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## **what drives you to help others psychology today**

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so we go out and help people and people tell us how we've saved their lives and then we feel more worthy we matter because we matter to someone else then our worried scared never

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mums dads and other family members are great at helping us they can help us get dressed make food or bring us to school teachers are also great at helping us teachers help us learn

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recent research suggests yet another way our well being can benefit from practicing pro social behavior helping others regulate their emotions helps us regulate our own emotions decreases

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research indicates that those who consistently help other people experience less depression greater calm fewer pains and better health they may even live longer consider some recent research students who performed five acts of kindness a day increased their happiness

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published on april 26 2022 reviewed by david susman phd cecilie arcurs getty images table of contents reasons you might need help what type of help do you need how to find help tips for coping if you are dealing with emotionally taxing challenges in your life it can be difficult at times to know where to turn

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people in your life like family members friends and even close co workers can help lift you up emotionally by offering social and emotional support what it is people show emotional

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1 lead by example this essay is adapted from smart change five tools to create new and sustainable habits in yourself and others tarcherperigee 2014 if you want other people to change start with yourself and make sure the things you want them to change about themselves are things you do effectively yourself

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expressing guilt shame helplessness or hopelessness being pessimistic about the future skipping activities or quality time together being more reclusive or less communicative having

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culture asking for help is so damn hard here s how to make it easier first know that most people truly want to support you by cassie shortsleeve october 13 2022 we are via getty images

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where can i get immediate help in life threatening situations call 911 or go to the nearest emergency room if you are suicidal or in emotional distress consider using the 988 suicide crisis lifeline call or text 988 or chat online to connect with a trained crisis counselor

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anxiety helping someone with hoarding disorder dealing with a loved one s hoarding can be frustrating and stressful but your support can help the hoarder change their beliefs and behavior reclaim their space and rebuild their relationships download pdf how hoarding disorder affects family and friends

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depression supporting a family member or friend help a family member or friend dealing with depression get treatment and find resources by mayo clinic staff helping someone with depression can be a challenge if someone you know has depression you may feel helpless and wonder what to do

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