![Alberta Health Services logo]

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at http://www.albertahealthservices.ca/9966.asp

---

Proposed publication date: Mar. 23, 2020
Content provided by: Alberta Health Services, myhealth.alberta.ca

---

Share kindness to boost your happiness

Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us.
Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

Kindness helps you and others by:

- Enhancing positivity
- Changing your perspective
- Creating a sense of community
- Helping us feel connected to others
- Reducing stress.

Simple ways to spread kindness:

- Volunteer
- Help a friend or neighbor
- Ask someone how they are feeling
- Offer support and encouragement to others
- Say good morning and smile
- Make someone laugh

- Be generous with compliments
- Leave a kind note for someone special.

Kindness is contagious. Pass it on!