Altruism

Health & Mind Club

Altruism is the principle and practice of concern for the wellbeing of other human beings. It is something that each person should practice. Even our school's motto, **Service Before Self**, reflects altruism. It is believed that the root of happiness is altruism, the wish to be in the service of others.

Altruism not only helps the people around you by providing them with happiness but also gives you a sense of purpose and lets you feel good about yourself. Altruism and Wellbeing are bidirectional which means your wellbeing will improve if you commit altruistic acts. When you do an altruistic act, you motivate others to do the same, which will spread happiness all around you. Altruism can be good for your wellbeing. It is caring about other people and acting in someone else's interest.

For example, we may be acting altruistically and helping others by offering our seat to an elderly person on a bus or volunteering in our community. When we make the effort to give without expectations of reciprocity, we often do receive something in return. We may feel fulfilled and energized by these acts of giving. There are many ways that you can help others as part of your everyday life. Carrying out good deeds does not need to take a lot of time or even cost money. Small changes can make a big difference

What are the health benefits of helping others?

Many of us feel too stressed and busy to think about helping others, or we say we will do good deeds and volunteer when we have more time. However, evidence shows that helping others is beneficial for your own mental health as it can improve your wellbeing. Some of the benefits associated with helping others are:

It promotes positive physiological changes in the brain associated with happiness
There is evidence to suggest that when you help others, it can promote physiological changes in the brain linked with happiness. Helping others can also improve our support networks and encourage us to be more active. This in turn can improve our self-esteem

It creates a sense of belonging and reduces isolation.
Volunteering and helping others can also help us feel a sense of belonging, make new friends, and connect with our community. Face-to-face activities such as volunteering can help reduce loneliness and isolation.

It helps keep things in perspective.
Helping others, especially those who are less fortunate than yourself, can help to put things into perspective and make you feel more positive. Being aware of your own acts of kindness, as well as the things you are grateful for, can increase feelings of happiness, optimism, and satisfaction. Doing good may help you to have a more positive outlook about your own circumstances.

**It helps make the world a happier place – it is contagious!**
Acts of kindness have the potential to make the world a happier place. An act of kindness can improve feelings of confidence, being in control, happiness, and optimism.

The more you do for others, the more you do for yourself.
The benefits of helping others can last long after the act itself, both for you and them

Why is Altruism Important

In our current era, Altruism has become increasingly prominent as it promotes kindness, cooperation, and good social bonds between people. This can also help build trust, strengthen relationships, improve the well-being of both the giver and receiver, and inspire others to act selflessly.
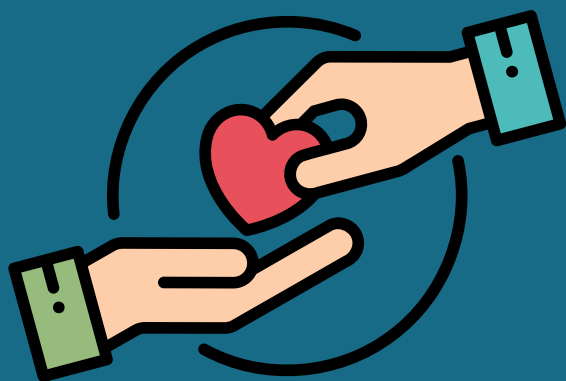
The world does not always reward you for being a kind person, but that is no reason not to be one. Some strangers somewhere still remember you because you helped them, were kind to them when no one else was. Although you may never see them again, they will remember you as the kind one who gave them hope. Instilling this within yourselves is important as it would help you grow as a person and help others, giving them faith in humanity. Helping one person might not change the world, but it could change the world for one person.

So always be kind and helpful, be the reason someone smiles, be the reason someone feels loved and believes in the goodness of people. If people hate for no reason, why not become someone who loves for no reason

How does Altruism Impact our Mental Health?

Some teenagers have found that helping others is a powerful way to feel better when life gets overwhelming. Simple acts, like comforting a friend or volunteering, can make a significant difference.

When a person helps others, they feel a sense of warmth and happiness that is hard to find elsewhere. This is not just in our head – kindness releases "feel-good" chemicals like dopamine and oxytocin, which help reduce stress and anxiety. These moments of connection bring a sense of belonging, something we all need, especially in a world where it is easy to feel isolated.

However, being too altruistic can be harmful. Constantly putting others' needs before our own can lead to feeling drained or burned out. It is crucial to remember that taking care of us is not selfish; it is necessary. By setting boundaries, we can ensure our kindness does not overwhelm us.

In the end, being kind to others is not just about helping them; it is about helping ourselves too. Just remember, balance is key. Altruism is a simple way to find joy, peace, and purpose, but looking after yourself should always be part of the journey.

WHY IS MENTAL HEALTH IMPORTANT?

1 in 5 adolescents experience mental health conditions. This is exactly why mental health matters and should matter. Your voice, my voice— our voices— would make a whole lot of difference. We all have a collective desire for a better sense of well-being.

The adolescent stage has proven to be the formative years in one's life, but statistics show that the adolescent demographics are most vulnerable to mental health problems, and this goes on to impact their lives as adults.

"In a world such as ours, the need for stable mental health and sense of well-being can never be overemphasized."

World Mental Health Day is observed on October 10th every year. This day is a reminder for us to take care of our wellbeing. The theme for this year's World Mental Health Day is **'It is Time to Prioritize Mental Health in the Workplace.'**

The objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. This day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

WHY GREEN RIBBON?
The green ribbon is a symbol used to represent the cause of mental health awareness and to support those who suffer from mental illness

PROTECTING OUR MENTAL HEALTH

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it is essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health. Here are some tips:

Get Closer to Nature

To get the best out of nature's healing effects, try tuning your senses to what is around you – the trees, plants, birds, and animals and water such as ponds or the seashore. Take a deep breath and see how you feel. The idea is to get connected with your natural surroundings.

Learn to Understand and Manage Your Feelings

It often helps to give our feelings our attention without judging them, without telling ourselves we are stupid or weak to feel the way we do. It may seem strange and uncomfortable to do this. But practice and patience will help. Naming what we are feeling is also likely to help. So, we can say to ourselves: "I'm feeling really irritable today but also sad." Another helpful step can be to work out what has led to us feeling this way – might it be a disagreement or disappointment that you have had.

Talk to Someone You Trust

Use your own words. It will make you feel safer and less alone, and that will help protect your mental health and prevent problems. Talking may also change how you see and feel about the situation in ways you find helpful. Another benefit is that talking may strengthen your relationship with the person you speak with. This will benefit both of you and make it easier for them to turn to you when they need support themselves.

Eat Healthy

Eat healthy Food and drink affect our bodies, brains, and mood - for good or bad.

Keep Moving

Our bodies and minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health (it works the other way around, too).

Be Kind and Help Create a Better World

Be kind and help create a better world. If you have ever felt lonely, you will know how much it helps to have even a small connection with someone else

Get More From Your Sleep

Develop a relaxing bedtime routine to help you start winding down before you go to sleep. Avoid TV and mobile screens and caffeine before bed. This will help you fall asleep and stay asleep. Go to bed and get up at around the same time every day, including weekends.