

# HEALTH NUGGET

## ACTS OF KINDNESS AND YOUR BLOOD PRESSURE

By Valerie Esty

### WHAT IS ACTS OF KINDNESS?

Mayo Clinic defines it in a simple way that the "The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return."



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### HOW DOES ACTS OF KINDNESS LOWER YOUR BLOOD PRESSURE?

Doing acts of kindness creates an emotional warmth which releases a hormone called "Oxytocin". The Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels, making your blood pressure lower.



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### BIBLE VERSES ON ACTS OF KINDNESS

Proverbs 17:22 KJV "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

Galatians 6:9 NKJV "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."



# BIBLE VERSES ON ACTS OF KINDNESS

## GIVE... LOVE...

Luke 6:38 ESV "Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you."

John 16:34 ESV "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another."



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## BLESSED TO GIVE... DO GOOD

Acts 20:35 ESV "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"

Romans 12: 9 ESV "Let love be genuine. Abhor what is evil; hold fast to what is good."

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## HELP SOMEONE IN NEED...SICK..



James 1:27 ESV "Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world."



# ACTS OF KINDNESS

## RESEARCH ON ACTS OF KINDNESS

1. Kindness keeps you young looking. Kind people have been found to have 23% less cortisol (the stress hormone) in their blood and they age two times slower than the average population.
2. People who volunteer live a longer and more satisfied life. They even experience fewer aches and pains.
3. Kindness stimulates the production of serotonin. This feel good chemical heals your wounds, calms you down and makes you happy!

## HOW CAN I PRACTICE KINDNESS DAILY? SOME TIPS...

For yourself:

1. Practice gratitude
2. Start a healthy routine
3. Start a Bible reading plan.

For others:

1. Take time to write or call your family, friends and even your enemies.
2. Give a Bible to someone
3. Volunteer your time.
4. Donate to a worthy cause to finish God's work.
5. Smile to someone you meet today.

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## REFERENCES:

[HTTPS://DRDAVIDHAMILTON.COM/THE-5-SIDE-EFFECTS-OF-KINDNESS/](https://drdavidhilton.com/the-5-side-effects-of-kindness/)

[HTTPS://WWW.TIMBOONHEALTHCARE.COM.AU/RANDOM-ACTS-OF-KINDNESS/](https://www.timboonhealthcare.com.au/random-acts-of-kindness/)

[HTTPS://WWW.MAYOCLINICHEALTHSYSTEM.ORG/HOMETOWN-HEALTH/SPEAKING-OF-HEALTH/THE-ART-OF-KINDNESS](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness)