



commit

Aunt Sally also knew a thing or two about health...

“Tis better to give than receive” she used to say.

To us kids, receiving was much better than giving! But now I know what she meant. I’m a volunteer for a local group that takes disadvantaged kids on outings.

The kids have a great time, and although its pretty demanding, so do we. In fact I think we get more out of these outings than the kids do. All volunteers will tell you the same thing. Giving your time and energy for a good cause makes you feel really good about yourself.

Health experts say that doing good deeds adds meaning to our lives and helps our self-esteem – all of which are good for our mental health and feeling content with who we are.

I think Aunt Sally already knew that. No wonder she encouraged us all to take up a cause and get involved in local community issues.



want to get involved?

Contact: Mentally Healthy WA - Ph 9266 1709 or email a.laws@curtin.edu.au

www.actbelongcommit.org.au