



New Pathways Wellbeing Circles

EXPLORING FOUNDATIONS OF WELLBEING

and how the theme impacts on various aspects of our life and contributes to our overall health and wellbeing.

GIVING

Hugs are actually so underrated, especially those hugs that are so tight you can literally feel the other person's heartbeat, and for a moment everything feels so calm and safe, like nothing can hurt you.

Unknown

Giving a hug is worth a thousand words. Giving a hug to someone in pain, can help to put many pieces back together.

Annette Subhani

The meaning of life is to find your gift. The purpose of life is to give it away.

Pablo Picasso

Let deeds, not words, be your adorning.

Bahá'í Writings

The simplest teaching given by the Aboriginals is to respect each other. Nobody is better than anybody else. Love one another, especially in these times of chaos. And I don't just mean the love between husband and wife. I mean the humanity love as well. And just the caring towards each other. No discrimination. No racism. Everybody is equal. And that is what God wants us to do.

You see we believe there is a God in heaven, just like everybody else. But we believe that God is the pure illuminating light of love. It's a Being. God's not a man or a woman. It's a Beautiful Being of love. And all humanity should know that and love each other that's the ultimate aim of humanity.

Lorraine Mafi Williams, Aboriginal Elder

The best way to find yourself, is to lose yourself in the service of others.

Mahatma Gandhi

Before giving, the mind of the giver is happy; while giving, the mind of the giver is made peaceful; and having given, the mind of the giver is uplifted.

Gautama Buddha

Whatsoever good you expend is for parents and kinsmen, orphans, the needy, and the traveller; and whatever good you may do, God has knowledge of it.

Islam, Qu'ran

No one has ever become poor by giving.

Anne Frank

Giving is not just about making a donation. It is about making a difference.

Kathy Calvin

It's not how much we give, but how much love we put into giving.

Mother Teresa

A story - An Anniversary She'll Never Forget

May 7, 2016, was to have been Yiru Sun's wedding day.

But two months earlier, Sun, a New York City insurance executive, called it off after refusing to sign a prenuptial agreement.

Trouble was, she'd put down a non-refundable deposit on a luxury hall.

So, working with non-profits, she threw a pre-Mother's Day luncheon for 60 underprivileged kids and their families, none of whom she'd ever met. Sun, outfitted in her wedding dress, mingled and watched kids eat ice pops and have their faces painted.

"I cannot be the princess of my wedding day," she told the New York Post, "but I can give the kids a fairy tale.

Unknown

Even more important than the warmth and affection we receive, is the warmth and affection we give. It is by giving warmth and affection, by having a genuine sense of concern for others, in other words through compassion, that we gain the conditions for genuine happiness. More important than being loved, therefore, is to love.

Dali Lama

Most people would agree that giving to others is a wonderful idea. It's a pro-social behaviour that shows kindness, empathy and support. However, there's also more to it than that; when you give to others it can have a direct positive effect on your own mental wellbeing. Small acts of kindness towards other people, or larger acts – such as volunteering in your local community – can give you a sense of purpose and make you feel happier and more satisfied about life.

Sometimes we think of wellbeing in terms of what we have: Our comfort, our income, our home, our car, our job. But evidence shows that what we do and the way we think actually have a far more meaningful impact on mental health and wellbeing. Positive mental wellbeing means feeling good – about yourself and the world around you – and being able to get on with life in the way you want. Helping and supporting other people, and working with others towards a shared goal, has been shown to be good for our mental health and wellbeing

www.livingwell.org.au

Life is a boomerang. What you give, you get.

Anonymous

Giving away money to feel wealthy

Just as expressing gratitude confers benefits, so too does giving to others. New research shows that people all around the world derive more happiness from spending money on others than they do on themselves. "For the first time, we show that giving away money or spending it on others confers the ironic psychological benefit of increasing the giver's sense of wealth." In a suite of new, not-yet published, studies, Michael Norton of Harvard Business School and colleagues showed that charitable giving makes people feel wealthier -- from helping with homework to shovelling a neighbours' driveway -- actually makes people feel that they have more time. "In fact, giving time away alleviates people's sense of time famine even more than receiving unexpected windfalls of free time." That people feel wealthier from spending money on others may explain why poor individuals tend to give away a higher fraction of their income than members of the middle class do. "Our results suggest when the poor give money away, that very act might mitigate their feelings of poverty," Norton says.

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At the end of the day, it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back.

Denzel Washington

Paying It Forward—Literally

Thirty years ago, my world almost fell apart. I had surgery, was fired, and was informed by the IRS that my employer had not paid employment taxes. After a few weeks, I saw a flyer about a Japanese festival. Although a physical and emotional wreck, I decided to go. There, I met a Japanese gentleman with whom I chatted for hours. A few months later, I came home to find a bouquet of flowers and a letter at my door. It was from that same friend. Inside the letter was a check for \$10,000 to help me through my rough patch. Sixteen years later, I met a family that had been evicted from their home and needed \$5,000 to close the escrow on a new house. Without hesitation, I handed them a check for the full amount. They call me their angel, but I remind them that I, too, once had an angel.

Hassmik Mahdessian, Glendale, California

There was this conversation I had with my fiancée wherein we were talking about knowing how much we should give. Here's how we concluded to give to others. If you don't need it, it doesn't cost you anything to give it. If it's extra, it's something you're not set on keeping. Giving til it hurts is giving something that costs you. It's giving away something you want. Something that still means something to you. Often when we give, we give when it's comfortable. When we have a little extra. A buffer, if you would.

But what if giving means that you'd have to give up one good meal a day?

Sean

We all know giving helps others, whether we volunteer for organisations, offer emotional support to those round us or donate to charities. But studies show that giving is also good for the giver – boosting physical and mental health. These include – lower blood pressure, increased self-esteem, less depression, lower stress levels, longer life, greater happiness and increased sense of purpose.

Scott Bea

Give yourself entirely to those around you. Be generous with your blessings. A kind gesture can reach a wound that only compassion can heal.

Steve Maraboli

Are you spending enough time giving?

Thank you for joining us this evening. Please reach out if you require additional support.

Have a fabulous summer and see you on
14 February 2024 when we explore the Power of Love

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