Chapter 8

Giving Back

S1: In this video, we'll talk about giving back.

S2: In a world where everyone is fighting a battle we have no idea about, it is important for us to be nice, generous and kind to everyone around us.

No matter how tough you think your life is there's always someone who has to face challenges that are even tougher than yours.

S3: Giving back is easy and incredibly rewarding. It is one of the most important and valuable things we can do.

Often times, we have no idea what a difference we can make in the lives of others, that what we do can change someone's life for the better.

S4: Have you ever noticed that the happiest people are also the ones who bring the most happiness to others?

S5: Giving back not only brings happiness to those around you but also to yourself. Studies show that giving increases fulfillment, happiness and purpose in the life of the giver.

S6: There are many ways you can give back to your community. You can give back through charity, volunteer groups, non profit organizations etc. You can simply give back by giving your time, money, talent or resources. No matter how you do it, giving back to your community will touch many people's lives.

S7: "We make a living by what we get, but we make a life by what we give." ~Winston Churchill

S8: Here are 10 ways you can give back to your community:

1. Volunteer at a Hospital
2. Volunteer a Senior Center
3. Volunteer in your local food bank
4. Donate blood
5. Fix and Serve Meals

S9:

6. Go Green At The Community Garden
7. Organize a Yard Sale for Charity
8. Run for good cause
9. Donate things you don't need
10. Share Your Skills

S10: Now that you already know the ways to give back to your community. Of course, if you are clueless of the PURPOSE and the perks of giving, you'll never do it at all. So, let's move on to talk about the 5 big benefits of giving.

S11: 1. Giving makes us happier

Number 1, giving makes us happier. Often times people only think that they are happy because they receive something from others. However, this is not true.

S12: Did you know that the GIVER is the one whom felt immense joy, happiness and fulfillment from his or her simple act of giving?

Researchers have found out that the brain acts similar to when your cravings are satisfied. The midbrain region of the brain lit up and this is the area of the brain that is responsible for our pleasure rewards or cravings, showing the link between giving back and pleasure.

Think about it, how would you feel when you're able to help a homeless man get back onto his feet, get a home, get his life back and he's eternally grateful to you?

Our brains are wired to derive pleasure from giving.

S13: Studies show that we feel greater sense of happiness when spending our income on others(buying gifts or donating) as opposed to spending on ourselves.

S14: The best way to find yourself is to lose yourself in the service of others."- Mahatma Gandhi

S15: It does not have to be in the form of money but time. For instance, volunteering at your local school by tutoring the students or help to build a house for homeless.

Little things like that could mean a lot to the receiver.

And don't be surprised if you find yourself benefiting from a big dose of happiness in the process.

S16: 2. Giving is contagious

Number 2, giving is an extremely contagious action – in a good way. Only when you experience the joy, the fulfilment in giving, you can't help but to give more!

Did you know that your one act of generosity does not only help the immediate recipient of your gift but could encourage hundreds of people to do the same? Giving creates a ripple effect of generosity through our community. This encourages others to behave generously as well.

Never underestimate the power of giving. Life is about giving.

The more you give and, spread your passion for giving to others, the more others will give.

S17: Your gifts today can inspire others to be generous tomorrow.

S18: There are so many people out there needing your help. It doesn't have to be money because not everyone has the funds to spare; it can also be the time you are willing to spend with them. Give your time. It's a priceless gift.

Kids won't know how much money, if any, you contribute but they will remember the time you shared. They want to spend quality time with you.

Give good intentions. Increase the amount of positivity around you.

S19:

3. Giving is good for our health.

Number 3, Giving triggers dopamine levels in your brain and releases endorphins and that can increase optimism, make you happier and decrease stress or anxiety levels.

Studies have shown that generosity and giving are actually good for your emotional and physical health.

It gets us excited, energized and healthy in so many ways! You can easily boost your immune system when your system is flushed with so much goodness, and it all comes from a simple act of giving.

S20: The effect has been called "giver's glow" or "helper's high". This doesn't just apply to donating money. This also applies to volunteering and selfless acts. Volunteering in particular can decrease stress and it can lead to an overall greater sense of wellbeing and quality of life.

S21: One study shows that volunteerism reduced mortality rates. Giving is also good for your physical health. It can lower your blood pressure and actually receiving a gift and grateful for it can improve your sleep and lower your stress level.

S22: 4. Giving promotes cooperation and social connection.

Number 4, giving also promotes cooperation and social connection. Let's be honest, nobody likes those who takes all the time but never give back.

Like it or not, we label them subconsciously as stingy, selfish, greedy and cheap! So you don't want to be one of them. Instead, choose to give in order to promote better social connection and cooperation with others. Want to know a little secret on how to win friends? GIVE!

As mentioned earlier, when you give, you create a ripple effect of generosity through our community. Your generosity is likely to be rewarded by others down the line; sometimes by the person you gave to, sometimes by someone else. A sense of trust and cooperation are promoted through these exchanges that strengthen our ties to others.

S23: Research has shown that having positive social interactions is central to good mental and physical health.

What's more, when we give to others, we don't only make them feel closer to us; we also feel closer to them. One of the best approach to mental well-being and building new relationships is to give one's time to others in need.

S24: Through small acts of giving such as volunteering to cook for the homeless, tutor in a local school, delivers a reason to live and a sense of purpose to lonely people.

By giving one's time is also a way of giving back to the community. Individuals who give back tend to feel happier, satisfied and whole.

S25: 5. Giving evokes gratitude.

Gratitude is a feeling being thankful and appreciation for anything that has happened in your life. This feeling can be both intrinsic and extrinsic.

Meaning, the feeling of gratitude can arise within you or from an act of kindness from others.

S26: Simply said, the simple act of GIVING can actually evoke the feeling of gratitude in others. If you're a person who practices gratitude regularly, you can choose to feel that way whenever you want for any simple reasons.

S27: However, I want you to take a moment and think of the times when you felt immense gratitude and appreciation.

Often times it was because someone gave you something - whether it was in a form of object, love or a simple act of kindness or humbleness. Simply said, a simple act of 'Giving' is the easiest way to evoke gratitude. Don't get me wrong for saying this. We don't demand others for feeling that way just because we gave them something. But try to think of what it made you feel within when you choose to give, instead of taking.

S28: Truth is, gratitude comes to both ways. One will also feel incredible joy and an enormous sense of gratitude when they choose to give. Feeling thankful for having so much and being able to give.

Feeling appreciated by all the good things you're blessed upon with so life that you're able to share that with others. Feeling of joy for being able to put a smile on the face of others.

S29: Millionaires are not takers. In fact, almost all the Mega-Rich in the society today are givers. Can you name me a Billionaire today who isn't a philanthropist?

The rich understands the power of giving. It's not only because of the good karma they'll receive, but the immediate sense of gratitude they feel within when they give. Not to mention the bond they're able to form with others through a simple act of giving. Believe it or not, this certainly opens up unimaginable opportunities in the future!

S30: So, always learn to give! And trust me, the universe has it's mysterious way to reward you in return.