

You are kinder than you think. That's important to know.

Givers consistently undervalue how much their small kindnesses mean to recipients. This research is important to acknowledge because micro-kindnesses (a recognition, a thank-you, a noticing, a remembering) go further than we think in not just recipients' well-being, but in workplace culture.

Employees who are recipients of micro-kindnesses stay at their employments significantly longer, report higher levels of well-being and are more productive, including taking fewer sick days.

[Recent research](#) has shown that we underestimate the power of reaching out to friends, family and colleagues. Even a short call makes [a big difference](#). Noted in [this report](#), researchers find that knowing one's positive impact on others increases acts of kindness. Prosocial behavior can [lower stress levels](#), and even an [occasional text](#) means more than we think. Even witnessing acts of kindness can increase our levels of oxytocin, which can increase optimism and improve health.

So it seems there's a benefit to scrolling through those social media posts on rescued animals - it's good for your health! In the meantime, which not reach out right now and make someone's day.