

CTA Wellness Presents

Pay it Forward

A Guide to Giving Back

with Licensed Clinical Professional
Beth Devilbiss

Recording Now Available
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CTA Wellness encourages you to pay it forward. Finding opportunities to connect and volunteer locally can be very rewarding. This seminar can help provide information on how you can get started.

- Learn what "Pay it Forward" means, and recognize its value.
- Explore simple ways to do good for others.
- Discover reasons to volunteer and engage in your community.
- Review how to make giving back part of your daily life.
- Review the benefits of your Employee Assistance Program (EAP).



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Live Well
Work Well



START SIMPLE

Pay It Forward: A Guide to Giving Back

Sometimes getting started can be the hardest step. Here are some simple ideas that you can start doing right away. Check the box next to the ones you'd like to try. Add your own ideas at the bottom. Try making these a part of your regular routine!

- ☐ Send an encouraging message to a friend.
- ☐ Give someone a compliment.
- ☐ Greet the people you pass in the hall or on the street.
- ☐ Ask someone how they're doing.
- ☐ Pay for someone's coffee.
- ☐ Bring bagels for your coworkers.
- ☐ Do chores around the house.
- ☐ Meet your neighbors.
- ☐ Share your skills and expertise with others.
- ☐ Donate blood.
- ☐ Join a work committee or resource group.
- ☐ Participate in a company charity drive.
- ☐ Recognize coworkers when they do a good job.
- ☐ Shovel the snow or mow the lawn for a neighbor.
- ☐ Smile at someone.
- ☐ _____
- ☐ _____
- ☐ _____

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VOLUNTEERING: WHERE TO START

Pay It Forward: A Guide to Giving Back

Finding opportunities to connect and volunteer locally can sometimes be challenging. We can't give an exhaustive list of resources in your specific area, but we can give you a few possible starting places.

www.volunteermatch.org - VolunteerMatch gives you ideas of local organizations with volunteer positions based on your interests. You can either search for opportunities based on your passion, or you can select from some available options.

www.dosomething.org - Do Something is specifically designed to get young people involved in volunteering, but it is full of ideas that anyone could use. They also have a helpful search tool that allows you to search by your passion, the type of work you want to do and how much time you have.

www.handsonnetwork.org - HandsOn Network is a network of 250 centers around the country. They offer many opportunities for different kinds of community service in many major cities. Under "Volunteer Action Centers," you can find and contact the center nearest you.

www.idealists.org - Idealist is a volunteer exchange website for people who want to make a difference. You can post volunteer opportunities that you have, or you can subscribe to get an email of volunteer opportunities in your area. They also have resources for you to learn about how to make more of a difference in the world.

www.serve.gov - United We Serve is an initiative from President Obama to encourage Americans to get involved in volunteer activities. The site provides much information about volunteering, and it also offers ways to search for volunteer opportunities.

www.voa.org - Volunteers of America is an organization that serves across the country. They help some of the most vulnerable people, including veterans, at-risk youth, the elderly, people returning from prison, the homeless, people with disabilities and people recovering from addictions.

www.unitedway.org - United Way is an international support organization with connections and community-based resources in many areas. They serve primarily by promoting education, income equality and healthy living.

www.natw.org - National Night Out is an annual event organized by the National Association of Town Watch. Individual neighborhoods and residential city blocks typically organize block parties to connect people within a community. The website has resources to start an event in your area.

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