

# Wellbeing Tip of the Week

## Helping Others



This is a great time of year to think about giving back and doing something kind for others. Helping someone else not only makes a difference in their lives but can give us a sense of purpose and fulfilment. Doing kind acts has proven to reduce stress and improve emotional wellbeing.

**There are lots of ways to help others that don't cost anything:**

- Giving up your seat on the bus
- Opening the door for someone
- Volunteering at a homeless shelter
- Choosing a toy/gift to donate to someone in need

**Finding a way to bring joy to someone else will bring us happiness in return.**