

The Biology of Kindness: How It Makes Us Happier & Healthier

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TIME:

There's a reason why being kind to others is good for you— and it can now be traced to a specific nerve.

When it comes to staying healthy, both physically and mentally, studies consistently show that strong relationships are at least as important as avoiding smoking and obesity. But how does social support translate into physical benefits such as lower blood pressure, healthier weights and other physiological measures of sound health? A new study published in *Psychological Science*, suggests that the link may follow the twisting path of the vagus nerve, which connects social contact to the positive emotions that can flow from interactions.

Read the whole story: [*TIME*](#)

See Barbara Fredrickson at the [25th APS Annual Convention](#).