

Q: Did you know compassion can reduce stress?

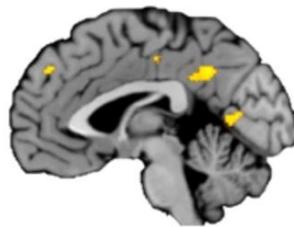
A: Meaningful social interactions and strong social support can buffer against the negative effects of stress, boost your immune system and decrease depression and anxiety.

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

Q: Is it truly better to give rather than receive?

A: Studies demonstrate that giving is associated with long-lasting good feelings. For example, people who are asked to regularly and frequently do small kind acts for others feel happier up to two months later.

Even more incredible is that these happiness boosts seem to be noticeable by outside observers, which spreads happiness to others and leads them to reciprocate kind acts!

Learn more about how kindness relates to giving [HERE](#).

Q: Are there benefits of giving away your time?

A: Yes, giving time to others can lead to feelings of **abundance** and **compassion**.

With packed schedules and on-the-go lives the one thing we all wish we had more of is TIME.

Studies show when giving time to others it can cause more feelings of "time affluence," the subjective feeling of having a lot of free time available. Amazingly, people feel like their schedules are less rushed after giving away time, despite the fact that they objectively have less time.

So who wants more time? Give it abundantly!

Learn more about how compassion relates to time [HERE](#).

Q: Are there indirect benefits of practicing kindness?

A: Across three peer-reviewed studies, others rated people who donate money or volunteer for nonprofits, give to their friends and even register as organ donor as more attractive.

Interestingly, research also found that people tend to attribute additional positive characteristics (like intelligence) to people who are attractive – referred to as a “halo effect”.

As the ancient Greek poet Sappho says, *“He who is fair to look upon is good, and he who is good, will soon be fair also.”*

[Learn more](#) about how doing good is attractive.

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