

Health Benefits ~ Good Deeds

1. Decreases effects of disease, psychological & physical.
2. Rush of euphoria, (helper's high), & an endorphin release (natural painkillers), followed by calmness.
3. Improves stress-related health problems. Reverses depression, gives social contact, decreasing feelings of hostility & isolation. A drop in stress decreases lung constriction, asthma attacks, overeating & ulcers.
4. Enhances joyfulness, emotional resilience, vigor & reduces the sense of isolation.
5. Decrease in intensity & awareness of physical pain.
6. Chronic hostility is reduced.
7. Health benefits & well-being return for hours or days when a good deed is remembered.
8. Increase in self-worth, happiness & optimism. Decrease in feelings of helplessness & depression.
9. Establishes friendships, love & positive bonds - these emotions strengthen the immune system.
10. An altruistic lifestyle is critical to mental health.

Allan Luks. The Healing Power of Doing Good