

2019 February

Heart Health

Be Kind, Be Healthy

Do you see the glass as half empty or half full? Developing studies suggest that positive and negative outlooks on life can affect your physical health.

One way to increase positivity and emotional well-being is showing kindness to others. Showing kindness can trigger “reward” pathways in your brain and lead to feelings of happiness and well-being. Continuous activation of this part of the brain has been linked to lower levels of stress hormones. Reducing your stress can have a considerable impact on lowering your blood pressure and keeping your heart healthy.

Be mindful of kindness as you go about your day. Hold the door for people, compliment them, and provide help to those who need it. Volunteering for a local shelter or charity can also be a great way to increase positivity in your life.

Boost your positivity and your health by participating in the challenge on the back.

Balanced Wellness



www.BalancedWellnessKY.com

502-716-7773

Source: NIH.gov

2019 February

Heart Health

Be Kind, Be Healthy Challenge

Perform one small act of kindness each day this month.
Here are some ideas to get you started!

- ☐ Send flowers to a friend
- ☐ Bring a healthy treat to share at work - learn more [here](#).
- ☐ Find an opportunity to compliment someone
- ☐ Write someone a note telling them how awesome they are
- ☐ Say hello and smile at someone
- ☐ Surprise someone with a cup of coffee
- ☐ Offer to help a neighbor
- ☐ Donate your gently used clothes
- ☐ Pass on a good book you finished reading
- ☐ Send a card to a service member
- ☐ Say "I love you" to someone you love
- ☐ Write an online review of a business you like
- ☐ Teach someone something
- ☐ Encourage someone to pursue their dreams
- ☐ Volunteer at a local shelter or charity
- ☐ Make a meal for someone or invite them out to eat - use this [healthy recipe](#).
- ☐ Write a letter to a senior in a care center
- ☐ Let another car merge in front of you in traffic
- ☐ Help someone carry something - learn more [here](#).
- ☐ Give someone a pat on the back or a high five
- ☐ Visit a long-distance friend or relative, or send them a letter
- ☐ Write a positive message on a sticky note and leave it for someone to find
- ☐ Take the time to listen to someone
- ☐ Give up your seat to someone who is standing
- ☐ Be kind to yourself!