

Applied Positive Psychology

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Week 8

Lecture 23: Kindness: Concepts, theories, and benefits

I welcome you all to Module 8 of this course, titled "Applied Positive Psychology." Module 8 is about kindness and prosocial behavior, and this is the first lecture of this module, which is overall lecture number 20. So, today's lecture is titled Kindness: Concept, Theories, and Benefits. So, in today's lecture, we'll be talking about the concept of kindness and how it relates to positive psychology and different aspects around it, including theories and benefits. Before we talk about today's lecture, let me give you a brief recap of the last lecture, which was part of module 7, and in that lecture, we talked about the concept of meaning in life, and more specifically, the last lecture addressed the issue of intervention for meaning in life. So, we try to identify various variables associated with meaning in life and in that context. We try to see what the variables are, where we can work, or facilitate those variables, and ultimately, they can lead to higher meaning in life.

We also talked about how we can address the issue of meaning in life and enhance meaning in our lives through the concept of Viktor Frankl's logotherapy. So, these are basically the major concepts that we discussed in the last lecture. Today's lecture will focus on the concept of kindness. What is kindness? What counts as kindness? We'll also talk about the evolutionary mechanisms of kindness. We will also talk about how kindness relates to happiness. We will also talk about some of the practical aspects of kindness, mostly in the context of random acts of kindness, and we will also address the concept of self-kindness or self-compassion.

So, let us start today's lecture. Now, when we talk about the concept of kindness in a very general sense, it means any action that is intended to benefit others. So, any action that we do with the intention to benefit someone else will be broadly called a kind action, or that action will come under the umbrella term of kindness. Now this concept of kindness has very strong moral dimensions. Almost every religion talks about it. It has so many benefits, and it is a very desirable moral characteristic.

All religions prescribe the practice of kindness as a holy virtue and a basis for our happiness. Every religion talks about it. All moral philosophies talk about the benefit of

kindness. So, when you talk about kindness in the psychological sense, it is a combination of emotional, behavioral, and motivational components. So, kindness, as a concept, has an emotional aspect to it.

There is an action aspect to it, and there is a motivational aspect to it. For example, when we express kindness in the emotional level, it is called compassion. That emotional feeling of benefiting someone else, so that is called compassion. At the motivational level, it is an urge to help others. Whenever there is an urge to help someone else without really being concerned about getting something out of it, then that is the motivational aspect of kindness.

A behavioral or action-level aspect of kindness includes actual helping behavior when you go and do something for other people. So, that's the behavioral aspect of it. So, when you look at it psychologically, it has an emotional aspect, it has a motivational aspect, and it has an action aspect. So, in simpler terms, we can say kindness means treating others with warmth and respect, and there is an intention to benefit someone else. However, when we explore kindness more deeply, we can also look at some other aspects of the concept of kindness.

So, kindness broadly involves generosity, which basically means generosity in terms of giving your time, resources, and skills to help those in need. So, this is an important component of kindness. Kindness always includes a sense of generosity in terms of when you are ready to give your time, resources, and skills in terms of helping other people. Kindness also includes compassion, which you already talked about regarding the emotional aspects of kindness, meaning being truly present for someone, whether by actively listening to their struggles or offering silent support. This compassion reflects a genuine concern for others' well-being.

So, it's an emotional expression when someone is genuinely concerned about the welfare of another individual, or when there is a sense of genuine emotional connection with that person to help them. So, that aspect is called compassion. So, kindness includes compassion. It includes generosity and kindness and is also about nurturing and caring for others.

So, that's an action part that we talked about. So, it's finding joy in doing favors, offering support, and performing acts of goodwill, and so on. So, these are basically the different aspects of kindness we are talking about. So, all these things are included when we talk about kindness. It is a broad umbrella term.

Now, we have also discussed something called virtues and character strengths in one of the

earlier modules. In that concept of character strength, one of the character strengths we discussed was kindness, which falls under the broad virtue of humanity. So, we discussed 24 character strengths, universal character strengths, and out of these 24, one character strength was kindness, which falls under the broader virtue of humanity. So, globally, kindness ranks among the top five most common character strengths. As we have already discussed, character strength can be measured, and the VIA website actually allows us to measure our character strengths, or signature strengths, which means the top three to five character strengths.

