

Parish Nurse corner

APRIL 2026 | VOLUME IV



Kindness... is good for your health!

What are some of the benefits of helping others?

- ◆ Helping stimulates a rush of euphoria followed by calm. This “helper’s high” involves physical sensations that indicate a reduction in stress, and the release of the body’s natural painkillers... endorphins.
- ◆ Helping reverses feelings of depression, supplies social contact and decreases feelings of hostility and isolation. Such reversals affect obesity, sleeplessness and stomach acid.
- ◆ Helping decreases both the intensity and the awareness of physical pain.
- ◆ The incidence of negative attitudes is reduced.
- ◆ Helping enhances our feelings of joyfulness, emotional resilience, and vigor, which in turn lead to faster recovery.

How Can You Help?

- ◆ Share stories of acts of Kindness you have received.
- ◆ Provide a special meal, home-baked goodies or a birthday cake for a friend or a stranger or especially for a member of your family!
- ◆ Write a Kindness note, card, or email.
- ◆ Offer to another person whatever it is that Brings A Smile to your face.
- ◆ Share a hug, hold a hand, or comfort someone in some other way.
- ◆ “Your challenge is not to do a single great thing, but 10,000 little ones. Who can know the significance of any act of integrity and faithfulness? All we have on the menu are small choices and simple acts. They are more than enough.”

(Gary Gunderson, Director, Interfaith Health Program, Emory University, Atlanta.)

May God bless you with the Light of Easter Peace.

Peggy Taylor, RN
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