

AccessEAP[®]

People in Focus



**GIVING IS
GOOD FOR YOU**

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Giving, and not just because it is the holidays, is good for us because it is enhances our life satisfaction, creates a dopamine rush and can keep you living longer.

The festive season can be a mixed time with lots to celebrate but also when loss can be magnified especially when families have been impacted by the past years' global pandemic. If you are feeling that the meaning of giving has gone a little off track during the holidays, here are some suggestions to think about:

1. Learn more about the HOPE

Program. Your organisation is indirectly helping vulnerable children and families via the HOPE Program just by choosing AccessEAP as your wellbeing provider. Find out more [here](#).

2. Get back to the meaning of what Christmas is all about.

It does feel like it is a holiday to celebrate the spiritual and the commercial, but the history

books tell us that it was about spreading joy and giving back to those in need. Do your research on charities and find ones that speak to your values and practice what they preach (there are many!).

3. Personalise your gift and make it meaningful.

Come December 1st, I turn into a baker and instead of buying gifts. I make Christmas cakes and yoyos. I get tins, ribbons and a recycled handmade card and write something lovely to those around me. By Christmas Eve I am cooked out but my friends and family love it.

4. Go for a locally made present this year and stand out from the crowd.

Many Australian small businesses could use our support.

5. Make a charitable donation online and save it on your google drive for tax time.

You could do that just before work one morning and feel the high for the rest of the day.

So, this festive season remember it's not what is under the tree that matters, it's who is gathered around it - Charles M. Schulz.

If you are feeling isolated and alone this holiday season or just overwhelmed by the sheer number of items on your to do list – reach out and give yourself a present this year by getting the support that you need. Happy Holidays.

This tool was created by Kate McPhee, Learning & Organisational Development Consultant at AccessEAP. AccessEAP is our EAP provider and can help connect you with clinical experts who can help you support your mental health and wellbeing.

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