



# Five ways to wellbeing

## FRIDAY – TO GIVE



### Give for mental wellbeing

**Most people would agree that giving to others is a good thing. This can also do a lot of good for your own mental wellbeing.**

Small acts of kindness towards other people, or larger ones, like volunteering in your local community, can give you a sense of purpose.

It can make you feel happier and more satisfied with life.

Sometimes we think of wellbeing in terms of what we have for example, how much money we have, what type of phone we have or type of house we live in. However, evidence suggests it is our actions and our thoughts that have the biggest impact on mental wellbeing.

Positive mental wellbeing means feeling good about yourself and the world around you.

Helping and supporting other people, and working with others towards a shared goal, is therefore good for our mental wellbeing.

#### **How giving helps your mental wellbeing:**

Research suggests that acts of giving and kindness, small and large, are associated with positive mental wellbeing.

Giving to others and co-operating with them can stimulate the reward areas in the brain, creating positive feelings.

Helping and working with others can also give us a sense of purpose and feelings of self-worth.

Giving our time to others in a constructive way helps us strengthen our relationships and build new ones.

**So, how can we give back at this time? Here are some ideas:**

- Do 3 acts of random kindness.
- Say thank you to someone for something they have done for you.
- Phone a relative or friend who needs support or company.
- Ask a peer how they are and really listen to the answer.
- Check on your neighbours by popping a note through their door to see if they need any help.
- Help your family members or friends – perhaps you could look after a younger sibling or help make the dinner?