The Healing power of Kindness

Kindness is purposeful, voluntary action undertaken with sensitivity to the needs or desires of another person and actively directed toward fostering their well-being. Science shows that delivering health care with kindness leads to faster healing, reduced pain, increased immune function, lowered blood pressure, and decreased anxiety.

Kindness is ...

Purposeful, voluntary action undertaken with sensitivity to the needs or desires of another person and activity directed toward fostering their well-being.

How **kindness** affects patients

Patients who feel supported feel less pain.

Human connection decreases blood pressure

When doctors listen, patients heal faster

Respectful care boosts your immune system

Stress is a disease healed by human connection

We all hold the power to heal.

Research shows that human connection has the power to decrease pain, lessen anxiety, lower blood pressure, and increase the capacity of our immune system to fight disease. Kindness in health care has the power to help patients heal faster.

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