

THE POWER OF Giving

Giving is powerful! When you give to others, research shows you are more likely to reduce your stress levels, improve your mood and boost your social connections.¹

Giving Is Good For You!

Easy Ways to Give

The following apps make it easy to support your favorite charity or cause.

Coin Up

Rounds up your credit/debit purchases and donates the extra change to a cause of your choice.

Charity Miles

Together with corporate partners, donates a small amount of money for each mile you run, walk or bike.

GiveTide

Allows you to automate your donations to charity.

Make it a Match – Got a favorite cause? Determine how much you can give, divide that amount in half and let your friends know you'll match all donations up to that amount. Post on social media explaining why you're raising the money and how your friends can help.

Volunteer – Pick your passion, match it to your skills and make it part of the routine! For example, if you're into animals and photography, help the local animal shelter with their advertising.

People who volunteer often experience improvements in their mental health and more satisfaction with their lives.²

Studies show people are happier when they spend money on a gift for others instead of one for themselves.¹

When you give to others, your brain responds as though you were the one who received the gift! The endorphins you feel can be compared to a runner's high or chowing down on your favorite food.¹

Positive feelings associated with giving stick around for about two hours. Not only will you want to give more, but the person who receives your gift is also inspired to give.¹



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GIVE YOUR WAY TO Greatness

What do all of the most successful people have in common? They're givers! Here are some things you can freely do for others to help give your way to greatness.

I'm thankful for you! If there is anything I can do to better serve your family during the holiday season, give me a call.



Energy

Adopt a positive mindset and attitude, and communicate that to others. You'll inspire them to do the same!



Patience

This helps you slow down, empathize and show the recipient grace. When you find yourself struggling here, take a few breaths and count to 10 to gain some new perspective.



Time

Find what you value, and prioritize your day around that. Be present, and focus on the current conversation instead of thinking into the future.



Smile

Even if your day hasn't been great, giving a genuine smile to those you meet can bring happiness to others!



Compliments

There's nothing like an authentic compliment! When you compliment someone, tell them why you like that particular thing and ask a question about it to show your interest.

SOURCE: 1. Happify, "The Science of Giving: Why Being Generous is Good for You"

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