

THE POWER OF Giving

When you give to others, research shows you are more likely to reduce your stress levels, improve your mood and boost your social connections.¹

Giving Is Good For You!

Easy Ways to Give

The following apps make it easy to support your favourite charity or cause.

Mylo

Rounds your purchases up to the next dollar and donates the change to a charity of your choice.

Charity Miles

The app's corporate partners donate a small amount of money for each mile you run, walk or bike.

GiveTide

Allows you to automate your donations to charity.

Make it a Match – Determine how much you can give, divide that amount in half, and let your friends know you'll match all donations up to that amount. Post on social media explaining why you're raising the money and how your friends can help.

Volunteer – Pick your passion, match it to your skills and make it part of the routine! For example, if you're into animals and photography, help the local animal shelter with their advertising.

People who volunteer often experience improvements in their mental health and more satisfaction with their lives.²

Studies show people are happier when they spend money on a gift for others instead of one for themselves.¹

When you give to others, your brain responds as though you were the one who received the gift! The endorphins you feel can be compared to a runner's high or chowing down on your favourite food.¹

Positive feelings associated with giving stick around for about two hours. Not only will you want to give more, but the person who receives your gift is also inspired to give.¹



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GIVE THE GIFT OF Gratitude

Did you know that gratitude is also good for your health? Consistent gratitude practices can help strengthen your immune system and mental health, control stress and enhance lifestyle, according to the latest research.³ Here are some fun ways to show gratitude toward your friends, family and yourself this season!

Write Notes

There is so much power in a handwritten personal note! Try sending notes to your relationships to thank them and acknowledge why they are special to you.



Gifting Your Time

This is a busy season. Sometimes, the best way to show gratitude for others is by giving them a chunk of your time for a catch-up phone call, a walk or any other activity that shows your care toward the relationship.



Coffee on You

Send a friend or family member a digital gift card to their favorite coffee shop, along with a note saying why you value them. This is a great way to say “thanks” when you can’t get face-to-face.



Journal Your Joys

Regularly write what you’re grateful for in a journal. Start by thinking about your favourite places, the successes in your life, things you enjoy, what you’re looking forward to, and at least two loved ones.

Gratitude Jar

This one can be done in-person or online. Have family members write what they’re grateful for about each other, then drop it in a jar. Read them over a family dinner. If you’re going virtual, have all participants email you with their gratitude messages. Pick a day to read them aloud over a video call with the group!



I’m thankful for you! If there is anything I can do to better serve your family during the holiday season, give me a call.