

Welcome to the webcast! We will be starting shortly. In the meantime, you can download handouts and ask questions.



Navigation icons: a 'G' logo, a microphone icon, and a hand icon. A dashed arrow points from the text 'Raise your hand' to the hand icon.

A question mark icon with a dashed arrow pointing from the text 'Ask a question' to it.

A document icon with a dashed arrow pointing from the text 'Download Handouts' to it.

Want answers?

Input field for asking questions, containing the text 'Ask the staff a question'.

Buttons for 'Exit' and 'Send'.

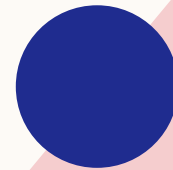


HEALTH DIVIDENDS FROM INVESTING IN OTHERS

GREG BENNETT
STATE EMPLOYEE CHARITABLE CAMPAIGN
STATE CAMPAIGN MANAGER

AGENDA

- Definitions & Motivations
- The Need for Giving
- Affect & Effect
- Putting It All Together
- Question & Answers





DEFINITIONS



CHARITY - CHAR·I·TY \ 'CHER-ə-**TĒ**:

Generosity and helpfulness especially toward the needy or suffering;

Aid given to those in need

TYPES OF CHARITABLE GIVING

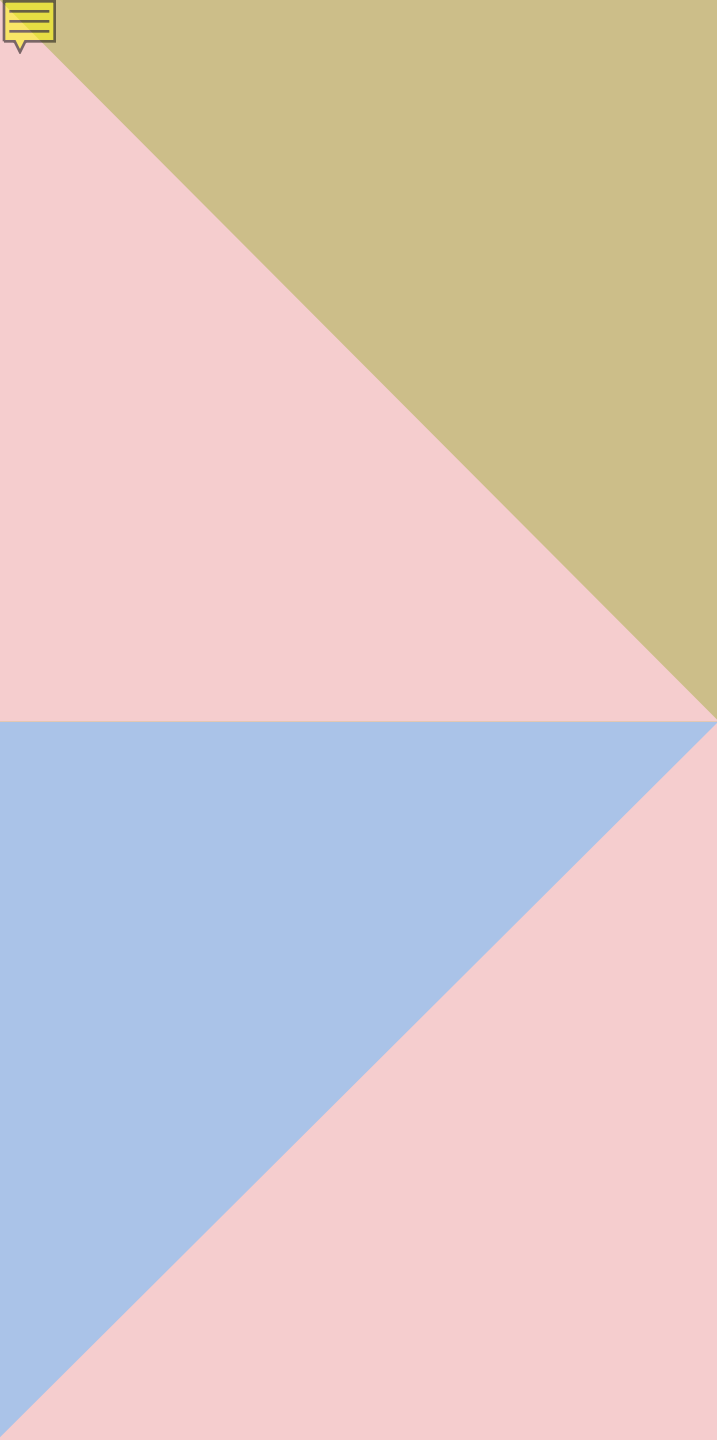
Time – Talent - Treasure



TYPES OF CHARITABLE GIVING

Voice / Influence





"PROSOCIAL SPENDING"

