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How Helping Others Helps You

Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Don't feel like you have to make grand gestures or huge time commitments. Sure, helping can mean serving meals at a homeless shelter every week. But it also can mean:

- Calling a friend to see how he / she is doing
- Serving your spouse breakfast in bed
- Letting a car in front of you on the highway
- Smiling at a stranger in the street
- Holding the elevator door for your co-worker



Looking for ways to Volunteer? Invest in finding the right match... If you like to:

- Read... consider volunteering at a school or tutoring program
- Work outdoors... try volunteering to clean up a local park
- Speak another language.... perhaps work with immigrants
- Work at home... make fundraising calls
- Play sports... volunteer as a coach
- Promote health... try a local hospital or clinic

The 10 Tools. These proven tools can help you feel stronger and more hopeful.

1. Connect with others
2. Stay positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it

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HOW TO SE YOUR EAP:

ERC is your company's Employee Assistance Program (EAP). For additional information, visit our website www.ERCincorp.com or simply call 1-800-222-8590.