Sometimes, it's easy to feel like the world's getting harder, but if we look closer, on the news, on the web, on the street, we're anything but unkind. Every day, we hear new stories of people trying to make the world a better place. And together, we can make the world that little bit kinder for all of us. It all starts with just one person, you. The thing about kindness is that it's just about the only thing in the world that doubles when you share it, and it's a fact backed by science.

Studies have shown that if you perform just one random act of kindness a day you'll not only reduce your stress, anxiety, and depression, but your body is flooded with the same hormones that make you and the person you've helped calmer, healthier, and happier. Serotonin, which heals your wounds, helps you relax, and makes you feel good. Endorphins, which reduce pain. And oxytocin, which reduces blood pressure and makes you feel more loving and loved. You'll both be more energized, feel less aches and pains, more confident, and could even live longer. And if other people see you helping someone else, they'll be filled with those same feel-good hormones, meaning they're significantly more likely to pay it forward. Like taking that extra moment to hold the elevator for someone, spotting a coffee for a stranger who's just a few cents short, giving your neighbor a hand with their groceries, even just smiling and meaning it. It doesn't take much, but it can make a huge difference for everyone. Those people you've helped will help other people and those other people will help even more people, and those random acts of kindness can start a chain reaction that can spread across an entire community, a city, a country, and with enough of us, the world. Now, isn't that the world we all want? And it all starts with one.