BRIGHT BRAIN
BULLETIN

THE POWER OF KINDNESS
OCTOBER 2026

Kindness is more than just a nice thing to do, it's a powerful tool for supporting mental wellness. Both showing kindness to others and receiving kindness can strengthen emotional health, build meaningful connections, reduce stress, and create a greater sense of belonging. Even small, everyday acts of kindness can make a difference for everyone.

BRAIN & BODY LINK

Kindness is connected to several processes that support emotional and social well-being:

- Reward and motivation: Kindness activates the brain's reward systems, promoting positive emotions and purpose.
- Stress reduction: Supportive interactions can help regulate stress and increase feelings of safety.
- Social connection: Kindness strengthens relationships and supports belonging.
- Positive focus: Practicing and noticing kindness encourages us to recognize positive experiences and connections.

KINDNESS CHALLENGE

- Offer a genuine compliment
- Check in with someone
- Help without being asked
- Include someone
- Express gratitude
- Practice self-kindness
- Accept kindness

Micro-Moments

Kindness helps create the conditions in which mental wellness can grow.

KINDNESS MATTERS

A kind word can lift someone's spirits. A thoughtful action can strengthen a connection. A moment of compassion can remind someone they belong. Be kind. Accept kindness. Build a culture of care.

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