

News from the trunk!

Thursday, August 26th 2021



Wear it to school on August 26-
***Winners wi**

Leere f. he S e i e Me , B i ge Da ie

I Psychology of Happiness

Generosity

Generosity is a key component of happiness. It is the act of giving to others, whether it be time, money, or resources. Generosity is often associated with feelings of joy and satisfaction, and it is a key component of a happy life. Generosity is also a key component of a healthy relationship, as it allows individuals to express their love and care for others. Generosity is a key component of a happy life, and it is a key component of a healthy relationship.

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- Generosity is associated with better overall health in older adults and volunteering is associated with longer life expectancy.
- Frequent helpers reported feeling greater vitality and self-esteem
- Generosity is also associated with benefits in the workplace, such as reducing job burnout.
- In relationships, generosity is associated with more contentment and longer-lasting romantic relationships.

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- money
- possessions
- time
- attention (put away the cell phone!)
- aid
- encouragement
- emotional availability
- effort
- volunteering (Science of Generosity Initiative, 2012)

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Learning STEAM

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