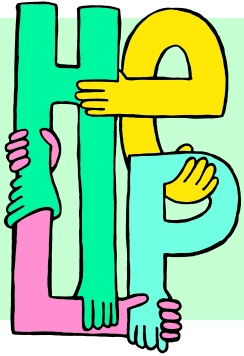

Helping Others



WE ARE HELPFUL BY NATURE. HELPING OTHERS TURNS ON THE PART OF THE BRAIN THAT BOOSTS OUR WELL-BEING. RESEARCH SHOWS THAT HELPING OTHERS MAKES US HAPPIER.

Discussion Questions

1.

Can you think of a time when you witnessed someone helping someone else (or helping you)?
What was the outcome?

2.

Think of a time when you helped someone who needed it.
How did you feel?

3.

List some ideas for how you could help others this week.

Take Action

For example, offer to help someone with a project they are working on. This week, I will help in my workplace by:

