Give to Others

The smallest acts of kindness can give us a sense of purpose and improve our mental well-being. Helping others makes us feel happier and more satisfied with life. Our thoughts and actions can have a positive impact on our well-being.

Say thank you to someone for something they have done.

Offer to lend a hand if you see someone struggling with something.

Give a compliment or say something kind.

Volunteer to help out, like playground buddy or school council.

Listen to a friend who needs support or advice.

Arrange to do something with a friend or relative.