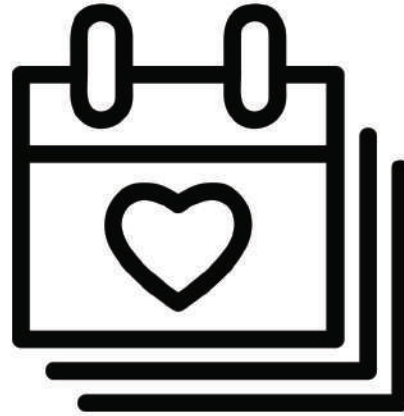


## Science of Kindness



Our research shows that when we help others we can also help ourselves. Stressful days usually lead us to have a worse mood and poorer mental health, but our findings suggest that if we do small things for others, such as holding a door open for someone, we won't feel as poorly on stressful days.

- Ansell et al., 2015