So, when thousands of people actually assessed character strengths, kindness ranked among the top five most common character strengths described by people. So, kindness also serves as a buffer against the negative effects of stress, promoting resilience and emotional well-being. So, it also has some impact on how we deal with the challenges and problems of our lives. So, it helps us to buffer against challenges. So, whenever there are challenges, problems, and negative aspects in our lives, such as stressful situations and so on, many times the expression of kindness can protect people.

When we are in conflict, a lack of kindness could lead to more stress. So, the feeling of kindness could buffer against a lot of the negative impact of stress. It can promote resilience. You may be able to handle the situations better. Additionally, practicing kindness towards yourself can also reduce anxiety, self-criticism, and perfectionism.

So, this is something called self-kindness or self-compassion, which we will talk a little bit about at the end of this lecture. When we are kind to ourselves, not just to other people, it also has many benefits, such as reducing anxiety, self-criticism, etc. Excessive perfectionism can lead to a lot of stress in one's life, and making everything seem like it has to be perfect indicates a lack of kindness toward oneself. When we are kind towards ourselves, it also has a positive emotional impact on us.

So, these are some of the introductory concepts in terms of understanding what kindness all is about and what things are associated with kindness. Now, let us look into what counts as kindness, what activities can be called kind actions, and so on. Now, acts of kindness, when we talk about them, need not be some great work of charity. We only think someone is kind when that person does some great work of charity, and so on. Not necessarily. When we talk about kindness in psychology, we are mostly talking about your intention. Even small actions that we perform, which are intended to benefit someone else, can be called kind actions. You don't necessarily have to donate a great amount of money to call yourself a kind person. So, even simple acts of smiling or saying thank you, or a word of encouragement, could be called a kind action when the intention is to benefit someone else. What is important is that it is an act coming from genuine care and concern for another

person. So, any action, small or big, when it emerges from genuine care and concern for another person, that action can be called a kind action. So, acts of kindness can come from spur-of-the-moment decisions when you notice someone in need, and can also be thought out and planned in advance. Many times, kind actions can emerge just randomly, which are called random acts of kindness, or many times people plan in advance.

So, those are planned actions. So, kindness requires us to be aware of the people around us and to notice their needs and feelings. So, generally, it comes out of the sensitivity towards the needs of other people. When we are sensitive to the needs of other people, that sensitivity actually leads to kind actions and so on. So, as per this definition, any action can be called a kind action. If the intention is to benefit someone else, it could be a very small action or it could be a great action; whatever it is, that intention plays a very important role.

Now, let us look into the evolutionary mechanisms of kindness. Kindness is very important in terms of not just psychological benefits or moral benefits; it also has a lot of benefits in terms of survival of the species. Now, without kindness, collectively as a species, we cannot survive. It is because we are kind to each other; at least some sort of kindness is still persisting. That's why we, as a society, are still remaining together.

The lack of kindness can be expressed in terms of conflicts, fights, and so on. So, the more we see fights, problems, and conflicts between groups and people around us, the more it means that kindness is decreasing in that society. So, the expression of kindness is very important as it brings people together; it acts as a cohesive force. Without kind action, without kindness in the hearts of people, collectively we cannot exist as a species. We will kill each other, and everything will just destroy itself.

So, it has a very important evolutionary basis. To survive, we collectively need kindness. So, kindness is not just about individual things; it has important collective aspects to it. So, evolutionary mechanisms mean that evolutionary forces unconsciously also propel us to be kind, but they have their limitations. Evolutionary forces mean biological forces, or through the natural selection process, people express kindness in a limited sense so that they can pass on their genes to the next generation, so that they can survive, and the species can survive.

So, that's called an evolutionary mechanism. Let us see how evolutionary forces promote kindness; although it is a very limited way, it promotes kindness in many ways. Let us look into some of these possible evolutionary mechanisms. So, evolutionary mechanisms favor kindness in a variety of ways.

One is kindness to families or kin altruism. The evolutionary mechanism is expressed in a very limited sense, but still, the main purpose is to pass on one's genes to the next generation, so that as a species we can survive. So, when we talk about this thing called kindness to families, we are talking about kin altruism as a term, which basically means natural selection promotes kindness to genetic relatives, genetically close relatives such as family members, and so on. For example, love and kindness for offspring, siblings, parents, and so on. So, we, in a limited sense, are automatically programmed to be kind and help, particularly those who are genetically close to us. So, in a sense, it's a natural selection process promoting certain ways of behavior so that our genes can pass from one generation to the next. So that's called "kin altruism." So we are more programmed to be kind and to be helpful towards people who are genetically close to us. That is why we will always try first to help people who are very close to us, maybe family members, offspring, and so on. So, this is one expression of it.

