



Giving to Others



Advanced Level

Can Money Buy You Happiness?

“We make a living by what we earn, we make a life by what we give.”

-Winston Churchill

Giving comes in many forms and can provide great joy and meaning to one’s life. When giving benefits both the giver and receiver, and the giver has excess, it is healthy giving. However, giving can also be stressful when the giver is not able to give out of excess but is giving so much that the individual well-being of the giver is compromised in some way, this is unhealthy giving. Making healthy decisions about giving involves careful study of ones values, needs, wants, goals, resources and finances.

What does the quote above have to do with a career choice?

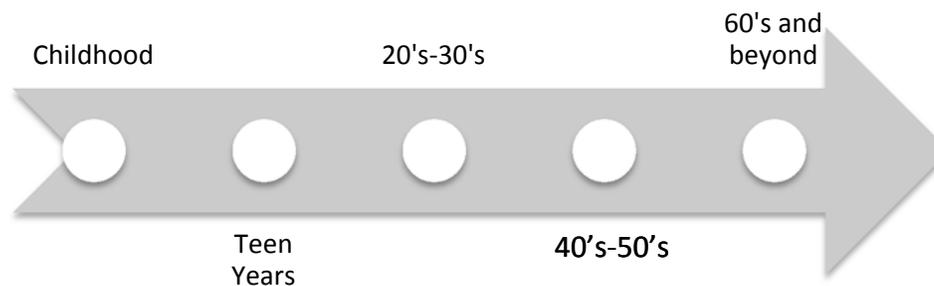
What is at least one interesting point from this video?

Scan here to watch clip





Reflect on what you have given and will give at different stages.



Giving Across the Life Cycle

Giving occurs throughout the lifecycle. To give is to be human. While giving can be done with resources such as time or emotion, much of giving is in the resource form of money or material goods purchased with money. A baby needs time, attention, and care. The baby also needs diapers and clothing, a warm and safe place to live, trips to the doctor, and many other material goods purchased with dollars. Money is involved in much of the giving that occurs between humans throughout the lifecycle.

Healthy Giving

A person who is healthy gives out of the excess of his or her life. The act promotes the individual well-being, along with the well-being of others. A person who is a healthy giver may feel that their giving levels out the playing field for the person to whom the gift is given. For example, a person may give money for a scholarship to help another to have a similar opportunity for education. This type of giving is motivated by feelings of gratitude for the goodness of life, care for others, and the expectation of the joy that is felt when the gift is made. Healthy givers want to “give back” or “pay it forward.” The result is a heightened sense of positive emotions from the action of being charitable. Healthy giving occurs every day.

What resources are used in caring for an infant?

What is one interesting fact from the video?

Scan to watch clip





Unhealthy Giving

Unhealthy giving comes from individuals who do not have excess in his or her life. The resources used in giving to others could perhaps be better used to enhance the individual's well-being in some way. The emotion resulting from the giving act is not joy; it is burn-out, resentment, exhaustion, sadness, guilt, anger or pain. The person may feel used or manipulated. Further, the recipient of the gift may not feel truly honored or loved because the gift was not given out of compassion, empathy and love. Another type of unhealthy giving is accomplished when someone gives a gift to another as a method of gaining power over that person. The relationship then becomes unequal. In this case, the recipient may feel manipulated or used because, again, the gift was not given out of love or care.

Many examples of unhealthy giving can be found in our culture. For example, a stressed parent who works long hours buys a gift for her daughter on the way home as compensation for the lack of parental time. Or the teenager is given an expensive car by grandparents, with the expectation that the teenager visit the grandparents more frequently because of the gift. These types of unhealthy giving experiences do not result in higher well-being for the giver and, in the end, create stress-filled relationships for both the gift giver and the recipient of the gift.

“Writing a check was easily done, and easily done with. It allows us to do “charity” while keeping at bay the inner tug that urges us to give more of ourselves and our time, rather than our possessions.”
-Joseph Langford

What can you do to avoid unhealthy giving?



Financial planning is necessary to achieve healthy giving. Utilizing a **spending plan** and accounting for the **expense** of giving results in feelings of joy about the exchange. For instance, Christmas is often a time of giving of gifts. If an individual doesn't plan for the expense of gifts they may feel stress, anger and resentment towards those the gifts are intended to bring happiness. The trade-off of spending last minute funds is often frustration because funds aren't easily **liquid** and may result in the use of **credit**. Using credit to purchase gifts is unhealthy giving as it compromises the financial health of the individual.



Scan to learn ways to give without money



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Advanced Level

Giving is a dynamic part of a community

Giving is part of living in community. A critical element of a community is the giving and receiving that occurs between members. Billions of dollars, as well as time and skills, are given each year within communities and these gifts help create the fabric of the community.

What is an example of giving that occurs in your community?



Giving is a human action that can provide meaning and positive emotion; it is one of the foundations of building relationships. Being engaged in giving begins in infancy, continues through the end of life, and even goes on after death in estate plans. Healthy giving is done with an eye to balance and the enhancement of well-being. Young people can learn to think about healthy giving throughout the lifecycle and even beyond.