



BOUNCE BACK™: RANDOM ACTS OF KINDNESS

promoting health through happiness

A Random Act of Kindness (or RAOK) is doing something simple to show care for someone else.

Have you ever noticed how truly grateful you felt when someone took a moment to extend kindness your way? A Random Act of Kindness, usually a surprise, happens without any expectations. Try this out today -- just smile at someone you don't know. Smiling is a great RAOK, and it doesn't cost anything!

HERE IS HOW IT WORKS

Choose a RAOK you can do by yourself, or with family and friends. Check out the ideas below.

- Bag groceries for a parent standing in line with antsy children
- Mow your neighbor's lawn or shovel their sidewalk
- Give a compliment to someone at work or school
- Leave bubbles at the park
- Donate your books to the library
- Pick up litter
- Pay for someone's coffee behind you in the drive-through
- Stop at a child's lemonade stand and buy a glass—then leave a tip!

The possibilities are endless!

BENEFITS

Because it boosts your happiness, doing a RAOK is an investment in you. Studies show that a person receiving a RAOK experiences positive benefits that last for 24 hours. The person performing the act gains these positive benefits for two weeks.

When you do a random act of kindness, the hormone oxytocin is produced in your body. Often called the "feel good hormone," oxytocin is released when you hug people or shake hands. It promotes bonding and is released during a RAOK. More and more RAOKs will create vibrant communities with high levels of social connections and civic engagement.

Happiness can be contagious!

Studies show that Random Acts of Kindness will:

- Decrease anxiety, stress and depression
- Protect your heart and improve your immune system
- Make you happier
- Add 10 years to your life
- Diminish pain perception