

## The Gift of Giving

What comes to mind when you think of the holiday season? Is it merely shopping, eating, partying or watching football?

Grant yourself the gift of giving. When you give of your time and attention, people around you see how contented you are. A generous spirit is a huge attractor. A random act of kindness is contagious and the difference you make for someone else brings its own benefit. The ability to make someone's day releases endorphins, those feel-good chemicals that automatically make you noticeable.

There is magic in doing something special for someone. When someone goes out of their way to help you, you typically have that *"Good Feeling"* no one can explain.

When was the last time you helped someone without expecting anything in return? Consider ways to demonstrate kindness:

- If you know of someone who will not be able to go home this holiday season, invite them to your home to share a special meal. It can really make a difference for the person you invite.
- Invest time with a friend. Add a dose of joy to the life of someone who is sick by visiting or sending a card.
- Acknowledge others. Find opportunities to give compliments. It costs nothing, takes no time and could make someone's entire day. Don't just think it. Say it.

The gifts we cherish are personally meaningful when they are experienced. Life is all about relationships, so let's make a conscious effort every day to make others feel special.

Give of yourself this holiday season. EASE has counselors if you want to talk 1-800-882-1341.



*"Strength is the courage...to reach out!"*