



Nurture Kindness and Connection

Research suggests that humans have a natural instinct to be kind towards each other. However, past experiences and other barriers may prompt us to withhold some of this kindness in order to preserve ourselves.

Fortunately, there are ways in which you can reintroduce the act of kindness in your life, which can foster more connection and happiness for everyone involved.

Here are some research-backed ways in which you can increase kindness and connectedness with the people around you:

Remind Yourself to Connect

This can be something as simple as a sticky note or an alarm to remind yourself to connect with a co-worker during your lunch break, rather than checking emails or mindlessly scrolling through social media.

Put a Human Face on "Problem People"

Research shows that humans are more likely to want to help others if they see them as individuals rather than as abstractions. Frustrated with a faceless contact in human resources or accounts payable? Make an effort to get to know them and understand a little bit about who they are. Reaching out to others in this way makes them more relatable and helps them learn a little more about who you are.

Expand the Depth of Your Work Relationships

It's easy and safe to stay within your circle of friends but often we must work and interact with people who we don't know as well. One way to practice kindness and connectivity is to talk with a coworker that you wouldn't typically interact with outside of work tasks. You may find that you have similar interests or struggles and that can provide an opportunity for you to support each other and connect on a deeper level.



Making great companies better places to work.

