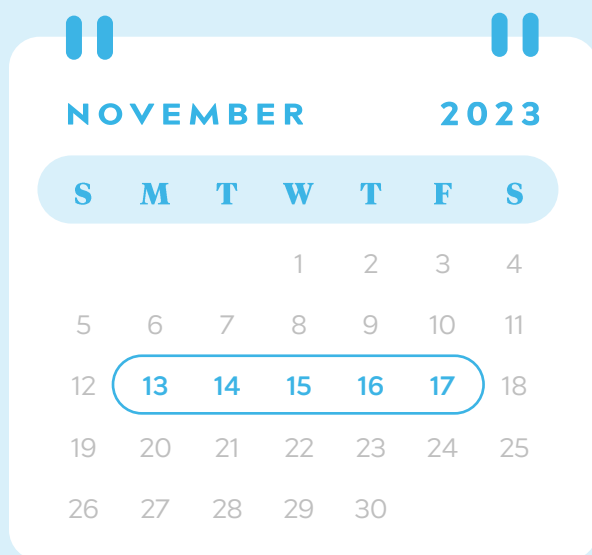




GBS HEALTH & WELLNESS

Gift of Giving

Volunteering is a valuable way to give the gift of time this holiday season. Purposeful giving can help those in need and improve personal health and happiness.



Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.

[Watch Now](#) ▶

November Mini Challenge

Start by completing the following activities.

October 13th

Start a conversation about volunteer work with friends, family, or coworkers. See what others are doing to benefit the community.

October 14th

Reflect on instances where you have helped others, or you have received help. How did you feel afterwards?

October 15th

Review the categories listed in [Gift of Giving](#) and select two volunteer opportunities to engage in this month.

October 16th

Consider instituting an “intentional tradition” related to volunteer work. Read [Intentional Holiday Traditions](#) for tips on where to start.

October 17th

Perform one small act of kindness today. A small note or kind word can leave a lasting impact!

Movement of the Month

Take a new approach to mindful movement by helping a neighbor with repairs, raking their leaves, or sprucing up the local park. Be observant and help improve your community through service.