Contribute to Community & Society

Sharing your knowledge, skills, time and/or resources in a way that helps others (eg. "paying it forward", volunteering, caregiving, advocating for others) (1)

Inspired by true stories...Research shows that helping others is GOOD for you!

#winterlove: I shared treats with my neighbours to distract myself from depression and suicidal thoughts. To my surprise, this simple connection was part of my healing process - Lisa (2)

#senseofpurpose: As a peer volunteer with chronic pain, I learned not only to help others, but to help myself as well. Seeing them change gave me hope and meaning - Anonymous (3)

What About You?

What are you currently doing?

What have you done in the past few years?

How do you feel about it? (Please circle)

Goal Setting

In the next ___________ months/year, I would like to:

To do this, I will need to:

Remember: What you do everyday matters to your health and well-being!
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Clinician Guide

**When?** This document can be used to empower clients to think beyond their own problems or limitations to identify strengths and talents that they could share with others.

**Why?** Research shows that altruism and contributing to others has a positive impact on health and well-being (4, 5).

**How?** The worksheet can be used with individuals or groups, to guide reflection on the importance of contributing to society. See below for questions to prompt reflection and goal setting for change.

What About You? - Reflection Questions

- Are you currently doing anything related to helping others or your community?
  - Describe (who, what, where, when, why?)
  - How satisfied are you with how you are currently contributing?
  - Benefits? Challenges?

- What have you done in the past few years to contribute to others that was meaningful to you?
  - What has changed?
  - Is there something from these past experiences that you would like to have in your life now?

Goal Setting Guide

- What could you do differently in your current routine to contribute to or help others?
  - How meaningful would this be for you? (7-point Likert scale low to high)
  - How much time would you like to commit to this? (Engagement)
  - How much choice/control do you have over making this change?
  - Could it interfere with other things you want or need to do? (Balance)

- What personal or external issues might get in the way of meeting your goal?
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References:


Other suggested readings:


