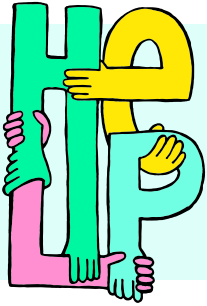


# Helping Others



“THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS.”

MAHATMA GANDHI

## When you help others, you help yourself.

Next time your family needs groceries, consider also picking up supplies for an elderly neighbour. By reducing our collective outings, we can protect vulnerable members of our community.

You might even experience “helper’s high”—a feeling of energy, inner warmth and calm created by a release of endorphins in the brain. The phenomenon was first identified by Allan Luks when he surveyed more than a thousand volunteers on the connection between altruism and health.

Think about how you would finish this sentence:

**Today I will help by...**

---

---

---

---

## DID YOU KNOW?

Researchers have observed the neural golden rule:

*“The more we tend to vicariously experience the states of others, the more we appear to be inclined to treat them as we would ourselves.”*

