

To: noma.nazish@gmail.com

From: Bkoon1@byu.edu

Subject: Backed by science: one act of kindness a week will help with depression

Hi Noma,

I tried one of the sleep hacks in your last article and I have noticed a difference. Who knew spending less time in bed when I am not sleeping would help me sleep better? Thanks for the tip.

Something I thought you would be interested in is a study done by Julianne Holt-Lunstad, an expert on loneliness. The study shows performing one act of kindness per week helps decrease loneliness, social isolation, and social anxiety while strengthening personal relationships.

In this study 4,000 people participated, from the United States, United Kingdom, and Australia. The people in the study were able to pick any type of service such as holding the door open for someone, connecting with someone or doing a small service for someone else. Who wouldn't want to do a service if they were able to help themselves.

If you are interested, I can get you in contact with Professor Holt-Lunstad and she would love to go over the research.

Thanks,
Brooklynn

Brooklynn Koon Smith
Phone: 801-347-2166
Email: bkoon1@byu.edu