

The Behavioral Heuristics of Well -Being: A Multidisciplinary Analysis of Homespun Wisdom as a Non - Pharmacological Intervention

I. Introduction: Conceptualizing Folk Wisdom as Behavioral Heuristics

1.1. The Traditional Roots of Behavioral Regulation

Homespun Wisdom (HSW) refers to a collection of transgenerational, prescriptive maxims, proverbs, and folk remedies historically utilized for guiding individual character development and promoting communal stability.¹ These maxims, often transmitted orally or through popular publications, serve as cognitive shortcuts (heuristics) that simplify complex decision -making processes and facilitate resilience building in the face of uncertainty.

The concept of "homespun wisdom" is intrinsically linked to American cultural and historical development. During the colonial era, it represented a virtuous and patriotic emphasis on self - reliance and diligence, often framed as a cultural rejection of Euro pean extravagance.² This ethos was later codified and disseminated through popular culture. For instance, the character of Ma Perkins became a cultural icon, representing a specific type of moral authority and homespun wisdom that provided a sense of stability during the tum ultuous 20th century, blending everyday concerns with broader moral questions.³

To move beyond a merely nostalgic or moralistic interpretation of HSW, this analysis applies modern empirical validation to these traditional prescriptive heuristics. While HSW has long been valued for its anecdotal efficacy, a rigorous multidisciplinary approach is necessary to identify the measurable mechanisms that confer psychological and public health benefits.

1.2. Interdisciplinary Mandate: A Unified Behavioral Science Approach

Understanding the full scope and function of HSW requires an integrated approach that transcends single disciplinary boundaries. The maxims inherently address both the internal cognitive state of the individual (requiring psychology and philosophy) and the resulting societal outcomes (requiring sociology and public health analysis).

This paper asserts that Homespun Wisdom represents a historically distilled collection of high - efficacy behavioral heuristics that, when analyzed through the lenses of Psychology, Sociology, Public Health, and Philosophy, demonstrate significant, measurabl e benefits across domains of mental health, social cohesion, and physical longevity. The analysis focuses on five primary pillars of inquiry inferred from common HSW themes: Character and Self -Control; Resilience and Malleability; Prosociality and Belonging; Affective Optimization; and Foundational Self -Care.

II. Philosophical Foundations and The Ethic of Self - Improvement (Character)

2.1. Utilitarianism, Virtue Ethics, and the Early American Ethos

Benjamin Franklin stands as a monumental figure in the popularization of HSW, particularly through his *Poor Richard's Almanack*. Franklin's maxims, such as "Early to bed and early to rise makes a man healthy, wealthy, and wise" and "There are no gains without pains"⁴, were disseminated globally through the persona of Father Abraham. Franklin's work functions as a proto-utilitarian framework, where moral attitudes are systematically colored by their practical usefulness.⁵

In this framework, virtues such as honesty, punctuality, industry, and frugality are explicitly promoted because they are *useful* in assuring credit and promoting economic success.⁴ Franklin's goal was the cultivation of an "improved American society," one that aligned with the principles of the "golden mean" and emphasized the exaltation of specific virtues.⁵ His list of thirteen necessary virtues, including Temperance, Order, Resolution, Frugality, and Industry⁶, provides a structured, actionable framework for self-regulation and moral improvement.

Beyond Franklin, traditional texts, such as the Book of Proverbs, established clear philosophical frameworks linking personal virtue and predictable public outcomes. For example, decision-making derived from these wisdom traditions often involves an Integrity Filter and a Transparency Test to ensure the choice maintains wholeness and could be published without shame.⁷ These systems link personal character to long-term consequence scanning, demonstrating that HSW provides a robust system of virtue ethics applied to commercial and social life.⁷

2.2. Honesty and Trust: A Game Theory and Anxiety Reduction Perspective

The HSW maxim "Honesty is the best policy" is validated through principles of cooperative game theory and psychological regulation. Honesty—or truthfulness—is more strongly favored in contexts where agents have repeated interactions, when tools exist to assess veracity, and when society places a high value on truthfulness.⁹ From an external, altruistic perspective, honesty is essential for building credibility and ensuring the capacity to make promises.⁹

