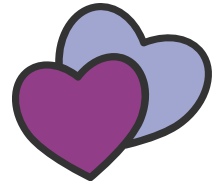


6 Ways Helping Others... Helps You



1

Helping others will make you feel great- Giving back has an effect on your body. The brain releases feel-good chemicals and spurs you to perform more kind acts, something psychologists call “helper’s high.”

2

Giving can give you a self-esteem boost- People who volunteer have been found to have higher self-esteem and overall well-being. Experts explain that as feelings of social connectedness increase, so does your self-esteem.

3

You’ll have stronger friendships- Being a force for good in a friend’s life can help build a lasting bond. When you help others, you give off positive vibes, which can rub off on your peers and improve your friendships.

4

You become a glass half-full person- Having a positive impact on someone else could help you change your own outlook. Performing acts of kindness boosts your mood and ultimately makes you a more optimistic and positive.

5

You’ll feel a sense of belonging- Face-to-face activities, such as volunteering at a drop-in center, can help reduce feelings of loneliness and isolation. Helping people creates a feeling of community.

6

Giving back, gets paid forward- Kindness is contagious. When someone helps another person, it gives those around them a good feeling. Making those who witness kind acts more likely to commit a few acts of kindness themselves.