



C'MON

Get Happy

Why Givers Are Happier

Giving to others is good for the heart and soul, but did you know that generosity can also promote your own well-being?

A growing body of research revealed some fascinating facts about the relationship between **GIVING** and **HAPPINESS**. Here's a breakdown of some of the most interesting insights.

A SURVEY OF 632 AMERICANS FOUND THAT spending money on other people is associated with significantly greater happiness¹



In **120 of 136** countries (**88%**), PEOPLE WHO DONATED TO CHARITY in the prior month reported **GREATER SATISFACTION WITH LIFE²**



Studies show that those who **VOLUNTEERED** in the last year³:

75% feel physically healthier

93% said it improved their mood

79% have reduced stress



89% of volunteers report an **EXPANDED WORLDVIEW**



85% of volunteers have **DEVELOPED FRIENDSHIPS** through volunteering



1 https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Generosity-FINAL.pdf

2 Elizabeth W. Dunn, Michael I. Norton. "How to Make Giving Feel Good" Greater Good Magazine, 2013. www.greatergood.berkeley.edu

3 https://newsroom.uhc.com/content/dam/newsroom/2017_VolunteerStudy_Summary_Web.pdf