

Monthly Health Challenge™

Help Other People



CHALLENGE
Volunteer, give service, and look for ways to help others

Requirements to complete this Health Challenge™

1. Read "Help Other People."
2. Practice helping other people on at least 22 days this month.
3. Keep up this practice for a lifetime of best health.



Five-year-old Washington resident Kylie Beckett stared out the car window as her parents drove through town on a cold, winter day. When they stopped at an intersection, she noticed a group of homeless people. Two people were standing around. One was lying on a bench. Something about that

didn't seem right to Kylie. And she told her parents she was going to do something about it.

The next time Kylie took a trip to the store, she brought along her life savings of \$30. She spent all of it on a few pairs of gloves, scarves, and winter hats. When she got home, she went to work. She carefully gift-wrapped each item, and wrote a note of encouragement to go with each one. Then she asked her mom to take her back to the area where she saw the homeless people. With her mom at her side, Kylie happily handed out the gifts.

You don't have to look far to see someone in need. Everybody has challenges, ups and downs, good days, and bad days. And you can do something to lighten their load. It doesn't have to take a lot of time, effort, or money, but you can make a difference. And studies show that when you help others, it has a positive impact on your mood and your health.

Take the month-long health challenge to volunteer, give service, and look for ways to help others.

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

Take the Kindness Quiz. Find out if helping others can improve your health.

- Y N
1. Do you ever feel stressed out?
 2. Do you ever feel depressed or unhappy?
 3. Do you ever feel unsatisfied with life?
 4. Do you want to reduce your risk for heart disease, diabetes, and obesity?
 5. Do you want to improve your relationship with others?



If you answered "yes" to any of these questions, you could benefit from helping others. When you do, you feel happier and appreciate life more. Studies show that you can even reduce stress and lower blood pressure when you volunteer or help others. It is good for your brain, your health, and your community.

Be Happier By Helping Others

When you share your time or talents, or just do something that helps someone else, you're making a difference. And it's not just for the other person. Research shows that helping others is good for you in a variety of ways.

In a recent study, researchers tracked more than 3,000 volunteers. About 95 percent of them said they were happy to lend a hand. Why? Many said they felt a sense of personal satisfaction, inner peace, and self-worth for days after doing good.

Give Service to Beat Stress

Researchers found that helping others can release endorphins in the brain. This is important because they help reduce stress and make you feel good. Health problems such as headaches, muscle pain, and high blood pressure have been linked to stress. Stress is also a factor that can lead to heart disease, diabetes, and obesity.

In the study, the mental and physical benefits of doing good increased the more the volunteers helped others. Doing good matters.

It's something Kylie won't soon forget. Now friends, neighbors, and total strangers are part of Kylie's Project and help many more homeless people every year. If a five-year-old can make a difference, so can you. And it's easier than you might think.

Making a Difference Starts with You

Discover who you are and what motivates you. Develop a passion. Find something you feel strongly about. For example: a charity, a cause, or a belief system. Or just look for chances to do something special for someone else in your community.

The following list of ideas can help you get started:

In Your Home and Community

- Volunteer at a local hospital.
- Read stories to schoolchildren.
- Donate to a food drive or charity.
- Donate a book to your local library.
- Clean house for a friend.
- Babysit for parents with young children.
- Serve food at a local shelter.
- Donate used clothing to charity.
- Bake cookies and deliver them to a friend.



100 ways to make a difference in your community
tinyurl.com/y75sngw8



- Adopt a pet from an animal shelter.
- Adopt a road and go on litter patrol.
- Pay for music lessons for a low-income student.
- Volunteer as a tour guide at an historic site in your community.

- Donate blood.
- Weed a neighbor's garden.
- Write a letter to a friend or family member.
- Give your spouse a foot massage.
- Wink or smile at your children.
- Kiss your children.
- Treat a co-worker to lunch.
- Mow your neighbor's lawn.
- Make dinner and invite a friend over.
- Listen to your children.
- Do someone else's chores for the day.
- Write thank you notes.
- Throw a party for someone.
- Call a friend to let them know you're thinking about them.

4 benefits of volunteering
tinyurl.com/p5gqdra



"Alone we can do so little. Together we can do so much."
– Helen Keller

"No one can do everything, but everyone can do something."
– Unknown

Other Ways to Make a Difference

- Say thank you.
- Pay the toll fee for the car behind you.
- Let other drivers in front of you.
- Listen more.
- Hold a door open for someone.
- Compliment others.
- Smile at people you pass.
- Help a stranded driver.
- Give directions to someone who is lost.
- Give up your seat on the bus or subway when it's crowded.
- Return your shopping cart.
- Share an umbrella with someone standing in the rain.
- Let someone go ahead of you in line at the grocery store.



When you give service, you're changing the world for good in a small way. And it's just not the other person who benefits. Helping others improves your physical and mental health in positive ways. What can you do today to make a difference?

Sources: American Psychological Association.; Harvard School of Public Health.; Journal of Social Psychological and Personality Science.; Psychological Bulletin.; Random Acts of Kindness Foundation.; Volunteers of America.





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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you practice helping other people.
3. Use the calendar to record your actions and choices to make helping other people a regular part of your life.
4. At the end of the month, total the number of days you practice helping other people. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
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HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	

_____ Number of days this month I practiced helping others
 _____ Number of days this month I got 30+ minutes of physical activity

Other wellness projects completed this month:

Name _____ Date _____



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