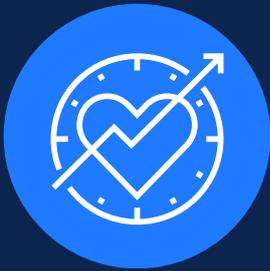


Helping others



Helping others can reduce stress, make you feel happier, and even extend your life expectancy.

Volunteering or helping others can give us a greater sense of purpose in our life.



If you're short on time but want to help others, donating a small amount of your monthly income to charity has been shown to boost happiness levels.

You don't need to be rich to help other people: giving your time, energy or ideas is just as impactful as giving money.



Feeling burdened or under pressure isn't good for your wellbeing, so when helping others, try to do it in a way that you enjoy.

Helping others puts us in a 'virtuous circle': when we're happier, we tend to give more, and giving makes us happier.



Performing a random act of kindness, or a thoughtful gesture, can positively impact our own mental health.

Dedicating some time to advise a friend on their new business plan, or to share skills with a colleague, makes us feel more competent.



Helping other people meets our most basic human need for relatedness.

Volunteering takes our minds off our own worries, and makes us feel more grateful for what we have.

