

one kind
act a day.



Take the Pledge

Kindness and Connection

“Exercise and good nutrition, for all their power to keep us healthy, are not enough. The next revolution in health care must be to bring to our awareness the health potential of helping others. The present headlined health revolution will not be completed until people realize that no matter how much they concentrate on themselves, they cannot achieve optimum health. They have to relate to others”



Social Benefits of Kindness

- Loneliness is at epidemic levels
- 1 in 5 US adults say they always feel lonely or isolated
 - 55% impacts physical health
 - 49% affects personal relationships
 - 33% affects their jobs
- Kindness increases social connectivity

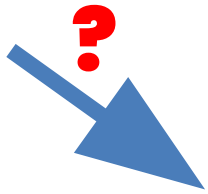




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Cognitive Behavioral

Social Activities



- **Increased social connection**
- **Reduced distress**
- **Increased life satisfaction**

Therapy



(CBT)

Kindness





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(CBT)



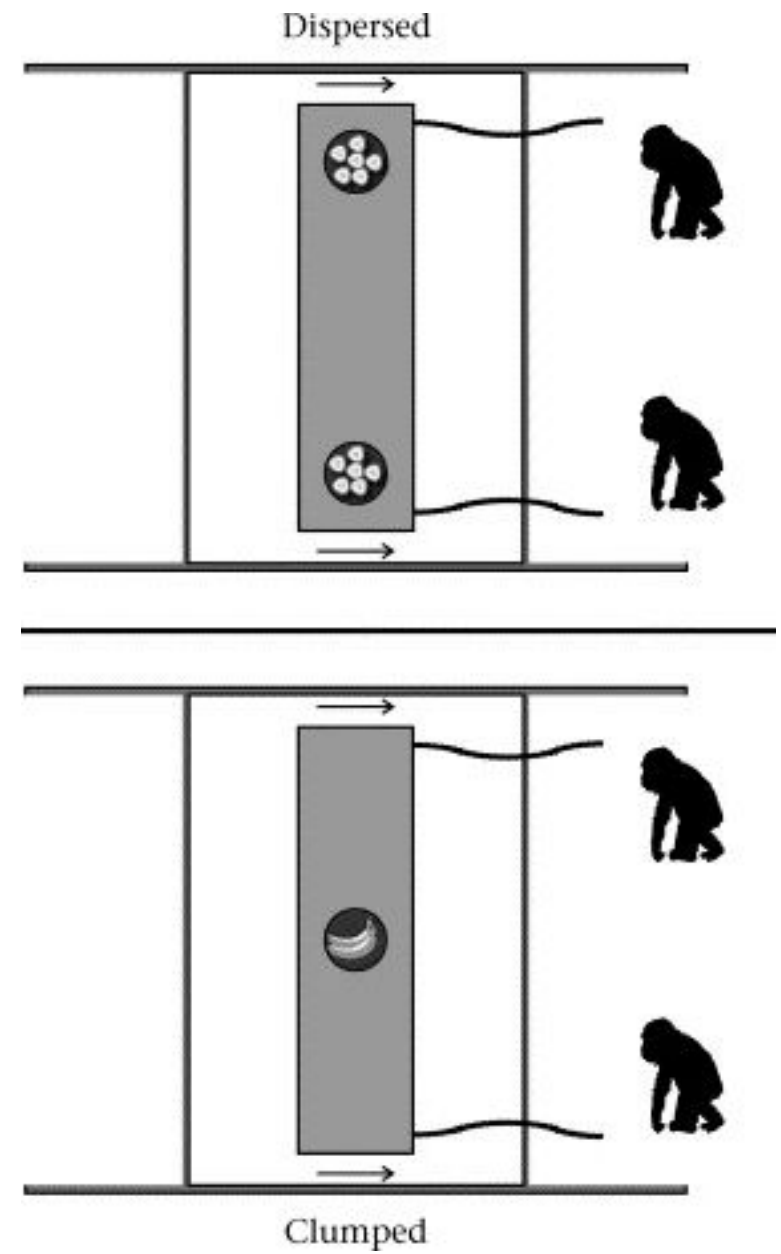
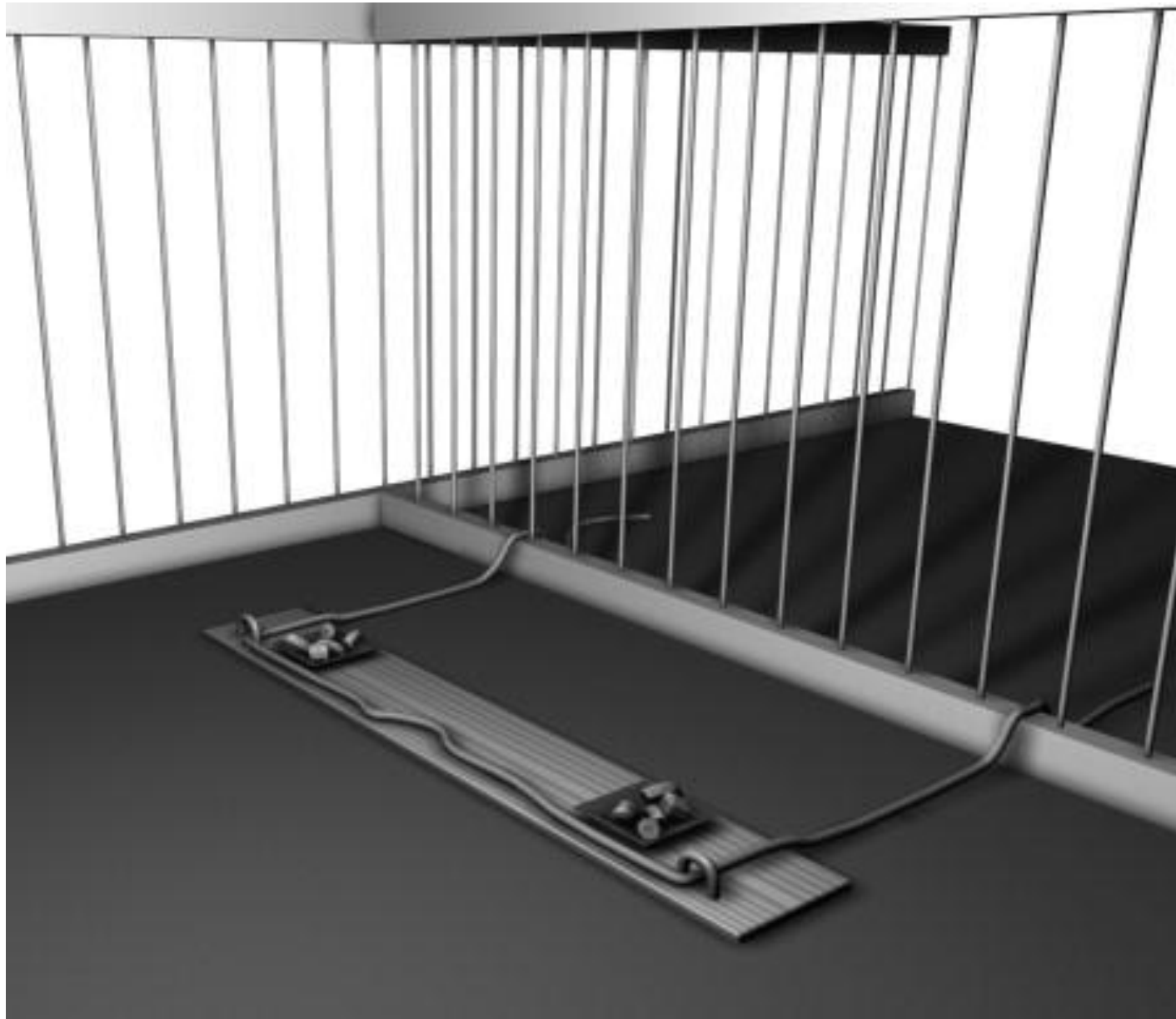
Kindness



