

## 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

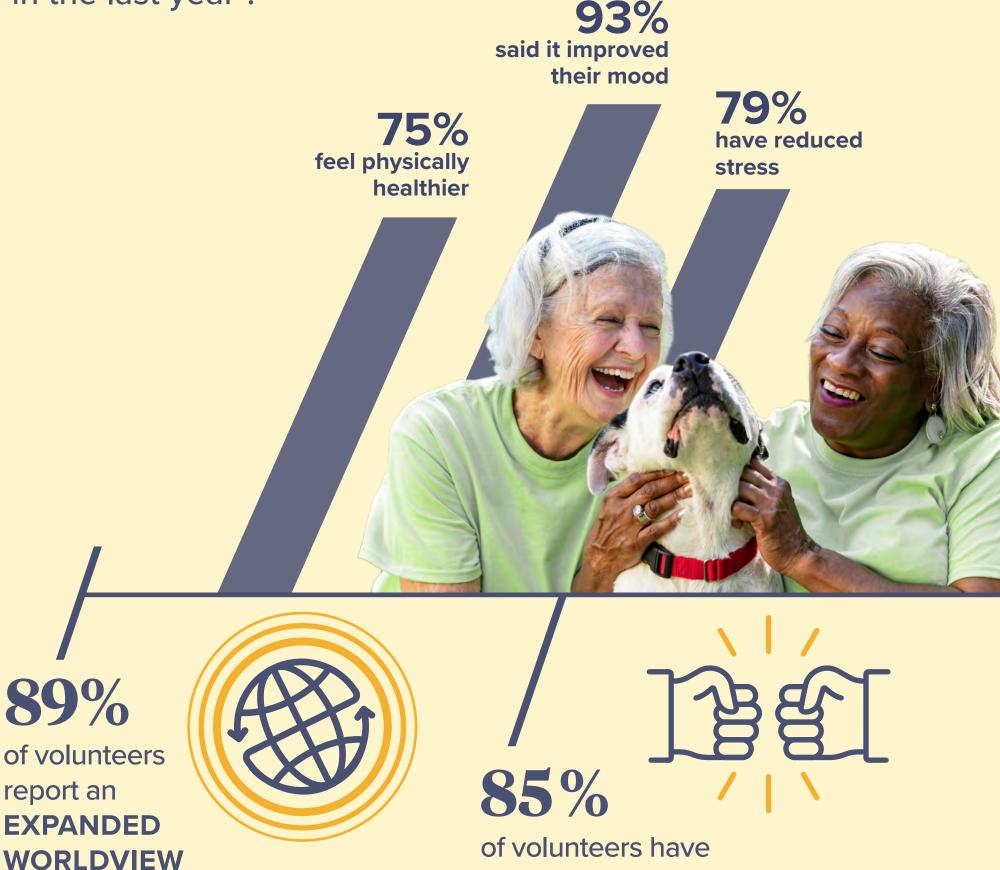
significantly greater happiness





who **VOLUNTEERED** in the last year<sup>3</sup>:

Studies show that those



through volunteering

**DEVELOPED FRIENDSHIPS** 



**GET TIPS** 

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