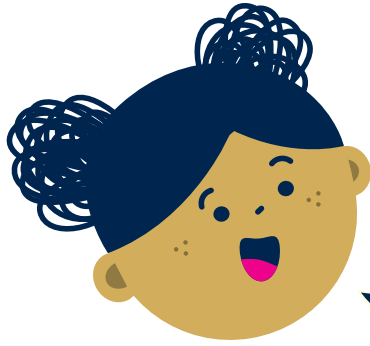


# KINDNESS PROMOTES CONNECTION



Being **KIND** makes others **HAPPY** and makes you **HEALTHIER!**<sup>1</sup>

## BEING KIND IMPROVES

- Relationships
- Social Connection
- Happiness
- Energy
- Mental Health
- Heart Health
- Life Satisfaction
- Overall Well-being
- Longer Life

## BEING KIND DECREASES

- Stress
- Anxiety
- Social Disconnection
- Aggression
- Depression

Ways to show **KINDNESS** in a distance learning environment

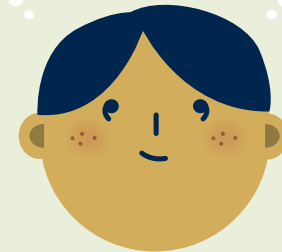
OPTIMISM & POSITIVITY

COLLABORATION

CONNECTION & EMPATHY

SUPPORT

HAPPINESS



Your Well-Being Matters

*Stronger together, even when apart*

**WELL-BEING  
EVERYONE  
EVERY DAY**

<sup>1</sup>Curry, O. S., Rowland, L. A., Van Lissa, C., Zlotowitz, S., McAlaney, J., & Whitehouse, H. "Happy to Help? A systematic review and meta-analysis of the effects of performing acts of kindness on the well-being of the actor," *Journal of Experimental Social Psychology*, (2018). Adapted from: [acesconnection.com/g/aces-in-education/clip/kindness-works-infographic](https://acesconnection.com/g/aces-in-education/clip/kindness-works-infographic)