

Give

When we contribute to the wider community, we activate the areas of our brains associated with pleasure and reward. Giving helps to increase life and self-satisfaction, build a sense of purpose and positive outlook, and boost feelings of competence and happiness. Altruistic behaviour also increases our sense of connection, trust and cooperation, and helps strengthen relationships.

Giving is the act of freely parting with something and offering it to someone or something else. It can be expressed in words and actions, and involve giving material things such as money, or immaterial things such as time. Take a look at the ways you could start building the act of giving into your everyday life, and notice how your sense of wellbeing improves:

Volunteer your time and skills for a cause you care about.

Share your expertise by signing up to a mentoring scheme.

Offer a listening ear to someone you notice is sad, worried or stressed.

Treat a colleague to a coffee and a good chat.

Share your thoughts and knowledge in charity surveys.

Say thank you meaningfully.

Give praise or positive feedback to a colleague.

Reach out to someone who needs support.

Share a smile with a stranger.

Show gratitude towards those you love in a way you know they'll appreciate.

Donate your unused clothes or items to charity.

Give back to the environment by reducing consumption and reusing or recycling when you can.

Help support those in our pharmacy family facing challenging times by donating to the profession's charity. Text PHARM001 to 70970 to donate £5 or 70971 to donate £10. Thank you.

