

November Mental Health and Wellness Theme:

Giving Tuesday - November 28

To celebrate Giving Tuesday, we are encouraging everyone to use November to think of how you can give - donation to an important charity, a hug to a friend, a cup of coffee...

Four reasons to begin a tradition of giving: Click [here](#) for more information

- 1. Giving makes you feel happy.** Your brain's pleasure circuits are stimulated by acts of charity and release "good feeling" chemicals such as endorphins, which give you a sense of euphoria, and oxytocin, which promotes tranquility and inner peace.
- 2. Giving is good for your health.** Stress is the catalyst for many known health issues. Giving has been proven to decrease blood pressure and reduce stress. This reduction promotes longer life and better health.
- 3. Giving promotes social connection.** Studies show that when you give to others, your generosity is often continued down the line to someone else, or returned to you. This strengthens our ties to each other.
- 4. Giving is contagious.** When one person gives, it inspires others to do the same.

Click [here](#) to read "Giving to Others Can Help You Live a Healthier and Happier Life"

Acts of kindness result in health benefits that can:

- Lower stress levels
- Reduce the risk of cardiovascular disease
- Boost your immune system
- Lengthen your life span