Second is something called mutualism, which means kindness to members of one's community. So, natural selection favors the tendency to be kind, to coordinate, and to collaborate with others who share common interests, such as teammates and group members. So, this kindness also gets a little broader expression from immediate family members to community members. We are more likely to help people who are within our community or to be kind because we find some common interest with those community members, and so on. We are more likely to coordinate and collaborate with people who share common interests. It could be somebody, your teammates, group members, and so on. So, in that sense, you are helping people who are very similar to you so that your genes can be passed from one generation to the next. So, this tendency led humans to form clubs, gangs, sects, and so on. This form of kindness can explain loyalty, solidarity, camaraderie, civic-mindedness, community spirit, and commitment to a cause greater than oneself, and so on. All these are expressions of this concept of mutualism.

The third evolutionary mechanism that can be seen in terms of kind behavior is called reciprocal altruism, which means we are kind to those we will meet again and from whom we expect a favor in return. So, we become kinder towards people whom we expect that we are more likely to meet again, and they are more likely to return to our favor. So, this natural selection favors kindness to those who might return the favor later. So, that's called reciprocal altruism. It can explain kindness in the form of sympathy, trust, returning favors, gratitude, forgiveness, friendship, and so on. That is also an expression of evolutionary mechanisms. So, reciprocal altruism predicts that these tendencies will most likely be shown in interactions where individuals expect to meet again. It may include kindness to strangers, as it may be a way of making new friends. So, this can also explain to people why they sometimes help strangers, because that may be a way of making new connections and friends, and so on. So, this is another expression of evolutionary mechanisms.

The fourth one is called competitive altruism, where kindness to others enhances one's status. What that means is that natural selection favours kindness that impresses peers and attracts mates. People become kinder in situations where there is a chance to impress peers and attract the opposite gender. This is called competitive altruism. It is, in a sense, that you are trying to pass on your genes to the next generation or increase the possibility of reproduction, and so on, in a very unconscious way. So, competitive altruism can explain kindness in the form of generosity, bravery, heroism, chivalry, magnanimity, public service, and so on; and these are elicited especially in the presence of rivals and potential mates like the opposite sex. So, these are some of the things that express themselves in the form of competitive altruism. So, these are some of the possible evolutionary mechanism that promotes kind behavior, altruistic behavior in a very limited sense, so that a species can pass on its genes to the next generation, so that as a species one can survive.

Now, these are like possible evolutionary mechanisms. Now, psychologically, one of the reasons why people engage in kindness is that it has many psychological benefits. One is that we experience happiness with kind actions. So, there is a saying: what goes around comes around. So, with kindness, we give happiness to others, and it returns to us. So, that's the simple formula of life that works with kindness.

What goes around comes around basically means that when you are kind to another person, you are giving happiness to another person, and somehow, looking at the happiness of other people, it comes back to you. You also feel happy. So, that's a very simple thing. What you give comes back to you, especially in the psychological sense.

So, that's why a lot of people, even without any apparent benefit, engage in the kind actions or actions of charity and helping, and so on. One of the main psychological reasons, apart from all these evolutionary reasons, is that people get a lot of happiness out of it. So, apart from all these strict evolutionary reasons, one psychological reason why people may engage in kindness is that it gives them a lot of happiness, and that itself is the reward. So, people show kindness because it gives them happiness. This may explain a wide variety of kind behaviors of human beings, including donations, charity work, and even anonymous donations.

Even though no one may know that XYZ has given a donation, still, that person may engage in such behavior. One of the reasons is that it gives them a lot of happiness. This is the reward they get. Many research supports this proposition that acts of kindness increase happiness and well-being. So, there is a lot of research that shows acts of kindness actually enhance happiness for a lot of people. For example, one interesting study was conducted on kindness or helping behavior in which indicated how kindness could be linked to happiness and other positive benefits. This study actually followed five women with

multiple sclerosis over three years. Multiple sclerosis is more of a neurological disorder where the life is highly limited, including things like not being able to move.

Now, the researcher gave a task to these five women who had multiple sclerosis. The task was to provide peer support for 67 other MS patients by training them to be compassionate and to practice active listening. So, the researcher basically asked these five women with multiple sclerosis to support 67 other similar patients just like them. How can they support them? They basically have to just listen to them compassionately and practice active listening. That's it. The women were asked to hear their stories and give feedback, as they are having similar problems in life. So, they were supposed to call each patient once every 15 minutes per month. So, that is the task: 15 minutes per month for each patient. So, they can call at least once a month for each patient for 15 minutes.

