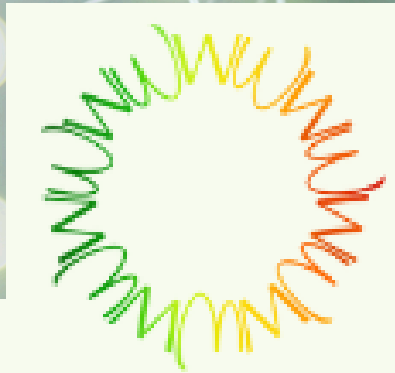


# Weekly Wisdom

*Grow the Green for You and Your Team*



*"No one has ever become poor by giving." -- Anne Frank*

## Feeling Good by Doing Good

This is a great time of year to remember that if we want to improve our well-being, we should spend our money, time, or energy on someone else.

Donating, volunteering, giving blood, and being kind to others benefits both the giver and the receiver.

"Finding joy in helping others is fundamental to who we are as a species." And when things are hard, helping people around you "may be actually one of the best things you can do."

The research on altruism is fascinating. Kids who gave away their Goldfish crackers appeared happier than when they were *given* the crackers.

Cancer patients experienced a respite from chronic pain after performing altruistic acts.

Acts of giving improve mood and well-being. Small acts of kindness can change how we think about ourselves as a person and our beliefs about the world in general.

Start now. There's no need to wait!