

## Importance of Helping Others

Helping others has a dual benefit. Not only does it provide support to those on the receiving end, it makes you, the helper, feel better too.

**Emotional Well-Being** - altruistic behaviors can have a profound effect on a person's emotional well-being. Helping others improves social interaction, distracts people from their own problems, and improves self-esteem and competence.

**Physical Well-Being** - helping others leads to increased social integration which allows people to lead more active lifestyles. It reduces stress and its associated negative impacts on the body, and it can boost a person's immune system which helps ward off disease. Studies of older people have shown that those who help others live longer, and presumably happier, lives than those who don't.

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**“To promote volunteerism and the joy of serving others, we’re taking away your paycheck for 30 days.”**

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