

# REHAB NEWS



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## GIVING FOR THANKSGIVING

We are all aware that helping others does just that – helps others. What we may be unaware of is that it benefits the givers, as well. A combination of 40 public health studies on volunteering concluded “that volunteers benefit from reduced rates of depression and an increased sense of satisfaction and wellbeing – doing good, it seems, made them feel good”.

It is very possible to give without having money to spare. In fact, it may be more beneficial to your health to give your time rather than your money. The same area of your brain associated with joy and the release of dopamine (a “feel good” chemical) is stimulated when simply thinking about helping someone else. If thinking about helping others is beneficial, the act itself must have greater benefits... and it does!

Along with releasing dopamine, helping others allows us to be around and interact with people – i.e. we are not alone. From the same combination of studies mentioned above, “loneliness was found to be as dangerous as smoking in contributing to high blood pressure, heart attacks, strokes and dementia”. Not only will you be happier, but you may reap physical health benefits! To get your wheels spinning, below are a few examples as to how you can get started.

- Share Knowledge
- Listen to Others
- Gratitude
- Volunteer
- Introduce Different “Friend Circles”
- Share Resources

“Charity and love are the same -- with charity you give love, so don't just give money, but reach out your hand instead.” — Mother Teresa

Although helping others benefits our physical health in some ways, we must be sure we are fully caring for our bodies. Physical Therapists, Occupational Therapists, and Speech Language Pathologists all work together to help individuals overcome obstacles and accomplish normal tasks of daily living. Talk with your doctor to see if you could benefit from therapy. Therapy can improve the quality of our lives by reducing subsequent illness and allowing us to live longer.

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