

SESSION 8 | HANDOUT 1

GIVE JOY

Winston Churchill once said, “We make a living by what we get. We make a life by what we give.” In other words, helping others helps our own heart to heal.

Giving is good for the giver in that it induces a natural high. It generates positive emotions that trigger a release of dopamine which regulates

pleasure in the brain. It also evokes internal gratitude which helps to heal our heart.

Additional bonuses are the multiple—and proven—health benefits of giving: less stress, lower blood pressure, improved sleep, increased self-esteem, and greater happiness.

WAYS TO GIVE:

- Distribute blessing bags to the homeless.
- Volunteer in the community.
- Donate to a charity.
- Smile at a stranger.
- Give a compliment.
- Leave a nice note for someone at work or school.
- Let a driver merge in front of you during rush hour traffic.
- Do random acts of kindness.
- Leave a bouquet of balloons in a park for children to find.
- Feed the homeless in a soup kitchen.
- Hold the door open for someone behind you.
- Send an anonymous care package to someone who is struggling.

She who heals others heals herself.

LYNDA CHELDELIN FELL