



The Spirit of Giving

Good for all of us

Giving and Wellness

How your giving elevates your health and well-being.



#1

You may have heard, "It is better to give than to receive."

Well it is! In studies where people were asked to give to others or spend money on themselves, the groups who gave were measurably happier.

Lift your mood. Want to improve your mood?

Try giving. You'll get a boost of feel-good endorphins – the same ones associated with a runner's high. Your mood will improve and you'll feel less stressed.

#2



#3

Want to be happier?

Be a giver. Studies indicate givers are happier than nongivers by 43 percent.

Live long and prosper

Research shows that those who give of time and resources had a lower risk of dying over a five-year period than those who didn't.

#4



#5

Feel more satisfaction.

In both rich and poor countries, people who give to charity report greater life satisfaction and created the same levels of happiness as doubling household income!

Pay it forward

When we give, we get a dose of Oxytocin, a feel-good hormone. This makes us feel more connected and empathetic to others.

#6



PeaceHealth
Foundations

Be healthier and happier, be part of the spirit of giving at
peacehealth.org/foundation