

# Wellbeing Tip of the Week

## Helping Others



Find ways, big or small, to give back to others.

Research shows that people who volunteer experience a boost in their mental health. Helping others can help to build self-confidence, a sense of purpose and helps us to stay connected with others.

Some examples of how to do this include; supporting local businesses, offering to food shop for those who are vulnerable, or messaging friends, family or neighbours to check-in.

The more we give, the happier we feel.