So, there were 67 such patients. So, that was the task they were given. For three years, they were supposed to do this, and they were following them and taking feedback. After three years, the researcher found that these five women actually reported experiencing increased satisfaction in life, self-efficacy, and feelings of mastery. This whole condition of multiple sclerosis is actually very limiting, and such patients generally experience depression because of the limitations in their lives and the impact of the disease. However, when they are actually supported by similar patients—people who are very similar to them—just by listening to their stories, they are supporting them emotionally; this kind of action actually changed their psychology in so many ways and led to many benefits. One such benefit was that they experienced more satisfaction in their life. Self-efficacy means they can feel that they can control their life and have more confidence in their life. They engaged in more social activities and experienced less depression. Their depression symptoms decreased, and they engaged more in social activities.

This activity also shifted their focus away from themselves and their problems towards others, which means that this whole task of helping someone or listening to the stories of other people actually shifted their focus from their own problems and the problems of their lives because of this disease, to someone else's problems, so that shift actually helped them a lot. They also experienced a stronger sense of self-esteem and self-acceptance. They started accepting their situation because they could see that so many other people were also experiencing similar problems, and maybe many others were experiencing more issues and problems than they were. So, that led to more acceptance, self-acceptance, and that also enhanced their self-esteem. So, this simple experiment actually shows that even a small action could lead to many psychological benefits.

So, this act of kindness has many positive effects in terms of other research findings that also increase happiness and well-being. It decreases symptoms of depression and anxiety

and increases positive emotions. It also increases social well-being and the quality of relationships. These are all empirical findings from the research. Now, let us look into some of the possible mechanisms why kind actions or kindness make people happy.

So, what is this possible relationship between kindness and happiness that research has consistently shown, which are the kind actions that actually enhance happiness? Now, what could the possible mechanisms behind it be? So, let us look into some possible mechanisms. Lyubomirsky in 2008 proposed some possible mechanisms based on her research on kind actions and kindness. So, one possible mechanism is that kindness leads to perceiving others more positively and more charitably. So, when you perform some kind action, one reason is that you start perceiving others positively and more charitably, because without looking at others positively, you cannot do kind actions. Why do you help others? Because you have some positive perceptions of other people.

If you hate someone, you are not likely to be kind to that person. So, the more you engage in kind actions, the more your perception of other people becomes positive. So, that is why you engage in kind actions. Therefore, when you perceive others positively, it is more likely to have a positive effect on your mind. You are more likely to have a positive impact because of positive perceptions of other people.

Second, kindness also changes self-perception. It not only changes the perception of others, but it also changes one's own perception of oneself. Many times, we evaluate ourselves by looking at what we do. We create an image of ourselves based on whatever actions we take. Many times, when you do something bad, you feel bad about yourself. So, that means from whatever action we take, we form a self-perception about ourselves like that.

So, when you engage in kind actions or actions related to the kindness of other people, one thing is that your own perception of yourself becomes positive. You feel you start accepting yourself more, and you also experience more positive emotions about yourself. So, self-acceptance increases, and self-esteem increases as well. So, these acts of kindness may help people view themselves as more compassionate, altruistic persons.

So, you perceive yourself more positively and as an altruistic, compassionate person. So, that perception impacts one emotion and others. So, this is how it can lead to a positive impact. The third possible mechanism is that acts of kindness to others may actually distract people from their own troubles and ruminations. When you become kind towards others, one thing that happens is that you forget about your own problems and so on because you are focusing on someone else. The situation is such that, because of my own troubles and thought processes about what my problem is, it enhances all the anxiety and depression; when you get distracted by someone else, the possible impact of such remuneration will be

much less.

The fourth possible mechanism is that acts of kindness for a worthy cause may give you a sense of your abilities, resources, and expertise, along with a feeling of control over your own life. So, many times when you perform acts of kindness and help others, you realize you have many abilities that you can also use. You can do many worthy actions. You can find that you have many resources, expertise, and feelings; many times, this hidden potential may come out.

