

# Give

# Five Ways to Wellbeing



*“From what we get, we  
can make a living; what  
we give, however, makes  
a life.”*

Arthur Ashe

## in a recovery context

- The act of giving and kindness – small and large – are associated with positive mental wellbeing.
- When we give to others; this promotes a sense of trust and cooperation in our relationships. Through this, we strengthen our relationships with others making them more positive, which is key to good mental health.
- Giving to others helps us think about other people and takes our thoughts away from our own concerns to see the 'bigger picture'.
- Giving can really help us gain a healthier perspective about the world around us.

Consider the following questions:

- In what ways can you give?
- What do you give to others on a regular basis?
- Do you notice what it's like for you when you to give to others?
- What do you give yourself? How can you be more generous and appreciative to yourself?

- Giving a smile, a compliment, encouragement.
- Do something nice for a friend.
- Do something nice for a stranger.
- Thank someone.
- Volunteer your time.
- Give forward.
- Donate unwanted items.
- Feed the birds.
- Be active in your local community.
- Give thanks for the good in your life.

*“Attention is the rarest and purest form of generosity.”*

Simone Weil

Your attention is the most powerful thing you can give someone. When you are listening to someone, make sure your focus is only on them.

By practicing self-awareness, you can listen with greater care - not only to words, but also to the emotion and meaning that's being expressed.

Pay attention to your attention.



# Sometimes all that we need is..

WRITTEN BY @LUKASNOTES

time to take care of ourselves,  
love ourselves and nurture our souls.  
Sometimes all that we need is a little  
bit of time, time to reconnect with  
ourselves, time to get back that inner  
peace we lost somewhere along the way  
and time to get clarity we need.  
Take it step by step, one day at  
a time, and instead of judging  
yourself, forgive yourself, let go  
& give yourself love you deserve.

## sentence completion exercise

### Instructions:

Using the sentence stem 'Give yourself...' complete the following sentence constructions.

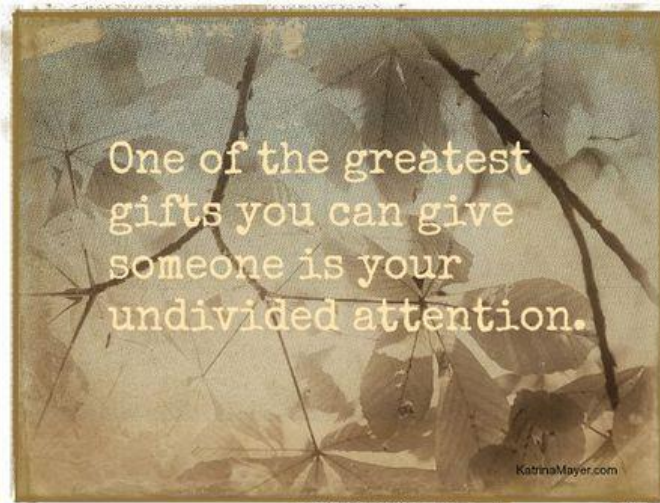
Give yourself...

- time...
- praise...
- space...
- permission...
- forgiveness...



“ Being kind is giving even when it seems like you have nothing to give. ”

- RAKtivist



give yourself some credit because you're doing great.

IT'S NOT HOW MUCH WE GIVE, BUT HOW MUCH LOVE WE PUT INTO GIVING.

MOTHER TERESA



YOUR GREATNESS IS NOT WHAT YOU HAVE, IT'S WHAT YOU GIVE.

First and foremost, self-love, and then give love away.

KATY PERRY

