

Healthy Holidays Month

HEALTHY TIP SHEET - DECEMBER



Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Help Other People.

Making a Difference Starts with You

During this time of year, giving to others is part of the season. Sharing your time or talents and doing something that helps someone else can make a difference-not just for the other person. Research shows that helping others is good for you too. Volunteering and helping others can give you a sense of personal satisfaction, inner peace and self-worth.

The following is a list of ideas to help others:

- Donate food to a food shelter
- Volunteer at a your local hospital
- Babysit for parents with young children
- Donate used clothing to charity
- Bake cookies and send them to a friend
- Donate blood
- Write a letter to a friend or family member
- Shovel your neighbor's driveway
- Read stories to school children
- Let a car merge in front of you
- Give a big tip at a restaurant
- Say thank you to at least five people today
- Let someone go in front of you at the grocery store
- Help your neighbor carry in groceries
- Pay it forward – pay for the car behind you

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.