

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

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive, Suite 202
Coral Springs FL 33067