This can also be a new realization. The fifth possible benefit is that through acts of kindness, one may learn new skills and discover hidden talents, which is connected to what we discussed in the last point. The sixth possible benefit or mechanism is that acts of kindness may promote a sense of meaningfulness and value in one's life. So, we also discussed in the last module the meaning of life, and it is very clear that when you engage in positive actions like kind actions, your sense of meaning in life, worthiness of your life, and value of your life actually increase in your own eyes. So, that promotes meaning in life. The seventh possible mechanism is that kindness can lead to a cascade of positive social consequences.

Such as others liking you, showing gratitude, or reciprocating favors, and so on. One positive action can trigger many positive consequences in one's life. If you help one person, they may have a positive attitude towards you. They may also return favors when you are in a situation where you need help. So, one action can trigger many positive actions that may have long-term positive consequences. Another possible mechanism is that kindness satisfies a basic human need for connecting with others and satisfies the need for relatedness.

There is an inherent need within all human beings that we want to connect with other people. That need is called the need for relatedness. When we engage in kind actions, we connect with other people in a very positive sense. So, that need is also satisfied, which also gives you satisfaction in one's life, and so on. So, these are some of the possible mechanisms that can explain why kind actions actually lead to many positive psychological consequences.

Now, let us look into something called random acts of kindness. This is a concept that is also becoming more popular in terms of practice, in terms of propagation by many organizations. So, when we talk about random acts of kindness, we are talking about small, spontaneous, selfless actions done to help uplift or support other people, often without expecting anything in return. These actions are called random because you may not have a very specific plan to do that. You go through your life, and whenever you see a certain

situation, you engage in those actions. So, these are random because they are often unplanned, and in the spur of the moment, you see the need and do something.

They can be done for strangers or acquaintances, not just for close friends or family. It can be done for any person. Kindness is generally offered freely, not as a response to favor or exchange. You don't do it to get anything out of it. You just do it as an act of kindness. So, these are called random acts of kindness, and many people do them in their day-to-day situations whenever they see a situation.

So, all such actions, such as helping people or animals, can be called random acts of kindness. These are like selfless actions performed by a person wishing to help or positively effect the emotional state of another person. So, in a lot of these actions, we just do something so that the mood of the person or the emotion of the person becomes positive. When you see somebody suffering, you also want to help that person emotionally or by actually doing something; all these things could be called random acts of kindness when you don't plan them much, and, as per the situation, you may offer help.

Examples of random acts of kindness could be very simple things, like just holding the door open for someone or paying for a stranger's coffee. A meal, complimenting someone genuinely, leaving or encouraging note in a public place, giving up your seat for someone else who needs it more, helping someone carry heavy bags, planting trees, picking up litter, and so on—any such actions where there is an intention to benefit individuals, maybe even in general, may be helpful for people in society. All this could be examples of random acts of kindness; even a smile or saying thank you could also be considered as an act of random act of kindness, provided that the intention is there. Now, a lot of people also propose that one can do random acts of kindness with a little bit of planning, in the sense that you can do different things on different days of the week.

People also propose that it can be done in a more planned way, in the sense that, when you see the benefit of it, it could be like one can have some plans beforehand in terms of each day; one can plan something that is part of their daily activities, where they can integrate some actions. These are like some of the propositions that are generally discussed in terms of actual interventions. For example, one can complement one thing they like about three people they meet in one day. An everyday situation that one will encounter is to add some acts of kindness; that is the plan, and that is where one can plan. In a sense, one day, one can just decide to do this: compliment one thing that you like about three people you meet on that day.

Another day, one can think about doing something like writing a handwritten card to a boss or a colleague to thank them for whatever they have done and for which you have not

expressed your gratitude. So, you may decide that one day you will do that. Another day, one can say good morning to each person you meet in the lift at work, or to the reception staff, and so on.

Another day, one can pick up some litter and put it in the bin on one's way to work. You can be more mindful of cleanliness and so on. Another day, one can use people's names when talking to the staff in the canteen, café, house, and so on. So, that they become more personalized interactions. Another day, one can place an uplifting note in library books or in a second-hand book they are donating to a charity bookshop.

Another day, one can take flowers to a parent or a friend, and so on, like that. These are some examples of how one can include random acts of kindness in whatever we do in our day-to-day activities. You can just give a little twist, and it can become a random act of kindness. So, this is how it can be applied in our day-to-day life. You don't have to do something grand; each such small moment has a positive impact on your mind, and this may all collectively have a lot of positive influence on you when you do it more frequently.