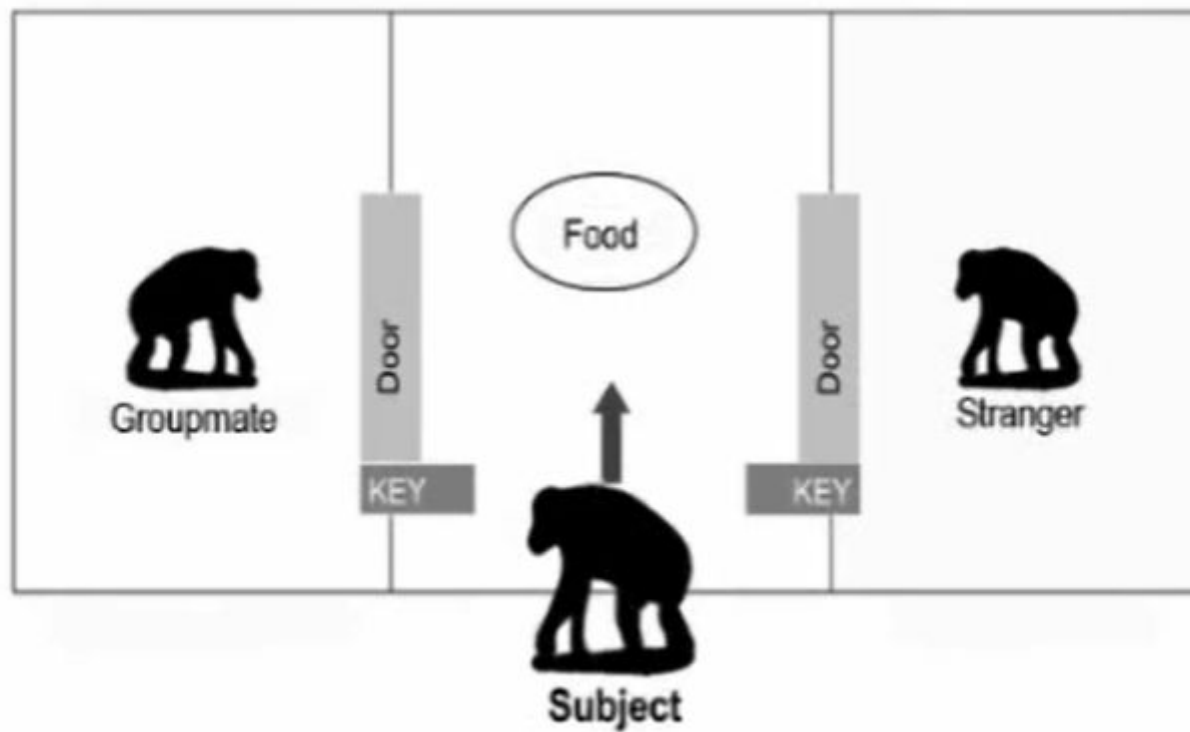


Dr. Dacher Keltner





Experiment 1

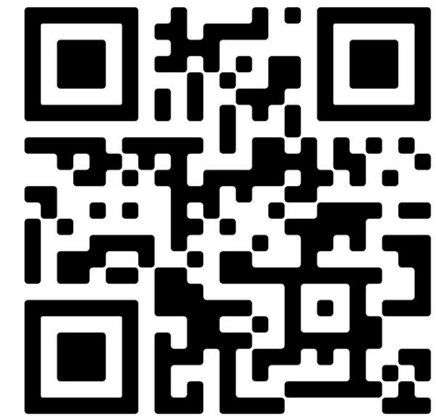






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Pledge to be Kind



Take the Pledge

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