

Action Steps for  
Health & Happiness

# Be happy through giving

Helping others releases endorphins in the brain and boosts happiness for us and the people we help.

Research consistently suggests that people who volunteer are more satisfied with their lives and have better mental well-being.

- Donate household goods and clothing.
- Volunteer at a soup kitchen or food bank.
- Donate blood. It could save a person's life.
- Maintain a "Thanksgiving Day" attitude all year long.

