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# Are Wellbeing, Pro-Social Behavior, and Benevolence Connected?

# What is Benevolence ?

***Benevolence is an act of kindness or an inclination to be kind.***

Human beings are equipped with an **inherent pro-social tendency that motivates and rewards us for benevolent acts** (Brown & Brown, 2006; Hepach, Vaish, & Tomasello, 2012).

## **Pro-Social Behavior: A Catalyst for Wellbeing**

Pro-social behaviour involves actions aimed at promoting the welfare of others, **from simple acts of kindness to more significant acts of service and altruism.**

Engaging in pro-social behaviour not only benefits others but also enhances the well-being, life satisfaction, and overall happiness of the giver.

# Types of Pro Social Behavior

- Helping
- Cooperating
- Donating
- Volunteering
- Being emotionally supportive
- Following rules and compliance

# **The Interplay between Benevolence, Pro-Social Behavior, and Wellbeing**

- Enhances Social Connection
- Cultivates Joy and Fulfillment
- Nurtures Personal Growth and Self-Actualisation

# **Cultivating Wellbeing through Benevolence and Pro-Social Behavior**

- Practice Gratitude and Compassion
- Engage in Acts of Service
- Nurture Social Connections
- Embrace a Pro-Social Lifestyle

In essence, benevolence and pro-social behaviour serve as potent catalysts for individual and collective well-being, enriching our lives with meaning, connection, and fulfilment. By embracing the power of kindness, empathy, and altruism, we not only uplift others but also nurture our own flourishing, creating a more compassionate, resilient, and harmonious world for all.

If you feel unfulfilled, the answer may lie in understanding the interconnectedness between well-being, pro-social behaviour, and benevolence.

By embracing kindness, empathy, and altruism, you can enhance your life satisfaction and happiness. Transform your life with coaching from Fariha Salahuddin. Start your journey today at [www.farihas.com](http://www.farihas.com)