TOP 10 SCIENTIFIC BENEFITS OF COMPASSION

1. IT MAKES US HAPPY (AS HAPPY AS GETTING MONEY!)

A brain-imaging study by the National Institute of Health shows that the brain “pleasure centers” are as activated when we see money going to charity as when it is given to us.

2. IN FACT, IT MAKES US HAPPIER THAN BUYING THINGS FOR OURSELVES.

An experiment by Michael Norton, published in Science, shows that people tend to be happier when they give money to others, than when they spend it on themselves. Elizabeth Dunn, in a recent study also stated that the same phenomenon also occurs in 2 years old children.

3. IT MAKES US ATTRACTIVE.

In a study on dating preferences, both men and women rated “kindness” as most important.

4. IT UPLIFTS EVERYONE AROUND US.

Jonathan Haidt at the University of Virginia found that seeing people helping each other creates a state of “elevation”.

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5. **It spreads like wildfire.**

James Fowler of UC San Diego and Nicolas Christakis of Harvard demonstrated that generosity and kindness can spread out to others as a chain reaction.

6. **It boosts our health and longevity.**

Several studies show that people who help others, and have a positive connection to others are healthier and more resistant to illness.

7. **It gets us out of a funk.**

Anxiety and depression make us self-focused, helping others when we’re feeling blue can help pull us out of our sorrow by turning our focus on others and gaining perspective.

8. **It’s the most natural thing.**

Research by Michael Tomasello and other scientists suggest that infants automatically show helpful behavior, while Dale Miller of Stanford Business School also find this behavior in adults.
9 IT GIVES US MORE TIME.
Zoe Chance found that spending time volunteering makes us feel like we have more time and more money in life.

10 IT'S GOOD FOR THE ENVIRONMENT.
Being kind is good not only for ourselves, but also for society, community, and the world.

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