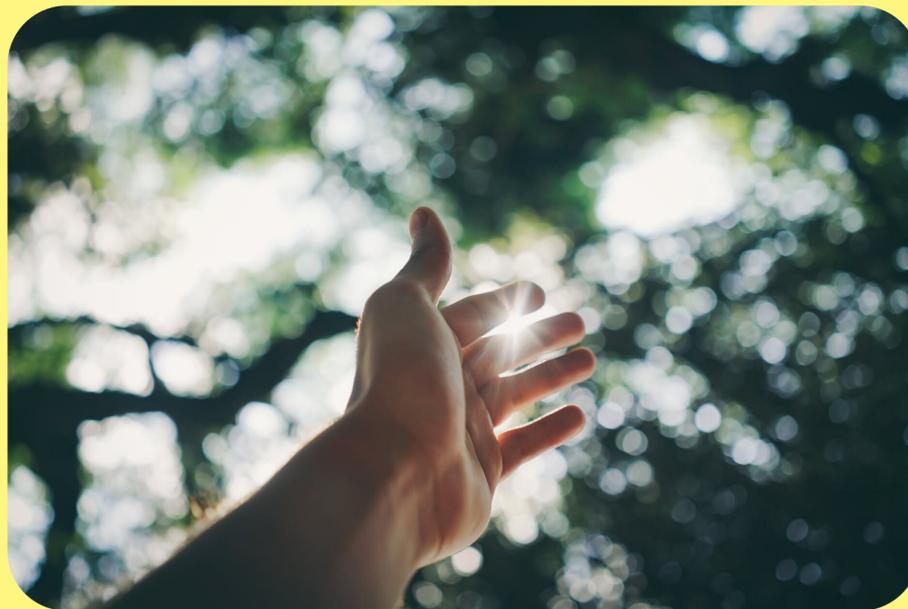


# GIVE TO GET HAPPY.

IT'S NO MYTH THAT WE GAIN HAPPINESS THROUGH GIVING BACK TO OTHERS.



a little Ray  
of giving

**We can't deny that we think we'll receive good karma from extending a helping hand to another. But giving back to others has far deeper roots than just trying to positively influence our fate. In fact, scientific research reveals astounding data that supports the notion that giving leads to personal growth and a deeper sense of purpose.**

**In our current day, there are so many different avenues we can use to give back. We've provided some of our favourite ones to help you on your way to becoming not only a more generous human, but a happier one.**

**Time is of the Essence.** It's a given that we all have different incomes, and it's understandable that the thought of giving some of our hard earned money away can make us feel a little bit uneasy. So, if funds are an issue, why not give away some of your time? There are a multitude of services across NSW that would appreciate your time, whether it be a few hours of your day or a few days of your year. Giving your time allows for a hands-on approach that will have you up close and personal with your chosen cause, leading to a very raw and rewarding feeling like no other. Every minute counts!

**Get Socially Active.** One of the easiest ways to give back is to do it through something you're already committed to, like your run sessions. Donate by committing to a fun run, where you'll not only get a seriously good endorphin hit, but you'll also have an opportunity to make friends along the way. Or, turn a competitive run into a fun walk and bring your kids along too for a family day.

**Valuing.** If there is one area of your life, or a loved ones', where a helping hand would go a long way, what would it be? For some of us, it could be as simple as having our spouse cut the grass on the weekend after we've endured a long, hard week at work. In essence, we all place different value on different things. We naturally will feel a deeper sense of appreciation for acts of kindness that are relevant to what we uniquely need right now. When this idea is flipped in reverse, it becomes key to feeling that surge of happiness and generosity when giving back.

We're not saying that you should only give to feel good. But there's no denying that guilt can only drive you so far and you likely won't be able to commit to the cause over the long haul.





a little **Ray**  
of giving



Find a quiet afternoon to sit down and do your research so you don't become victim to feeling forced into giving to an organisation that you don't connect with, as you likely will just feel depleted afterward. Think about your interests and align them with a charity, organisation or service that you connect with on a deep level to get that warm, fuzzy feeling.

**Give back to the environment.** This is easily done by choosing to reuse takeout containers and jars, foregoing plastic cutlery with your Uber eats order, growing a green thumb by creating a DIY veggie garden, bringing your own bag or walking the extra kilometre instead of using the car, no environmental effort is too trivial - everything counts!

**This Christmas we welcome non-perishable food and toiletries donations for JRS to our office tree. Located at 287C Old Northern Rd, Castle Hill NSW 2154.**

**Christmas provides a perfect window frame to consider giving back in some form.**

This Christmas, Ray White Castle Hill's 'A Little Ray of Giving' campaign has just commenced. This year we have partnered with the very special Jesuit Refugee Services Westmead. JRS is on a mission to serve and advocate for the rights of refugee, people seeking asylum, and other forcibly displaced people in our society. With a provision of drop-in services, emergency relief, legal clinics, food bank, employment program and more, JRS Westmead supports people seeking asylum on the margins in Western Sydney.

**Come in and say hi to our friendly team while also supporting a fantastic cause. Also, don't hesitate to leave a personalised card of Seasons Greetings attached to your donation!**