However, the behavioral science perspective reveals a critical internal benefit. Honesty, defined as the synchronization between one's thoughts and deeds, is profoundly psychologically liberating.¹⁰ This synchronization eliminates the need for maintaining a social facade or "wearing a mask," thereby reducing the cognitive load and anxiety associated with duplicity.¹⁰ This reduction in psychological distress provides an immediate, internal utility that reinforces the honest behavior. Thus, while traditional philosophical analysis views virtues like honesty as an external moral good (trust) or an economic tool (credit), the psychological evidence confirms a significant internal utilitarian reward: peace of mind and reduced cognitive burden. This makes honesty a self-reinforcing and sustainable heuristic, independent of its external social outcome.

2.3. Diligence and Frugality: Historical Precursors to Self -Regulation

Franklin's maxims emphasized rigorous self-control, advising the avoidance of wasted time and unnecessary expense.⁴ This historical emphasis on industry and frugality is functionally equivalent to modern behavioral science concepts relating to impulse control and resource allocation.

Specifically, the HSW concepts of diligence and order align powerfully with the psychological construct of *preventive coping*. Preventive coping is characterized by individuals taking generalized, defensive actions to build up resistance resources —saving time, money, social bonds, and skills—in anticipation of future necessity.¹¹ This contrasts with proactive coping, which is based on current challenge appraisal. By advocating systematic resource accumulation and disciplined conduct, HSW provides the behavioral prescriptions necessary for long-term preventive coping, ensuring an individual possesses the resilience resources needed when potential threats materialize.¹¹

III. The Psychology of Resilience and Growth

3.1. Theoretical Link: Homespun Maxims and Malleable Abilities

Many HSW maxims implicitly champion the **Growth Mindset (GMMH)** —the psychological belief that core abilities, intelligence, and character are malleable traits that can be developed through dedication and effort.¹² This belief system validates the fundamental HSW premise that diligent effort yields results, irrespective of inherent talent.

Research strongly supports this linkage, finding that individuals who endorse a GMMH are significantly more likely to thrive when faced with difficulties and continue improving, whereas those with a fixed mindset often shy away from challenges.¹² The use of GMMH frameworks has yielded effective, scalable interventions, particularly in education, improving overall academic outcomes.¹²

3.2. Adversity and Post -Traumatic Growth: Validating the Moderate Stress Hypothesis

The proverb "What doesn't kill you, makes you stronger," often associated with HSW, is rigorously analyzed in psychology through the lens of the Moderate Stress Hypothesis and resilience research.¹³ This framework suggests that trauma does not invariably lead to negative outcomes; rather, individuals exhibit great variability in their response to traumatic events.¹⁴ Resilience is defined as "a dynamic process encompassing positive adaptation within the context of significant adversity".¹⁴

Empirical studies confirm that the ability to endure significant adversity and subsequently grow is common; for example, approximately half of those who experience severe childhood physical or sexual abuse show positive psychosocial functioning in adulthood.¹⁴

The mechanism by which moderate adversity fosters resilience appears to involve the strengthening of adaptive cognitive tools. The benefit may derive, in part, from the strengthened ability to

suppress unwelcome memory retrieval through enhanced inhibitory control, thereby managing intrusive experiences following trauma.¹³ This demonstrates that the HSW maxim is not a romanticization of suffering, but rather a recognition that unavoidable hardships can necessitate and forge crucial cognitive tools for future stress management. Furthermore, the observation that many social workers enter the profession with a personal history of adverse childhood experiences suggests that the drive toward prosocial behavior can itself be a product of this resilient, adaptive process.¹⁴ HSW thus provides a necessary framework for reframing hardship as a skill-building opportunity, moving away from avoidance toward adaptive coping strategies.

