrainHealth lecture here.

Q: Does kindness have a limit?

A: No, we have a limitless capacity to engage in acts of kindness.

Preliminary results from The BrainHealth Project pilot show increases in innovation correspond to increases in compassion.

Meaning? When you push yourself to think flexibly, generate multiple solutions, and view people and their contexts from broader perspectives, you sharpen the cognitive skills that continuously refuel your ability to practice empathy and compassion. In fact, the more you give = the more you have to bestow.
Q: How do simple acts of kindness reward your brain?

A: When you are kind, you activate your brain’s positive ‘neuropharmacy’, the reward system (the nucleus accumbens to be exact), which produces the positive feelings in your brain as when you enjoy your favorite dessert. Your brain learns kind behavior is rewarding – motivating you to do it again.