



Taking time to connect with others deepens supportive relationships and creates positive experiences that help bolster your mental health.

What's more, these acts of kindness will help others, too.

# Gift of Time

Consider giving gifts of time to those you care about.



**Step 1:** Think about what the person means to you. How do they support you and enrich your life? It could be a family member, a friend or a coworker.

**Step 2:** What could you do for this person that requires nothing more than your time? Consider what would truly help this person in a meaningful way.

**Step 3:** Your gift of time might involve doing something with or for them. Examples include sharing a meal, doing yardwork for them, or providing babysitting or caregiving so they can enjoy some personal time.