3.3. Growth Mindset, Self-Control, and Persistence

The HSW focus on the primacy of belief systems is validated by longitudinal studies linking Growth Mindset to subsequent self-control. Research on primary school students found that an individual's growth mindset measured at Time 1 (T1) was a significant positive predictor of self-control measured at Time 2 (T2) (). This strongly supports the hypothesis that the belief in malleable abilities positively promotes the development of capability.¹⁵ Conversely, self-control at T1 did not significantly predict subsequent growth mindset, indicating that the cognitive belief system holds primacy in initiating this virtuous cycle.¹⁵ This finding provides empirical validation for the ancient wisdom's emphasis on attitude and internal character (belief) as the primary lever for observable behavioral change (self-control and persistence).

Moreover, GMMH has demonstrated significant positive impacts across vulnerable populations. It has been shown to help individuals cope with stressful life events and improve resilience scores among high school students and college students who experienced childhood maltreatment.¹⁶ Learning about GMMH fosters meaningful behavioral changes and is associated with increased academic success.¹⁶

3.4. Proactive and Preventive Coping Strategies

HSW incorporates two main categories of coping that enhance resilience: proactive and preventive coping.¹¹

Proactive coping is motivated by a challenge appraisal and involves intentional actions aimed at achieving positive outcomes, correlating positively with future appraisal, satisfaction with life, and realistic goal setting.¹¹ In contrast, preventive coping, discussed earlier, is motivated by harmful evaluations and involves building defensive, generalized resistance resources.¹¹ The overall utility of HSW stems from its comprehensive approach, which encourages individuals to develop a personal toolkit of coping mechanisms.¹⁷ Effective strategies implicitly taught by HSW, such as problem-solving and seeking social support, have been shown to enhance resilience and reduce anxiety.¹⁷ The adoption of problem-oriented coping mechanisms, compared to avoidance, has been shown to decrease the incidence of burnout syndrome among healthcare workers.¹⁸

The synthesis of these concepts confirms that the behavioral maxims function as high-efficacy,

multi-layered coping strategies, designed for managing both acute stressors (problem - focused coping) and anticipated future threats (preventive coping).

Table 1: Validation of Traditional Maxims Through Behavioral Science Constructs

Inferred Homespun Maxim/Theme	Core Philosophical/Folk Concept	Validated Psychological/Sociological Construct	Key Empirical Outcome
Early to Bed and Early to Rise	Order/Industry/Temperance	Self-Regulation, Executive Functioning, Homeostatic Control	Improved cognitive function, metabolic health, persistence ¹⁵
Honesty is the Best Policy	Sincerity/Justice/Utilitarianism	Credibility, Trust, Anxiety Reduction	Stronger social bonds, improved cooperation, lower physiological stress ⁹
What Doesn't Kill You Makes You Stronger	Resolution/Temperance, Acceptance of Adversity	Resilience, Growth Mindset, Inhibitory Control	Positive adaptation post-adversity, decreased intrusive memories ¹³
Service is the Rent We Pay for Living	Justice/Altruism/Benevolence	Prosocial Behavior, Eudaimonic Well-Being, Social Integration	Reduced depression/isolation, neural reward activation ²⁰
Count Your Blessings	Gratitude/Tranquillity	Positive Affect, Amygdala Downregulation	Decreased inflammatory responses, fewer common health complaints ²³

IV. Sociological and Public Health Dimensions of Prosociality

4.1. Altruism and Eudaimonic Well-Being: The Benefits to the Giver

The HSW emphasis on kindness and service is robustly supported by sociological and neurological evidence on altruism. Altruism is defined as behavior aimed at promoting someone else's welfare, even at a potential cost to the self.²⁰ Evolutionary scientists posit that altruism is deeply rooted in human nature because helping and cooperation promote species survival; Charles Darwin himself argued that "sympathy" or "benevolence" is an essential social instinct.²⁰

This evolutionary drive is reinforced physiologically. Neuroscience studies have demonstrated that when individuals behave altruistically, their brains activate regions signaling pleasure and reward, comparable to the experience derived from food or intimacy.²⁰ This neural reward system ensures that prosocial behavior is intrinsically motivating and self-sustaining.

