

## WHY GIVING IS GOOD FOR THE GIVER

I was asked by a mourner who was fresh into his journey why I advocate for the bereaved to give to others as a way to heal. After all, in the midst of autopilot, brain fog, and feeling utterly depleted before even getting out of bed, most mourners have nothing left to give.

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So, here's my explanation  
on why giving is good  
for the giver.

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When one suffers a broken leg, it takes time for the body to heal. The fracture scar will always be there because once done, it can't be undone, but strengthening the muscles and tissue around the break will help promote healing and protect from further damage.

Just like physical therapy is to broken bones, giving while grieving is therapy for the broken heart.

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It releases powerful  
endorphins—a natural high,  
which are like little  
happy pills for brain pain.

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The endorphins triggered by the act of intentional giving are also good for our body by reducing common grief banes such as stress, anxiety and insomnia.

Does giving cure grief? No.



Losing someone we love causes grief that can't be undone. It is something we learn to live with moving forward. But we can soothe the rawness and strengthen our broken heart through activities and actions such as giving.

What can you give when you feel empty inside?

- ✓ Give blood.
- ✓ Give a smile.
- ✓ Give a genuine compliment.
- ✓ Give blessing bags to the homeless.
- ✓ Give a car room to merge during rush hour.
- ✓ Give time at a homeless shelter, which serves as a powerful reminder that we're not alone on the struggle bus.
- ✓ Give a hug.

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.

It truly does.

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