

## Kindness and Compassion in Work Life

Kindness is a behavior that includes ethical characteristics, pleasant disposition and concern for others.

Compassion is the ability to understand the emotional state of another, have a desire to end their suffering and assume the best of them.

Sometimes kindness is seen as a weakness, but studies show that kind people — those who are honest, trustworthy and strive to connect to their teammates — actually lead to a more productive and engaged workforce.



Research by the Random Acts of Kindness Foundation found kindness increases:

- Energy levels by releasing a hormone called serotonin which generates a feeling of calmness and can even boost self-esteem
- Positive perspectives by releasing oxytocin which encourages optimism, lowers blood pressure, and promotes cardiovascular health
- Well-being, because when serotonin is released, you feel happier

Being kind at work is contagious. A study published last year in the American Psychological Association journal showed people who were treated kindly at work were 278 percent more generous to coworkers, compared to a control group.

Ways to practice kindness at work:

- Show your appreciation: Acknowledge others' contributions. Say thank you, write e-mails of appreciation and copy their bosses.
- Bury the hatchet: If you've had a disagreement with someone in the office, initiate a conversation about it, try to clear the air and let them know you want to move past it.
- Offer to help: Help a stressed co-worker with a deadline or offer to attend a meeting so your boss can complete a project.
- Serve and smile: Open the door and say thank you when someone does the same for you. Get coffee for a teammate when you get a refill. Clean out the microwave even if it's not your mess. Smile at people throughout your day.

Sources: [becomingwhoyouare.net](http://becomingwhoyouare.net)\*, [psychologytoday.com](http://psychologytoday.com)\*, [randomactsofkindness.org](http://randomactsofkindness.org)\*, [linkedin.com](http://linkedin.com)\*, [atriumstaff.com](http://atriumstaff.com)\*, [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)\*

**Join us for our next weekly meditation session on your computer or mobile device:**

Topic: Loving Kindness Meditation

Wednesday, March 27, 2019

8 to 8:10 a.m. Eastern time

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