Furthermore, engaging in kind or compassionate acts provides significant benefits to the giver's mental health. Prosocial interventions have been shown to decrease symptoms of depression relative to affectively neutral control conditions, with benefits often persisting for up to six months after the intervention concludes.²² Altruistic social interest behaviors are also strongly associated with improved overall mental health outcomes.²¹ Crucially, prosocial acts uniquely foster a sense of meaning in life and attachment to something greater than oneself, objectives that self-focused emotional gratification often fails to achieve.²⁵

4.2. Community Connection as a Public Health Imperative

The sociological mandate for community engagement aligns precisely with contemporary public health concerns regarding isolation. The U.S. Surgeon General has characterized loneliness, isolation, and social disconnection as a major public health crisis that fundamentally affects mental, physical, and societal health.²⁶

Empirical data underscores the severity of this crisis. Living in isolation reduces chances of survival, and social isolation increases the risk for premature mortality by 29%.²⁶ Poor social relationships are associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.²⁶ Among older adults, chronic loneliness and isolation can elevate the risk of developing dementia by approximately 50%.²⁶

Given that social isolation is a major, quantifiable driver of premature mortality and chronic disease, and knowing that prosocial behavior actively creates a sense of belonging and reduces isolation²⁵, the traditional wisdom mandating "service" operates as a mandated preventative health strategy. Maxims such as, "Service is the rent we pay for living on this earth" (a quote popularized by Shirley Chisholm)²⁹, elevate service from a purely voluntary act to an ethical obligation for social tenancy. This emphasis ensures behaviors that actively combat the leading behavioral risk factor identified by public health officials.

4.3. Service as Social Contract: The Ethical Mandate

The concept of service is cemented in the behavioral architecture of HSW not merely as benevolence, but as an essential social contract. This ethos demands perseverance, particularly for those in high-stakes fields. For example, legal professionals and advocates frequently cite the necessity of service, recognizing that the calling to serve others is often greatest when the difficulty of the situation is maximized.³⁰ This philosophical framework reinforces the stability of the social unit by ensuring that community contribution remains primary, regardless of personal convenience.

Table 2: Public Health and Preventative Benefits Derived from Maxim Application

Behavioral Heuristic Domain (HSW Theme)	Related Public Health Risk Mitigated	Measured Health Outcome/Impact	Relevant Citation Cluster
Social Connection (Service/Altruism)	Social Isolation, Chronic Loneliness, Depression	29% reduced premature mortality risk; reduced risk of heart disease/stroke/dementia ²⁶ ; reduced depression ²⁵	25
Affective State (Gratitude/Positive Outlook)	Stress, Chronic Inflammation, Somatic Complaints	Downregulation of amygdala threat response; fewer headaches, digestion problems, and infections ²³	23
Foundational Health (Sleep/Rest)	Metabolic Dysfunction, Cognitive Decline, Impaired Immunity	Vital role in immune function, memory, learning, and homeostatic regulation ¹⁹	19
Self-Efficacy (Growth Mindset/Resilience)	Hopelessness, Mental Health Challenges	Improved perceptions of self-control; greater resilience scores in	12

		response to adversity ¹⁴	
--	--	-------------------------------------	--

V. Empirical Correlates of Foundational Well -Being Maxims

5.1. The Neuroscience of Gratitude: Affective Optimization

Maxims encouraging thankfulness, such as "Count Your Blessings," are prescriptions for affective optimization that carry measurable physiological benefits. Gratitude, when practiced as a stable trait, is associated with significantly fewer common health complaints, including headaches, sleep problems, digestion issues, dizziness, and infections. ²³

The underlying physiological mechanism is believed to involve the ability of gratitude to downregulate threat responses originating from the amygdala. This neurological buffering effect subsequently decreases cellular inflammatory responses, which are strongly linked to chronic poor health. ²³ Therefore, HSW practices focusing on positive affect are not merely emotional tools but prescriptions for biological regulation that provide resilience against inflammatory disease.

