

NO GOOD DEED GOES UNNOTICED
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The world would be a better place if our beliefs changed the proverb, “No good deed goes unpunished,” to, “No good deed goes unnoticed.” No matter our age or our economic status we can all do a good deed each day. A good deed does not have to involve money and doesn’t have to be done for someone that you even know.

Someone has been taking our trash cans up to our house from time to time and we didn't know who it was. A couple of weeks ago I came home to find my 90 year old neighbor doing what he called, “My good deed for the day.” He says he takes about three trash cans a week up to the houses in our neighborhood to keep them from getting hit by cars and knocked over. He says it gives him something to do for others. I am so blessed to know this man.

A study at Emory University revealed, when you are kind to another person, your brain’s pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the “helper’s high.” I feel we could all do things in our daily life and experience this.

Suggestions on ways you can brighten someone’s day:

If you see someone struggling with an armload of groceries; offer to assist them.

Take candy to your friends at work so they have something to snack on.

Smile and say hello to a random stranger.

Be upbeat and positive; even when others are not.

Tell someone they look pretty, you like their bracelet, etc.

If you see a new mother with a baby who won’t stop crying; offer some encouraging words.

Let’s all go out today in search of ways we can experience a helper’s high.