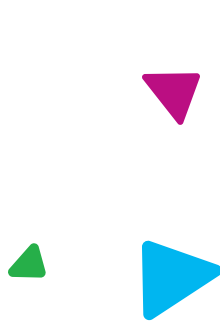


# Momentum

Bringing out the best in others

SACRAMENTO  
COUNTY

Employee Assistance Program  
1-800-327-0632



## How to buoy a buddy

- ✓ If a friend or family member seems to be struggling to stay afloat, just being there for the person can help. Remind the person that he/she is not alone.
- ✓ Ask a question, then listen deeply to the other person's perspective. Serving as a sounding board can relieve some of his/her distress.
- ✓ Go for a rejuvenating walk or bike ride outdoors with your buddy.
- ✓ Offer an unexpected gift or gesture that communicates, "I'm thinking of you."

## Helping others with happiness

How much better would the world be if everyone did one thing each day to try to lift someone else out of their discomfort or sadness? Such a collective effort would have untold universal benefits. While you may not have a daily opportunity to be a helpful hero to someone, adopting such a mindset enhancement can make a positive difference.

- Amidst life's fast pace and many demands, it's easy to become self-absorbed and unintentionally dismiss others' difficulties.
- Try observing those around you more closely. Focus on listening more than speaking.
- Articulate your observations by pointing out to others the positive qualities you've observed in them: "You sure were brave to handle that crisis."
- Get in the habit of regularly giving others genuine, uplifting recognition. You'll be surprised at how it benefits both the receiver and giver.



**Webinar**—Join us Wednesday, June 12 for *Simple Strategies and Life Hacks to Bring Out the Best in Others*. Register [here](#).

Log on to [MagellanAscend.com](http://MagellanAscend.com) today!

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## Mind Your Mental Health

When someone is in the grip of stress, anxiety or depression, friends and family can help provide a soft landing in that person's time of need.

- Perhaps a friend or co-worker is under great strain. [Review this tip sheet](#) on how you can listen and understand, while helping the person gain better perspective, reconnect with the present moment and shift toward a positive outlook.
- Recognizing the signs of stress and anxiety in others is a good starting point. [Consider these ideas](#) on how to spot someone's excess stress, show empathy and collaborate on potential solutions.
- Sometimes, getting professional help for a mental health challenge is necessary. [This tip sheet](#) instructs on how to start the conversation and encourage someone to seek counseling assistance.

## Working on Wellness

When you volunteer to help others, you get more than a little return on your time and effort.

- Offering kindness triggers your brain's pleasure and reward centers, as if you were the recipient of the good deed—not the giver.
- Volunteering reduces blood pressure, stress levels and depression risk. Helping and working with others in an area of common interest greatly boosts your psychological well-being.

## Daily Diligence

When you develop the habit of offering small kindnesses without expecting anything in return, you bring out the best in yourself and others. Ideas:

- Send someone a handwritten note of thanks, or thank them via text message.
- Offer a compliment about your restaurant server to his/her manager.
- Purchase some lottery tickets and hand them out to strangers.
- Give your public transportation seat to someone else.

*Additional sources: Emory University, HelpGuide.org, Psychology Today, EverydayHealth.com, Mayo Clinic.*

## *Giving enhances health*

Americans who are very giving in relationships—being emotionally available and hospitable—

**48%**

are much more likely to be in excellent health (48%)

**31%**

than those who are not (31%).

*Source: Science of Generosity Initiative, University of Notre Dame.*