The empirical validation of these practices further confirms the value of HSW. Research indicates that the effectiveness of gratitude interventions is maximized when well -being outcomes are measured as positive affect, when multiple types of interventions are combined, and when rigorous randomized controlled trials (RCTs) are employed. ²⁴ This evidence positions HSWs focus on gratitude as an empirically sound, low -cost, self -administered cognitive behavioral intervention, validated by rigorous methodological standards. However, the analysis also notes the importance of cultural specificity, as the effectiveness of these interventions varies across different countries. ²⁴

5.2. Homeostatic Regulation: Sleep, Nutrition, and the Early to Rise Paradigm

HSW consistently stresses order and routine, exemplified by maxims focusing on rest and diligence ("Early to bed..."). This wisdom is confirmed by modern research on homeostatic regulation. Scientists have found that the human body regulates sleep in a manner analogous to how it regulates eating, drinking, and breathing, suggesting that sleep serves a similarly critical and vital function for health and well -being. ¹⁹

Sleep is essential for a wide array of physiological processes, including immune function, metabolism, memory, learning, and longevity. ¹⁹ A persistent lack of adequate sleep results in "apparent —and potentially serious" problems. ³³ Just as good nutrition is foundational to optimal health, good sleep is a non -negotiable staple. ³²

The HSW framework, particularly through Franklin's virtues of *Order* and *Industry* ⁶, implicitly mandates a structured lifestyle conducive to consistent homeostatic maintenance. By linking a

robust work ethic (Industry) with the necessity of rest (Order/Temperance), HSW models a holistic preventative behavior management strategy. This model acknowledges the interdependence of physical resources (sleep, nutrition) and cognitive resources (focus, persistence), ensuring the long-term sustainability of productivity and physical health. HSW thus provides an integrated system—a comprehensive framework for preventative public health.

VI. Synthesis, Limitations, and Future Directions

6.1. Integrating the Heuristic Model: A Unified Theory of Behavioral Science and Folk Wisdom

Homespun Wisdom, when examined through empirical behavioral science, emerges as a remarkably adaptive and integrated behavioral architecture. It is a complete system designed to manage complexity, allocate internal resources, ensure social connectivity, and regulate physiological states.

The synthesis of multidisciplinary evidence confirms the core causal links inferred by these ancient maxims:

1. **Belief Precedes Capability:** The cognitive belief in malleable abilities (Growth Mindset) actively promotes measurable increases in behavioral capacity (Self-Control).¹⁵
2. **Action Promotes Longevity:** Prosocial behavior (Altruism/Service) fosters belonging, which directly mitigates the epidemiological risks associated with social isolation, contributing to reduced mortality risk.²⁵
3. **Affect Regulates Biology:** The cultivation of positive affective states (Gratitude) functions as a physiological buffer, downregulating the amygdala and providing resilience against cellular inflammation.²³

The enduring strength of HSW lies in its focus on character and community as the principal levers for achieving long-term well-being and resilience.

6.2. Cultural Specificity and Global Applicability

While the term "homespun wisdom" originated in a specific American colonial context emphasizing self-reliance², the psychological and sociological mechanisms validated in this report are fundamentally universal. The neural reward circuitry activated by altruism²⁰ and the physiological role of the amygdala in stress response²³ are constants across cultures.

However, the analysis recognizes that the *delivery* and *efficacy* of interventions derived from this wisdom are culturally modulated. The success rates of gratitude interventions, for example, vary significantly across national contexts.²⁴ Future research must focus not only on validating the universality of the mechanisms but also on optimizing the cultural adaptation of HSW-derived interventions to maximize their impact across diverse populations.

A primary methodological limitation in studying HSW implementation is the reliance on self-report

measures for assessing adherence to maxims or measuring beliefs like the growth mindset. Such self-reports may be inaccurate due to social desirability bias or lack of comprehensive self-knowledge.¹⁶ Therefore, future studies should prioritize measuring concrete, observable behavioral changes (e.g., persistence in tasks, actual community engagement, objective health markers) rather than relying solely on subjective self-assessments.

