
TIP SHEET: GENEROSITY



Generosity is the willingness to give without expecting anything in return. It's important for us to be willing to give our time, money, food, or kindness to those around us because there is always somebody who needs or would appreciate something we can provide.

EVERYDAY TIPS FOR PRACTICING GENEROSITY

- **Give your time:** Volunteer to help out at a local shelter or read a book to a child.
- **Donate:** When possible, donate to a cause you believe in. Give your change to or buy groceries for someone less fortunate.
- **Share:** Share a home-cooked meal with a loved one or neighbor.
- **Be kind:** Share a smile, a compliment, or listen to someone when they need an ear.

Although being generous isn't about expecting something back, the benefits of being generous might paradoxically compel us to be more giving. By being generous we:

1. Strengthen our relationships
2. Improve our physical and mental well-being
3. Facilitate the creation of a positive outlook on life

Furthermore, we can all benefit from practicing *self-generosity*. We must take care of ourselves first and foremost, as we can't expect to be ok all the time. It's important to give ourselves the space to grow and time to heal.

If you're stressed, take a bath, treat yourself to something you enjoy. Remember, it's not selfish to say "no" to plans to spend time with ourselves.

If we take care of ourselves, we are in a better position to take care of others.