



Helping Others Helps You, Too

Helping others is one important way to strengthen relationships.

Studies show the feel-good part of your brain gets a boost when you regularly lend a hand to others. This connection may also help add a sense of purpose to your life.



Expand your kindness horizons. Strive to help others in ways that are new to you. Remember, all acts of kindness matter, big or small.

Volunteer. Find a good match for your interests. For example, if you like to read, consider volunteering at a library or school. If you like to garden, help out at a community garden.

Search online. Visit a volunteer networking site online to find your way to help others.

Take a first step. Buy a coffee for another person in line or let someone get on the bus ahead of you.