6.3. Policy Implications: Translating Maxims into Preventative Health and Education Interventions

The empirical validation of HSW provides compelling justification for its integration into contemporary policy frameworks.

Educational Policy: Incorporating GMMH frameworks and resilience training —the psychological validation of enduring moderate adversity —into educational curricula offers proven methods for improving self-control and student outcomes.¹² These cognitive strategies represent powerful, scalable interventions.

Public Health Policy: Prosocial behavior and mandatory community service should be officially recognized and recommended by public health bodies not merely as ethical programs, but as vital, quantifiable preventative health interventions. These behaviors actively combat the high-risk factors associated with loneliness and social isolation, thereby mitigating significant drivers of morbidity and mortality.²⁶

Workplace Health: Organizations should promote cultural norms that prioritize foundational self-care (sleep, order, temperance) and proactive coping strategies. Adopting problem-oriented coping mechanisms and fostering social integration in professional settings has been shown to reduce incidence of burnout syndrome among essential workers.¹⁸

6.4. Conclusion

Homespun Wisdom transcends its anecdotal status to represent an empirically sound body of **behavioral heuristics** validated by advanced behavioral science. The enduring relevance of this wisdom is rooted in its integrated focus on the character, self-regulation, and community engagement as the primary levers for achieving long-term resilience, mental acuity, and physical longevity. This established architecture offers a powerful, non-pharmacological route to addressing several complex modern challenges in public and mental health. Future research should concentrate on the synergistic potential of combining these integrated behavioral strategies into unified health protocols for diverse populations.

Works cited

1. Homespun wisdom, incontrovertible truths or hackneyed, tired thoughts? A penny for your thoughts on proverbs | Country Life, accessed October 9, 2025, <https://www.countrylife.co.uk/luxury/penny-for-your-thoughts>

2. Homespun Wisdom - Bunk History, accessed October 9, 2025, https://www.bunkhistory.org/resources/homespun_wisdom_backstory_archive
3. Ma Perkins: The Voice of Wisdom in American Radio, accessed October 9, 2025, https://rusc.com/ma_perkins_the_voice_of_wisdom_in_american_radio
4. How Ben Franklin's 'Way to Wealth' Introduced American Capitalism to the World | Working Knowledge - Baker Library, accessed October 9, 2025, https://www.library.hbs.edu/working_knowledge/ben_franklin_s_way_to_wealth_was_a_worldwide_introduction_to_american_capitalism
5. "A Ploughman on His Legs is Higher than a Gentleman on His Knees": The Representation of The Middling People in Benjamin Franklin's Poor Richard's almanac, accessed October 9, 2025, <https://journals.openedition.org/1718/359?lang=en>
6. Ben Franklin: The Thirteen Necessary Virtues- Farnam Street, accessed October 9, 2025, https://fs.blog/the_thirteen_virtues/
7. How can Proverbs 11:3 guide ethical decision-making in business?- Bible Hub, accessed October 9, 2025, https://biblehub.com/q/Proverbs_11_3_s_role_in_business_ethics.htm
8. Three Ways To Make Good, Right, Wise and Just Decisions (Post 5 of 6), accessed October 9, 2025, https://stanwallace.org/blog/2017/02/ways_to_make_good_right_wise_and_just_decisions-5/
9. Why Honesty is a Good Policy - Essays on Reducing Suffering, accessed October 9, 2025, https://reducing_suffering.org/why_honesty_is_a_good_policy/
10. What makes honesty the best policy? : r/askphilosophy - Reddit, accessed October 9, 2025, https://www.reddit.com/r/askphilosophy/comments/izyymf/what_makes_honesty_the_best_policy/
11. Full article: The effect of proactive and preventive coping styles on personal and organizational outcomes - Taylor & Francis Online, accessed October 9, 2025, <https://www.tandfonline.com/doi/full/10.1080/23311908.2018.1492865>
12. What Can Be Learned from Growth Mindset Controversies? - PMC - PubMed Central, accessed October 9, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC8299535/>
13. What Doesn't Kill You Makes You Stronger: Psychological Trauma and Its Relationship to Enhanced Memory Control, accessed October 9, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC6277128/>
14. (PDF) What Doesn't Kill You- ResearchGate, accessed October 9, 2025, https://www.researchgate.net/publication/330551086_What_Doesn't_Kill_You
15. Relationship Between Growth Mindset and Self-Control Amongst Chinese Primary School Students: A Longitudinal Study - PubMed Central, accessed October 9, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC11380487/>
16. Full article: Growth mindset, resilience, college student retention and engagement in preventative mental health activities: A focus on vulnerable groups - Taylor & Francis Online, accessed October 9, 2025, <https://www.tandfonline.com/doi/full/10.1080/07448481.2025.2464769?af=R>
17. Healthy Coping: 24 Mechanisms & Skills For Positive Coping- Positive Psychology, accessed October 9, 2025, <https://positivepsychology.com/coping/>
18. Coping Mechanisms - StatPearls- NCBI Bookshelf, accessed October 9, 2025,

