

'Therefore encourage one another and build each other up, just as in fact you are doing.'



The Bible
1 Thessalonians
chapter 5 verse 11
(New International Version)

The NHS 5 steps to wellbeing say giving to others gives us a feeling of purpose and self-worth, but it is important to remember that giving does not have to involve money.

Ways to Give to Others



- Helping around the house – doing the washing up, hoovering, or picking up after ourselves.
- Writing a letter to a grandparent, family friend or neighbour.
- Popping round to visit someone who is on their own for a chat (making sure the appropriate social distancing is in place 😊).
- Helping with grocery shopping.
- Picking up the phone to say hello to someone.

Maybe you have some great ideas of your own;
why not jot them down here:

STOP and make sure you are looking after yourself. Remember that giving to others boosts your own wellbeing as long as you are looking after yourself and not trying to do too much.



Consider the following questions and write your thoughts and reflections for each one.

Am I rested?

Have I eaten well? Am I hungry?

Have I done any physical activity?

Have I recognised how I am feeling today?

Have I connected with someone I trust and can talk to?

Have I done something that I enjoy?