

MY VIEW



Founder Wayne Fortin



LIVE TO GIVE

NOTE: Following are excerpts from a book titled WONDER DRUG, by Stephen Trzeciak, M.D., and Anthony Mazzaelli, M.D. It's a book about how living a life of service to others is good for one's physical and emotional health. The motto the authors use throughout the book to describe their message is **Live to Give** and those who practice this motto they call **Live to Givers**. I share the messages in this book with TIP volunteers and TIP leaders to celebrate you as **Live to Givers**; to report on the essential role volunteering plays in your health (it's a Wonder Drug); and to share ways of becoming even more of a person who lives their life for others.

THE MAJOR MESSAGE OF WONDER DRUG

- Serving others is a way of life that lowers stress, fine tunes your body's physiology, deepens relationships, protects resilience to hardships and even can help you earn more money.
- Altruism is a powerful therapy to cure yourself.
- If we are giving like we were born to, we thrive.
- The brain and body are hardened machines that run better on caring and connection.

THE SCIENTIFIC CASE FOR FOCUSING ON OTHERS

- Robust research shows that a key to resilience and resistance to burnout is this: strong, intimate close, caring relationships.
- Research supports the conclusion that acquisition seems to be a fast, flawless formula for unhappiness.
- A Brigham Young study found adolescents who helped others were protected against anxiety and depression.
- Stephanie Brown PhD found that when a spouse dies, the surviving spouse found relief by offering advice and practical support to others.

- A Carnegie Mellon study found that those who volunteered at least 200 hours over the previous year were 40% less likely to develop high blood pressure than non-volunteers. And those who volunteered at least 100 hours in the previous year had lowered mortality risk.

QUOTABLE

- *“Life’s most persistent and urgent question: ‘What are you doing for others?’”* Martin Luther King
- *“It’s well to remember that the entire universe, with one trifling exception is composed of others.”*
John Andrew Holmes
- *“If your dream involves just you, it’s too small.”* Ava DuVernay
- *“The 3 lies... career success is fulfilling... I can make myself happy... You are what you accomplish.”* David Brooks
- *“We must love one another or die.”* W.H. Auden
- *“Life becomes harder for us when we live for others, but it also becomes richer and happier.”*
Albert Schweitzer
- *“The joy that compassion brings is one of the best kept secrets of humanity.”* Henri Nouwan
- *“When you are behaving as if you love someone, you will presently come to love him.”* CS Lewis

HOW TO BECOME AN EVEN BETTER LIVE TO GIVER

• START SMALL

- Look around you for opportunities to help.
- Start where you live.
- A smile can change a life.

• BE THANKFUL

- Those who are grateful want to serve others. A grateful attitude leads to wanting to serve.
- Write “gratitude notes” and make “gratitude visits.”

• BE PURPOSEFUL

- Find the greatest need you can, and then meet it.
- ASK others: *“How can I be helpful?”*
- Take on the responsibility of serving others.
- We owe it to our fellow humans to be there in times of suffering.

• FIND COMMON GROUND

- Focus on others' feelings.
 - See the basic humanity in everyone.
- **SEE HOW GIVING MAKES AN IMPACT**
 - Discover the impact of your giving.
 - Ask how your charity dollars are making a difference.
 - Connect with the people you are helping.
 - Have a clear vision and a plan for your giving.
 - Have a positive memory of when you made an impact.
 - Keep your eyes open to all the helping happening around you. You will want to join in.
- **ELEVATE**
 - Associate with other **Live to Givers**.
 - Choose your friends carefully.
 - Have a Mantra... *"I AM a Live to Giver!"*
- **KNOW YOUR POWER**
 - By being a **Live to Giver** you have unlimited power to make a real impact on peoples' lives and your own.
 - Kind words live in the recipients echo chamber reverberating over and over again through the years.
 - Compassion can be a powerful restorer of hope for those feeling hopeless.

THE CHALLENGE FOR *LIVE TO GIVERS*: LIVING IN A ME CULTURE

- There is an epidemic of self interest in our society.
- There is a risk in the "self-care" approach if it is only about more ME time.
- 80% of children believe their parents put a higher value on achievement than they do on caring for others.
- Young people get the message: *"Follow your bliss" ... "You do you" ... "Indulge yourself."*
- Less than 25% of advice to new graduates in commencement addresses is about serving others.