- <https://www.ncbi.nlm.nih.gov/books/NBK559031/>
19. Why Sleep Matters: Benefits of Sleep - Division of Sleep Medicine, accessed October 9, 2025, <https://sleep.hms.harvard.edu/education-training/public-education/sleep-and-health-education-program/sleep-health-education-41>
 20. Altruism Definition | What Is Altruism - Greater Good Science Center, accessed October 9, 2025, <https://greatergood.berkeley.edu/topic/altruism/definition>
 21. Prosocial behavior, psychological well-being, positive and negative affect among young adults: A cross-sectional study - PMC, accessed October 9, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10871400/>
 22. Understanding the Role of Prosocial Behavior in Youth Mental Health: Findings from a Scoping Review - MDPI, accessed October 9, 2025, <https://www.mdpi.com/2673-7051/2/3/28>
 23. The Neuroscience of Gratitude & Its Effects on the Brain - Positive Psychology, accessed October 9, 2025, <https://positivepsychology.com/neuroscience-of-gratitude/>
 24. A meta-analysis of the effectiveness of gratitude interventions on well-being across cultures | PNAS, accessed October 9, 2025, <https://www.pnas.org/doi/10.1073/pnas.2425193122>
 25. Using prosocial behavior to safeguard mental health and foster emotional well-being during the COVID-19 pandemic: A registered report of a randomized trial | PLOS One - Research journals, accessed October 9, 2025, <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0272152>
 26. Social Connection | HHS.gov, accessed October 9, 2025, <https://www.hhs.gov/surgeongeneral/reports-and-publications/connection/index.html>
 27. The Surgeon General's Advisory on Social Connection - Commit to Connect, accessed October 9, 2025, <https://committtoconnect.org/the-surgeon-generals-advisory/>
 28. What are the health benefits of altruism? - Mental Health Foundation, accessed October 9, 2025, <https://www.mentalhealth.org.uk/explore-mental-health/articles/what-are-health-benefits-altruism>
 29. Charlyn Stanberry - The Junior League International, accessed October 9, 2025, <https://thejuniorleagueinternational.org/team-members/charlyn-stanberry/>
 30. The Infinity Project Celebrates Attorney Gloria Stamps -Smith, accessed October 9, 2025, <https://www.theinfinityproject.org/post/spotlight-gloria-stamps-smith>
 31. 2025 Annual Conference Workshops | Ohio Alliance to End Sexual Violence, accessed October 9, 2025, <https://oaesv.org/trainings-events/signature-events/annual-conference/2025-annual-conference/2025-annual-conference-workshops/>
 32. Sleep - The Nutrition Source, accessed October 9, 2025, <https://nutritionsource.hsph.harvard.edu/sleep/>
 33. Sleep - Harvard University, accessed October 9, 2025, <https://www.harvard.edu/in-focus/sleep/>