



Give

Seeing yourself, and your happiness, linked to the wider community, can be incredibly rewarding and creates connections with the people around you.



Give...

Joining in a club or group or giving your time to help others could give you a massive boost.

People who are interested in helping others are more likely to feel happier more of the time.

Giving an act of kindness once a week over a six week period is believed to increase wellbeing:

- ☐ Do something nice for a friend, or someone you don't know so well
- ☐ Thank someone
- ☐ Smile
- ☐ Volunteer your time (if this is possible and safe for you to do so)
- ☐ Join a club or group (Virtually at this current time)
- ☐ Give some time to yourself

What do you currently do to Give?

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What could you do to Give more?

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Here are a few activities you can do at home that can benefit others as well as yourself

Create a family Gratitude Jar



There are lots of examples and ideas on Pinterest or we've shared a link here to help get you started. Research has shown that practicing gratitude helps us notice the good in our lives. If we write these down, then read again later this helps re-live these positive feelings helping us feel happier.

<https://blissfulkids.com/mindfulness-kids-teens-gratitude-jar-aka-treasure-jar/>



Thankful Quilt – record messages of what you are thankful for onto squares of material or coloured paper then piece them together, either sew or stick and display within your home.

Pebble Decorating - with words, sayings, messages or images of gratitude. Leave outside your home to share with others or place at the doorway of family, friends or neighbours as a random act of giving whilst out on your daily exercise.



Notes of Thanks – write messages of gratitude and thanks to others whom you live with and leave them around the home to be found unexpectedly. Gratitude is more powerful if you can be specific in your thanks. For example – 'Thank you for putting your shoes in the cupboard' is more effective than 'Thank you for that'

Charity - If you can do so, why not buy an extra product to donate to your local food bank whilst your shopping. Most of the large supermarket stores have a local food bank donations area in their stores. Or choose a local or national charity to donate to.



What can the brain reveal about Gratitude?

'The regions associated with gratitude are part of the neural networks that light up when we socialize and experience pleasure. These regions are also heavily connected to the parts of the brain that control basic emotion regulation, such as heart rate and arousal levels, and are associated with stress relief and thus pain reduction.'

Read more from this article through the link below -

https://greatergood.berkeley.edu/article/item/what_can_the_brain_reveal_about_gratitude