Some organizations also celebrate something called Random Acts of Kindness Day. For example, it's an annual celebration, as many other days are celebrated. So, people also celebrate Random Acts of Kindness Day in that particular month just to increase awareness about it and its benefits. So, this is an annual celebration dedicated to encouraging people to perform spontaneous, selfless good deeds for others. The goal is to spread positivity, compassion, and connection in everyday life. Generally, it is celebrated on February 17th in the US and some countries, while other regions observe it on different dates.

This was actually promoted by an organization called the Random Acts of Kindness Foundation. It's a nonprofit organization that promotes kindness as a way to improve communities. So, this is an organization. It's more like a nonprofit NGO-type organization. That promotes this aspect because it is something very important for global well-being, and in this sense, kindness is essential because it will help us promote well-being collectively in society and at the global level.

Therefore, they celebrate a particular day and promote this awareness. When we talk about kindness, we mostly talk about kindness to others. But kindness also has an important implication for oneself because many times, it flows out of you. If you are not kind to yourself, it probably will not happen to others.

You may not be able to express it genuinely to others. One has to be kind to oneself as well; then it will overflow to others. So, that is something called self-kindness or self-compassion, which some people use, and it basically means the practice of treating yourself

with the warmth, care, and understanding that you would offer to a good friend when facing difficulty, failure, and inadequacy. How do you offer help or goodwill to another person when he or she is in difficulty? You just have the same approach to yourself when you face problems and difficulties.

So, that's the idea of self-kindness. You are also the same individual. You are also a similar person. So, if you can be kind to others in difficulties and problems, why can't you also be kind towards yourself and look at yourself and the problem so that you understand yourself and do not become unnecessarily judgmental about yourself and exaggerate the anxiety? It is one of the core components of emotional well-being and resilience. In Western countries, they talk a lot about this concept, which may sometimes look more like an egoistic thing, but it has many positive benefits.

So, according to Dr. Christine Neff, self-compassion has three key elements. One is self-kindness, which means being gentle and understanding with oneself. Instead of being harshly critical. So, sometimes we become overcritical about ourselves, which increases so much tension and anxiety that we are never satisfied with what we do. This is okay in terms of doing something properly, but then overdoing this can lead to many negative emotional consequences. So, the idea of self-kindness is that you become a little more gentle and understanding about yourself, recognizing that you cannot be perfect in everything. So, rather than being too critical of yourself, you should also have some understanding and be kind to yourself. For example, you can say that it is okay to make mistakes. I am also human; sometimes it happens. If you made some mistakes and you are pondering them again and again, it will not lead you to anything productive. So, some kind of self-kindness may be helpful in this context.

Another component of self-kindness is called common humanity, which basically means recognizing that suffering and imperfections are part of the shared human experience. So, mistakes, problems, and imperfections are not just about yourself. Everybody has the same qualities. So, there are common human aspects to it. You don't have to separate yourself or be too critical of yourself. Everybody is like that. This means everyone struggles; you are not alone. So, when you see the commonality among other people, then you will be more likely to accept yourself. You will realize that you are not just separate individuals facing some very typical situations; everybody faces similar situations.

The third component is called mindfulness, which basically means holding one's thoughts and feelings in balanced awareness rather than ignoring them or exaggerating them. So, basically, you become more aware and more mindful of the feelings and thoughts that you have about yourself and others, rather than becoming unconscious of them. So, the more you become aware of them, the more mindfulness you will achieve. We have talked about mindfulness in detail in some other earlier modules. So, mindfulness is about becoming more aware of your own thoughts and emotions, and slowly, you look at them without any

judgment. So you accept it. So, for example, I am noticing my pain without judgment. So, pain can happen, suffering can happen, but you should become aware of them, without judging them, without starting a fight with them. Just observe it. So, those are called mindfulness aspects that help you accept yourself and be kind to yourself. So, the judgmental aspects of the mind will be lessened by mindfulness. So, these are the three important aspects of self-compassion. If you increase self-kindness, common humanity, and mindfulness, then it will enhance your self-compassion and self-kindness and will have many positive emotional consequences. A lot of research shows that self-compassion or kindness actually has many positive impacts, including higher well-being. It promotes psychological well-being, reduces depression, anxiety, and stress, builds resilience and motivation, encourages healthy behavior change, and so on.

You are more likely to engage in healthy behaviors, productive behaviors. So, these are some of the things about the concepts of kindness, self-kindness, and their benefits and mechanisms. We will talk about some other aspects of altruism and helping behavior in the upcoming lectures of this module. With this, I will stop here. Thank you.