The Bearcat Way

Giving

FEBRUARY

Offering Support To Benefit Others



You have probably heard, "it is better to give than to receive." In a society that puts a lot of emphasis on receiving, we believe it is important to emphasize giving. Giving support to others is something we can all do. It can be done by volunteering our time to assist at a local food bank or organization in our community. Offering to carry something for someone who has their hands full is a kind yet simple way to offer support. Supporting others can also benefit our own mental health and wellbeing. It can reduce stress as well as improve our mood, self-esteem, and happiness.

We can all benefit from looking for more opportunities to serve those around us. So smile more, lend a hand, give time, gifts, and compliments. It's good for your health and for those you are giving to. Giving is offering support to benefit others...**This is the Bearcat Way!!!**

Try This!

LISTEN to the needs of others. Seeing others' needs means looking *and* listening. We look to see how to help in the moment and listen to know how to help in the future.

DO something kind each day. Offering support doesn't have to be big. It can be as small as holding open a door or helping someone carry something. Offering support can happen anywhere.

CELEBRATE others. Sometimes, the support others need is our encouragement. Celebrate others so they know you support them.

Reflections

- How have you offered support to others today, this week, or this month?
- How have others offered support to you in the last month?
- What is a need that you see in your family, friends, or neighbors?
- How can you help to meet that need?
- Why is supporting others so important?