



Gift of Time

Consider giving gifts of time to those you care about.

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.



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.