THE HELPER’S HIGH!

We make a living by what we get, but we make a life by what we give … Winston Churchill

WHAT TO KNOW!

❖ The “Helper’s High” refers to the good feelings people get through helping others; it’s caused by the release of dopamine and endorphins into the brain
❖ The natural high from the endorphins release reinforces us and motivates us to continue to help others and to do good
❖ Studies have shown that people who help others are happier and have better mental and physical health
❖ Brain scans of compassionate people indicate that they are calmer, less stressed, have higher self-worth, and have better emotional health
❖ The term, Helper’s High, was first coined in the 1980s and consists of positive feelings following selfless service to others
❖ It has been described as a feeling of exhilaration, increased energy, and elation followed by serenity and peacefulness
❖ Acts of kindness lower stress levels which can raise the levels of antibodies and improve overall immunity to colds and the flu
❖ Humans have been hard wired for kindness, compassion, and altruism in order to maintain social bonds and to survive
❖ Getting the Helper’s High is easy: volunteer or do a simple act of kindness
❖ Performing random acts of kindness can help a person feel in control of their lives and also allows us to take a break from our own problems
❖ Volunteering, helping others, and contributing connects you to others which is extremely important during this pandemic
❖ Research by Allan Luks found that people who volunteered had the Helper’s High for several weeks and that it returned when just remembering their helping of others
❖ Voluntary behavior boosts happiness through the Helper’s High and is an excellent plan for personal happiness

WHAT TO DO!

❖ Get high by committing to helping others
❖ Find ways to help one person each day
❖ Do not support hateful, discriminatory, or otherwise harmful causes
❖ Volunteer in activities that you enjoy and are good at
❖ Inspire others by being a good example of altruistic behavior
❖ Praise others rather than criticize them
❖ Seek professional help if you are unable to find happiness in your life

WE PRACTICE TELEHEALTH AND CAN HELP!
Call us at 954 755-2885 or email us at DrKimmel@KimmelPsychology.com

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