

# One Source EAP Connections

## The Importance of Being Selfless

February 2024

The National Day Calendar devotes several days in February to putting others first, including Send A Card To A Friend Day, No One Eats Alone Day, Shut-In Visitation Day, Do A Grouch A Favor Day and Random Acts of Kindness Day. All of these involve kindness and even selflessness toward others.

Performing even a small act of selflessness may make a huge impact. Holding a door, letting someone go before you in line or even a warm smile and a cheery “hello,” could turn another’s day around. Helping others can also be good for the giver’s mental health by reducing stress and increasing the associated physical benefits. A big factor in selflessness is its impact on emotional well-being by:

- ♦ Creating a sense of belonging and reducing isolation
- ♦ Helping to keep things in perspective
- ♦ Helping improve your community and the world—it’s contagious
- ♦ Helping others just feels good

During February, make an intentional effort to become more selfless and do little (or big) acts of kindness during your week.

If stress keeps you from being selfless, contact One Source EAP at **(800) 300-0628**. All calls are answered 24/7/365 and are strictly confidential.



### How to Cultivate Selflessness:

If you’re not in the habit of doing kind or selfless acts, there are many ways to build them into your life. Below are a few suggestions to get you started:

1. **Practice empathy**
2. **Be a good listener**
3. **Start small**
4. **Give without expecting anything in return**
5. **Practice gratitude and forgiveness**
6. **Share your skills**
7. **Support others’ goals**

For even more tips, [click here](#) to read the full article from “Believe In Mind.”

### Register For the February Seminar, “The Value of Selflessness,” and watch the January Replay

Join Dr. Friedman for the February One Source EAP 30-minute seminar, “The Value of Selflessness” on Tuesday, February 20th at 12:00 PM. [Click here](#) or scan the QR code to see the full list of Monthly Seminars and register for one or all of the sessions.



You can also watch a replay of last month’s seminar, “The Importance of Getting Organized,” [here](#). You will be asked for the name of your employer and a password, which is nostress.

Request other seminar topics for your workgroup. Visit the [seminar page](#) on our website to review the list of our seminar offerings. To schedule a seminar for your team, [click here](#).

