

WINNING WAYS TO WELLBEING



Give – Tukua

**your time – te wā ki a koe, your words – ō kupu,
your presence – ko koe tonu.**

Giving is more than just the sharing of material things with others. It is about cultivating a spirit of generosity and promoting active participation in social and community life. Volunteering and community involvement has been strongly linked with positive feelings **and functioning. Helping others, sharing one's skills and resources, and behaviours that** promote a sense of purpose and team orientation have been found to help increase self-worth and produce a positive emotional effect.

Giving is important for all age groups. It helps develop strong social cognition in children, a sense of purpose and self-worth in adults and particularly older people who have left the workforce and have time to offer.

Do something nice for a friend, or a stranger. Thank someone, smile, or volunteer your time by joining a community group. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connection with the people around you. It feels good to give and everybody has something to offer. How will you play your part?

- Give a smile away!
- Do random acts of kindness
- Give a compliment – acknowledge what someone in your life has done well.
- Help with school working bees and fundraisers.
- Donate old toys, books, sports equipment, clothes etc to a local charity.
- Take opportunities to support and advocate for groups, friends, family or neighbours in need.
- While driving, stop to let a car into the traffic.
- Offer to mow the grass verge of your neighbour.
- Join a community clean up day - could be a local stream, river, beach or park - or a tree planting project with friends or family
- Offer to help an older neighbour with their wheelie bins on rubbish/recycling days.
- If you have fruit trees pop your excess fruit out on the street with a "help yourself" sign.