

The Power of Giving

Giving is powerful! When you give to others, research shows you are more likely to reduce your stress levels, improve your mood and boost your social connections.

Giving is Good for You!



Studies show people are happier when they spend money on a gift for others instead of one for themselves

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Positive feelings associated with giving stick around for about two hours. Not only will you want to give more, but the person who receives your gift is also inspired to give.

Easy Ways to Give

The following apps make it easy to support your favorite charity or cause.

Coin Up

Rounds up your credit/debit purchases and donates the extra change to a cause of your choice.

Charity Miles

Together with corporate partners, donates a small amount of money for each mile you run, walk, or bike.

GiveTide

Allows you to automate your donations to charity.

Make it a Match - Got a favorite cause? Determine how much you can give, divide that amount in half and let your friends know you'll match all donations up to that amount. Post on social media explaining why you're raising the money and how your friends can help.

Volunteer - Pick your passion, match it to your skills and make it part of the routine! For example, if you're into animals and photography, help the local animal shelter with their advertising.

People who volunteer often experience improvements in their mental health and more satisfaction with their lives.

