



» Generosity

Offering others a gesture of kindness certainly is good for them and it is good for you! What research finds is that those people who engage in acts of generosity see benefits to their well-being by turning down their anxiety, increasing their happiness, reducing stress and inflammation, controlling their blood pressure, and increasing longevity.

And generosity doesn't have to be a big thing. The more directly we see how our personal efforts impact someone else, the more we personally gain. How you personally show up and help direct reports, co-workers and peers, especially during these trying times, works wonders. Giving of yourself by offering compliments, smiling, listening more, sending someone a note of thanks and gratitude doesn't take a lot of time or money. You can help your team be more generous. "Adopt" a family to support in your community, reach out to another department to work on a joint-project, or close team meetings with each member sharing what went well during the conversation.

Mentoring is a wonderful way to be generous by sharing your experiences and expertise. Give someone the gift of learning from what you already know or being a good listener and help them find their own path. This sensitivity to others allows us to be more sensitive to ourselves. And generosity is a natural confidence builder. By helping others, we focus on them and in return build our self-image.

Investing in acts of generosity for others is one of the elements of Richie Davidson's Well-Being Model: **Resilience, Positivity, Mindfulness, & Generosity.**

Make a commitment to give to others and of yourself!

