

Good morning and happy Monday team!

I hope you all had a great Christmas break spent with loved ones! Hopefully, everyone was mindful of self-care to recharge for this semester. I am excited to be back with you all at this great place. This week, let's all think about altruism.

For this post, I want to tell you all a quick story about author, Tina Boogren.

On a work trip where everything was going horribly wrong, I approached the airline counter with tears in my eyes. The gate agent looked at me with sincerity and softly said, "I'm here to help." Those four simple words of kindness nearly melted me. I was able to catch my breath and accept help. **Being kind, or giving to someone, actually decreases stress and enhances mental health.** As I move about my days, I try to consciously engage in acts of kindness much like this gate agent did for me. Since setting this altruistic intention, I find myself having more good days than frustrating days, and I keep my eye on the good in the world rather than getting bogged down by the ugliness.

This week's invitation: **Commit one altruistic act every day.**

This week, you could choose one idea and use it every day, or mix it up.

- Clean up for others: Pick up litter. Rake your neighbor's yard. Help a colleague clean up his or her office.
- Communicate: Call friends and tell them something positive. Simply, check in on a loved one.
- Share Positivity: Post a sticky note of positivity somewhere.
- Give what you can: Give people sincere compliments. Give food and possibly clothes to people that need them.
- Reward Someone: Spring for someone else's coffee. Leave a generous tip.

Reflect on the week:

1. When and how did you incorporate altruistic acts of kindness into your schedule this week?
2. What act was your favorite?
3. How did others react to your altruism?

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

- Mother Teresa

Peace,
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

