

Help Others

“The best way to find yourself is to lose yourself in the service of others.”

MAHATMA GANDHI

THINK ABOUT HOW YOU WOULD FINISH THIS SENTENCE

TODAY I WILL HELP BY...

When you help others, you help yourself.

Next time you need groceries, consider also picking up supplies for an elderly neighbor. By reducing our collective outings, we can protect vulnerable members of our community.

You might even experience “helper’s high”—a feeling of energy, inner warmth and calm created by a release of endorphins in the brain. The phenomenon was first identified by Allan Luks when he surveyed more than a thousand volunteers on the connection between altruism and health.

DID YOU KNOW

Researchers have observed the neural golden rule:

“The more we tend to vicariously experience the states of others, the more we appear to be inclined to treat them as we would ourselves.”