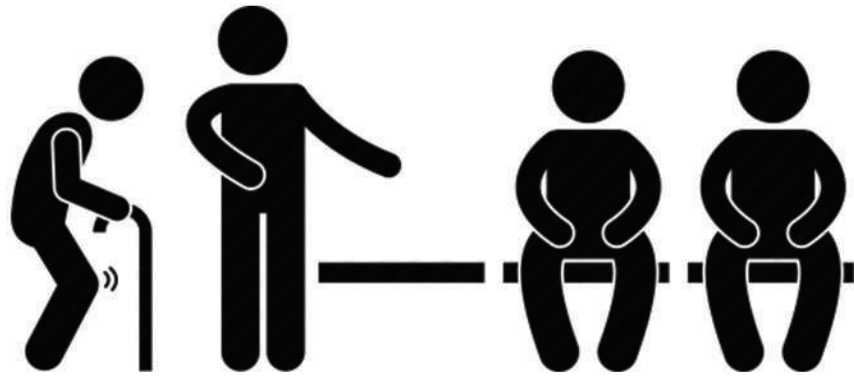




## Science of Kindness



“Even small acts of kindness, like picking up something someone else has dropped, make people feel happy. Generosity is also associated with benefits in the workplace, such as reducing the likelihood of job burnout, and in relationships, where it is associated with more contentment and longer-lasting romantic relationships.”

*- Summer Allen, Ph.D., 2018*

