

## WEEK 40 FOUNDATION MINUTE – THE SCIENCE OF HELPING OUT

This past week **The New York Times** featured an article which validates the feelings we have when helping others. To quote from the article:

At a time when we are all experiencing an extraordinary level of stress, science offers a simple and effective way to bolster our own emotional health. To help yourself, start by helping others! Much of the scientific research on resilience – which is our ability to bounce back from adversity – has shown that having a sense of purpose, and giving support to others, has a significant impact on our well-being.

The author, Adam Grant, states that one of the best anti-anxiety medications is generosity. The great thing about showing up for other people is that it doesn't have to cost a whole lot or anything at all, and it ends up being beneficial to the giver. Our bodies and minds benefit in a variety of ways when we help others. Both giver and receiver benefit whether the support is large or small, whether monetary or time; it can be as simple as a phone call, giving advice or just lending a listening ear.

Helping others helps us to regain our sense of control and to regulate our own emotions. Those with resilience find meaning and purpose in helping others in need – simply helping a neighbor or doing shopping for someone will benefit not only the person you helped, but will bring you benefits too.