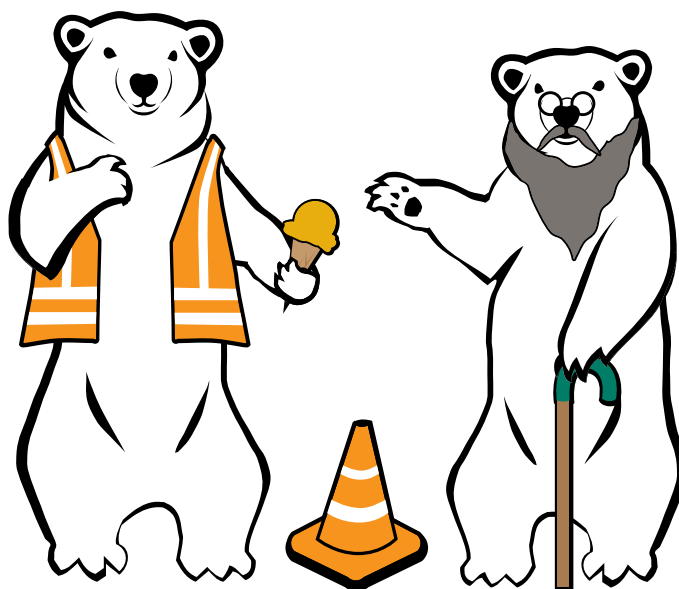




# Intentional Acts of Kindness: The Helper Effect



*"We rise by lifting others."*

When you are feeling like the world is against you, one of the best things you can do for yourself is help others. There are many people who need help — by connecting to something larger than yourself, you can feel less alone in your suffering. **Here are three ways you can make meaning by serving others:**

- **TIME** : Give your time by offering your support to someone or volunteer for a cause you believe in.
- **TALENT**: Mentor someone. Help another with your creative, intellectual, physical or organizational skills. Take your signature strength and make the world a better place.
- **TREASURE**: Donate to a charity you care about, even if \$1.00 is all you are able to give. Buy the person behind you a cup of coffee when you are in line at the coffee shop.



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