

**Seven Ways to Get the “Giver’s Glow”  
That Leads to a Longer, Healthier Life**  
*adapted from The Hidden Gifts of Helping by Stephen G. Post*  
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1. **Make it a practice to help one person every day.** Stick with this practice especially when you’re having a bad day.
2. **Mindfully keep a kind heart.** Each morning, ask yourself, “how can I best love the people I will encounter today?” Envision them, their needs, and how you might support them.
3. **Focus on giving behavior that draws on your talents and strengths.** Use the talents you possess, develop them as far and as deeply as they will go in the service of others. People tend to stick with helping others when they are doing things they feel they are good at.
4. **Contact groups whose interests you share.** If you think you are alone in your passion for a particular cause, think again. There are countless organizations looking for people who want to help.
5. **Create a helping-happiness network.** Once you identify an individual or a group that you feel called to help, get involved right away, and invite your friends to come along with you and be part of a little network of helping.
6. **Practice gratitude.** Get in the habit of giving thanks for something every day. Do this as a short prayer, a little thought exercise, making a list or keeping a journal—whatever comes naturally. When we are thankful, we cannot be unhappy.
7. **Cultivate a spirituality of hope.** Place your hope not so much in getting a better house or winning the lottery but in positive spiritual emotions that have healing power of other and for yourself: hope, gratitude, compassion, creativity, mirth, joy, inner freedom, and inner peace.

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