



WAYS TO 2020 WELLBEING



01

WHY GIVE?

When we give to others, it activates the areas of the brain associated with social connection, pleasure and trust. Giving releases endorphins in the brain and boosts happiness for us as well as the people we help. Scientific studies show that helping others:

- ✓ Boosts happiness,
- ✓ increases life satisfaction,
- ✓ provides a sense of meaning,
- ✓ increases feelings of competence,
- ✓ and improves our mood and reduces stress.

It can help to take our minds off our own troubles too! Even the smallest act can count, whether it's a smile, a "thank you" or a kind word. Larger acts, such as volunteering within your local community, or contributing to global causes can also make a difference to the life of others and your own.

CLIPS FROM OUR COMMUNITY





- ▶ Students, CMC and headspace staff talk about Giving and Helping Others.
- ▶ Who are Mercy Works?
- ▶ Update from Mercy Works in PNG.
- ▶ Paying it forward.

[WATCH VIDEOS](#)

02



03

GET INVOLVED & HELP OTHERS

-  Pay it forward- take the challenge to do an act of kindness or a good deed each day this week for someone and expecting nothing in return but for them to pass this on to someone else. [Click here for lots of ideas to pay it forward this week](#)
-  Are you 18 or over, healthy and weigh over 50kg? Then maybe you could consider donating blood! The blood you donate can be made into 22 different medical treatments, and each donation can save up to 3 lives. [Click here to find out more about donating at your local Australian Red Cross centre.](#)
-  Support the amazing work of Mercy Works. Gifts of Mercy – Show people you care for them and for those in need.
-  Giving thanks to others - keep checking SIMON this week for news on this activity.

[SIGN UP](#)

TOOLS & RESOURCES

-  [Mercy Works website](#)
-  [Why volunteer? Explore options in your community.](#)
-  [CMC Wellbeing website](#)

[VISIT WEBSITES](#)

04