

Helping others improves people's wellbeing



People feel **happy** and **loved** when someone helps them.



Helping others is a **good** thing to do.



Some **studies** tell us that **helping others** makes people live **better lives** and improves their **wellbeing**.

What is wellbeing?



Wellbeing means feeling **happy**, **healthy** and comfortable.



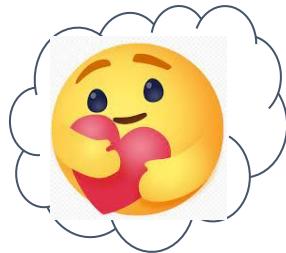
Not everyone feels **happy** and **healthy** all the time.

Helping others can **help** people feel **happier** and live **healthier** lives.

What happens when you help others?



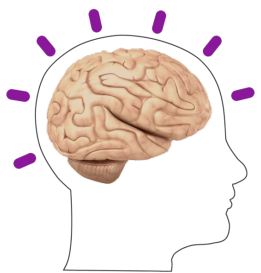
When you help others you feel good about yourself.



For example, **helping people when they are sad, makes people feel happy.**



Helping others makes you feel proud of yourself.

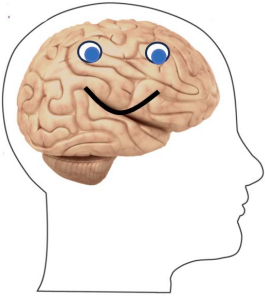


Feeling proud and good about yourself makes your mind feel good and makes you happy.



When people's minds feel good, we say that they have a good mental health.

Helping others improves mental health



Mental health means having a **healthy brain**.



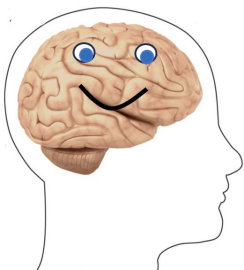
People's brains like to have a **purpose**. **Helping** others **gives** people a **purpose**. Having **purpose means** having a **reason to do something**.



For example, some **people get up** every morning to **look after someone** they love. **This is their purpose**.

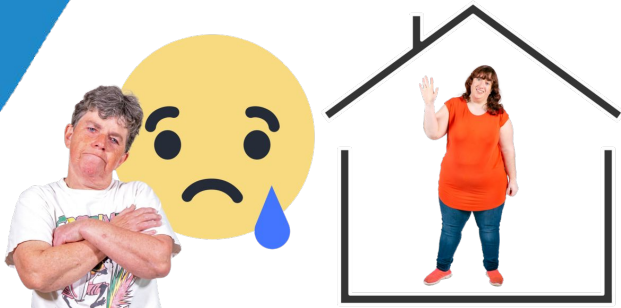


When people care for someone they love, **they feel important**.



Having a purpose and **feeling important** makes **people's brains healthy**.

Helping others makes you feel less lonely



Everyone feels **alone** or lonely sometimes. Feeling **alone** makes people **sad** and is **bad** for people's brains.

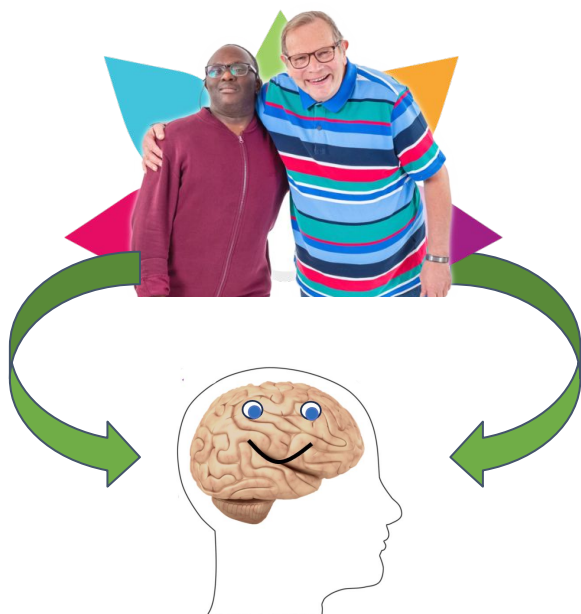


Helping others **helps** people to **connect** with people they love.



For **example**, some **people** **call** their **family** in the morning to see how they are doing.

Checking on how others are, makes them **feel loved** and listened to.



Helping others also **helps** you make **friends**. Everybody likes people that **help** others.

Being with **friends** makes people feel **happy** and **less lonely**. This is good for **people's** mental health.

What can I do to help others?



Helping others tidy up and setting the table for lunch can make you feel useful.



Helping older people to do their shopping makes you feel happy.



Learning how to help people with communication difficulties makes you feel worthy!



Helping raise donations for a charity makes you feel proud for making the world a better place.

Include members feel very proud for helping our charity to raise over £38,000 in December.



A big thank you to everyone that helped our charity continue to help others!



We **think** that it **is important** that **everyone knows** about **the things** that help improve people's wellbeing.

What do you think?



We'd love to hear **your ideas** about this **Easy Read** - or any **ideas** for **topics** we **should cover**.



Just **email** info@include.org or **connect** on **social media** to **get in touch!**