

Kindness December

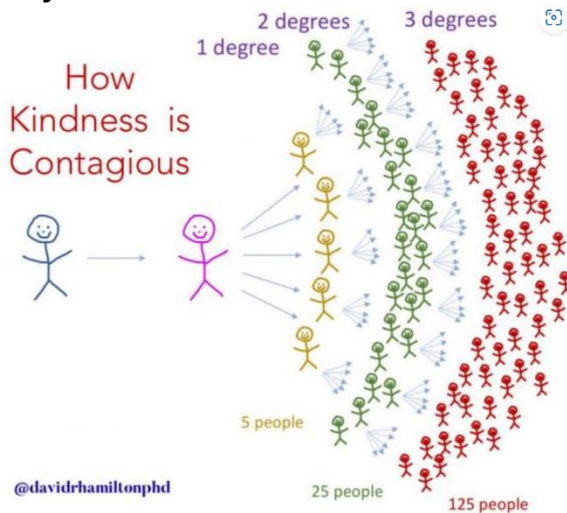
Our Action for Happiness Calendar this month focuses on **KINDNESS** and one very simple but powerful way to connect with others is through **kindness**.

December Kindness 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|---|
| 1 Spread kindness and share the December calendar with others | 2 Contact someone you can't be with to see how they are | 3 Offer to help someone who is facing difficulties at the moment | 4 Support a charity, cause or campaign you really care about | 5 Give a gift to someone who is homeless or feeling lonely | 6 Leave a positive message for someone else to find | 7 Give kind comments to as many people as possible today |
| 8 Do something helpful for a friend or family member | 9 Notice when you're hard on yourself or others and be kind instead | 10 Listen wholeheartedly to others without judging them | 11 Buy an extra item and donate it to a local food bank | 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today | 14 Share a happy memory or inspiring thought with a loved one |
| 15 Say hello to your neighbour and brighten up their day | 16 Look for something positive to say to everyone you speak to | 17 Give thanks. List the kind things others have done for you | 18 Ask for help and let someone else discover the joy of giving | 19 Contact someone who may be alone or feeling isolated | 20 Help others by giving away something that you don't need | 21 Appreciate kindness and thank people who do things for you |
| 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness | 24 Bring joy to others. Share something which made you laugh | 25 Treat everyone with kindness today, including yourself! | 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy |
| 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why | 31 Plan some new acts of kindness to do in 2026 | | | | |

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Why Kindness?



Kindness is a simple way to help **EVERYONE**. When we are kind to each other, it helps us to feel connected, which means we forge new friendships or deepen existing ones. Choosing to approach your day with a mindset of kindness and empathy is an incredibly powerful thing that can change lives and create a kinder world. What we do matters!

Research has also shown that when we are kind, when someone is kind to us or even if we just witness kindness, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'. It is also been shown that people who are kind have much lower stress levels, age more slowly and have healthier hearts. Kindness is not just a nice thing to do but can help us improve our own wellbeing while helping others at the same time.



THE SCIENCE OF KINDNESS

Kindness is more than just a 'nice thing to do'. It plays a crucial role in our wellbeing. Research has shown that kindness improves our physical and mental health – whether we are **giving** kindness, **receiving** kindness or even just **witnessing** kindness.

How amazing is that?

Kindness can help us feel happier

When we experience kindness, a hormone called dopamine is released in our brain which gives us a feeling of elevation and lifts our mood – it's often referred to as 'Helper's High'.

[Read the research](#)

Kindness is good for the heart

Have you noticed that when you are kind to someone that you feel good inside? Acts of kindness are often accompanied by a feeling of emotional warmth which in turn produces the hormone oxytocin in your body. Oxytocin causes the release of a chemical called nitric oxide, which expands our blood vessels, reduces blood pressure and protects our heart.

[Read more about this](#)

Kindness slows ageing

Kindness has been shown to slow down the ageing process. Remarkable research found that oxytocin can reduce levels of free radicals and inflammation (two main culprits of ageing) in our cardiovascular system, which slows ageing at the source.

[Read more about this](#)

Kindness improves relationships

We tend to like people who show us kindness. This is because kindness reduces the emotional distance between two people and makes us feel more 'bonded'. Our evolutionary ancestors had to learn to cooperate with one another. The stronger the emotional bonds within groups, the greater were the chances of survival and so 'kindness genes' were etched into the human genome. So today, when we are kind to

each other, we feel a connection that strengthens our existing relationships and helps us to create new ones.

Kindness is contagious

Just as a pebble creates waves when it is dropped in a pond, so acts of kindness ripple outwards. When we are kind, we inspire others to be kind, and studies show that it actually creates a ripple effect that spreads outwards to our friends' friends' friends – that's an amazing three degrees of separation! This means that when you are kind to one person, that one act of kindness will positively affect up to 125 people!

DID YOU KNOW?



Kindness is teachable – it's like weight training!
People can actually build up their compassion 'muscle' and respond to others suffering with care and a desire to help.



Kindness can boost your energy levels
About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth.



Kindness can relieve pain
Kindness produces endorphins, which are the brain's natural painkiller.



Kindness can reduce stress
Perpetually kind people have 23% less cortisol (the stress hormone) than the average population.
Source: Integrative Psychological and Behavioural Science, 1998.