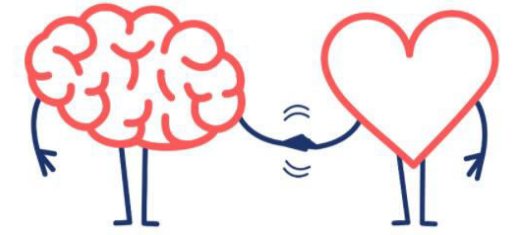# Give back to others

Evidence shows that helping **others** can have a positive effect on mental **health** and **wellbeing**

Whilst we are in lockdown, there are several ways that you can give back to others

BUILD YOUR SELF-ESTEEM

Giving back to others – Benefits for our wellbeing:

HOW Giving Back HELPS YOU & OTHERS

- Provides a fulfilling feeling when giving back to the community

- Helps to improve self esteem and creates sense of purpose

- Helps people to become more empathetic

- Giving makes you happy - researchers have discovered by measuring hormones that being helpful to others delivers pleasure.

- Helps to counteract the effects of stress e.g. forming a meaningful connection to another person like a relative or friend in need.

STRESS FREE ZONE
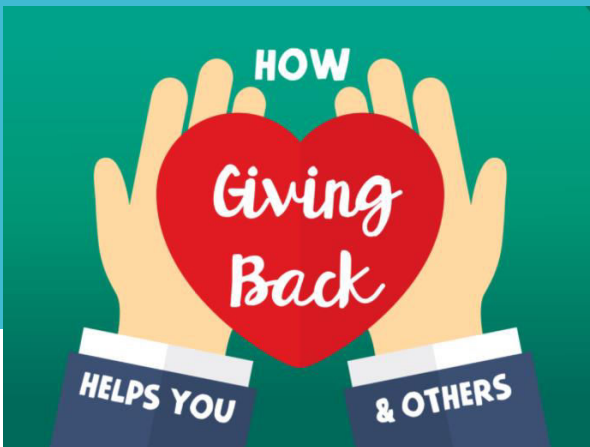
Ways to give back to others:
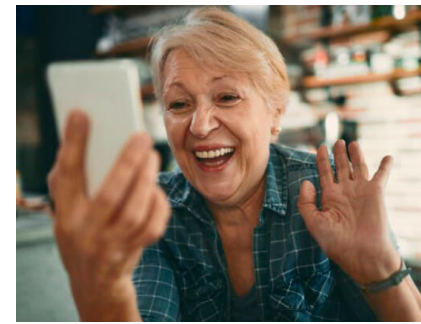
- Phoning an elderly or lonely relative

- Donating to a food bank

- Donating any unwanted clothes to charity.

- Making other forms of donations to charity

- Checking up on friends as anyone can be struggling with their mental health, especially during lockdown.

- Supporting local businesses who are likely to be suffering as a result of the pandemic, so maybe consider a small business next time you're about to purchase from Amazon, or a local takeaway instead of Dominoes.

Make sure that anything you do is within the lockdown government guidelines
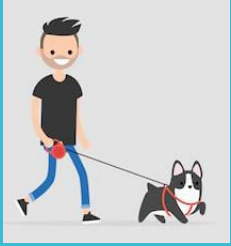
Walk the dog

Take the bins out

Have a conversation

Play a game

Have a movie night

Help with chores

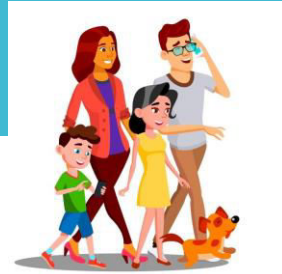Help with cooking

Give time to your household

Eat together

Giving back to others – your household

Mow the lawn

Show your household that you care about them

Have a virtual meet up with extended family

Go for a walk

21 for 2021 challenge