

# Being kind can...

## Lower your blood pressure.♥

Performing acts of kindness releases the hormone oxytocin which protects the heart by reducing blood pressure.

## Increase serotonin production.♥

Serotonin is a chemical that helps to keep you calm, heal injuries, and create a feeling of happiness.

## Help you live a longer life.♥

People above the age of 55 who volunteer have a lower likelihood of dying early, regardless of their lifestyle.

# be kind.♥



For references and citations, please visit [EvanHospital.com/Heart](http://EvanHospital.com/Heart)