Internally, people will experience the release of many different chemicals in their brain. All of these chemicals are triggered by doing or receiving an act of kindness. The most common chemical released in the brain is oxytocin. This chemical is released when a person is witness to an act of kindness. Oxytocin is also called the “love hormone.”

Oxytocin is a neurotransmitter and a hormone that is produced in the hypothalamus (hi·po·thal-uh·mus). Oxytocin can aid in lowering blood pressure and improving heart condition. It can also increase self-esteem and optimism. Another chemical released in your brain is serotonin. Serotonin is used in most antidepressants, and is believed to help with social behavior, appetite, digestion, sleep, and memory.