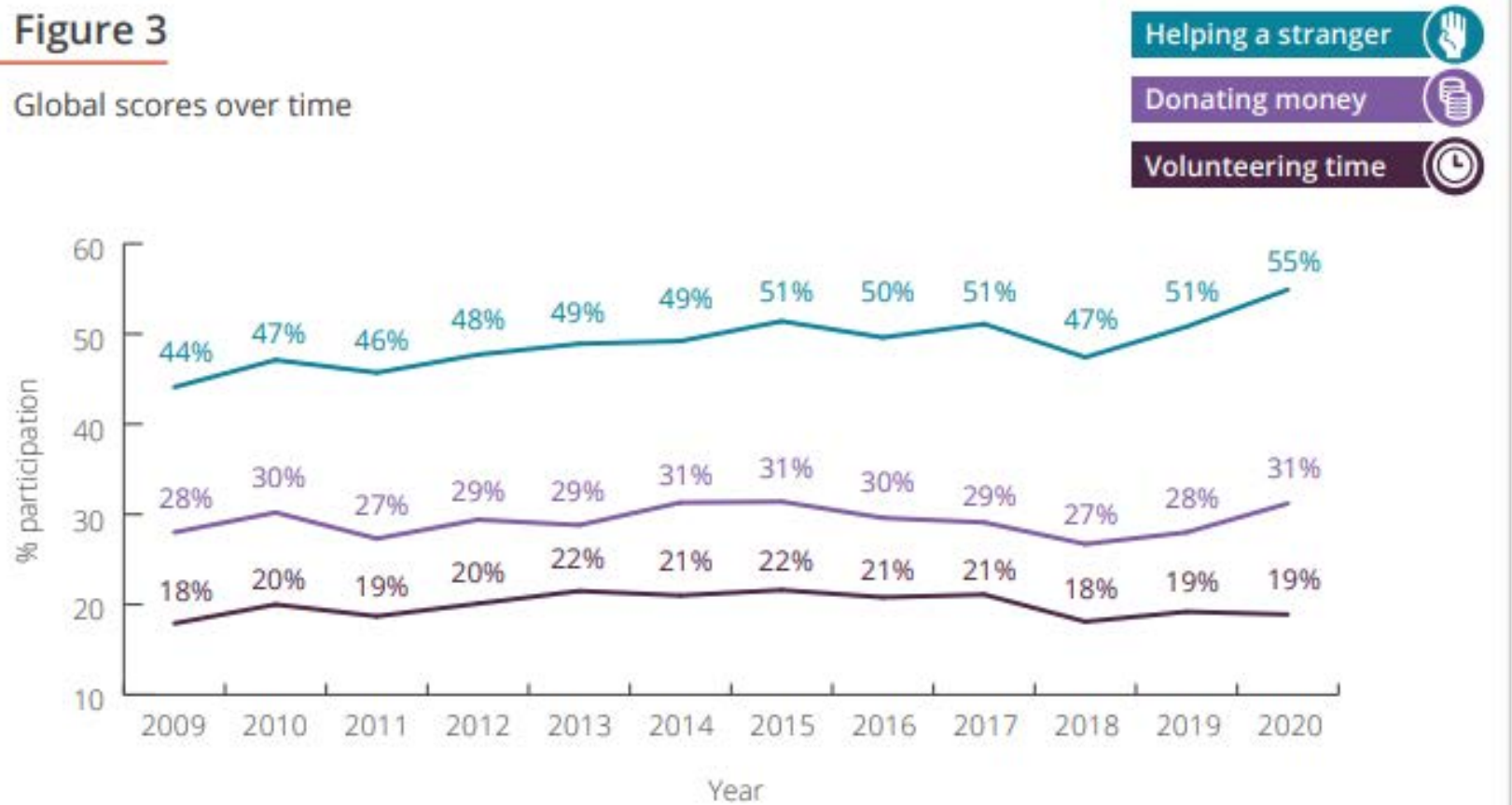
Using one's money to benefit others as opposed to spending on oneself

GLOBAL GIVING TRENDS

2009 - 2020

Figure 3

Global scores over time



TOP 10 MOST GENEREROUS NATIONS

2009 - 2019





MOTIVATIONS



WHY WE GIVE

- **Trust** - More likely to give to nonprofits they trust will use donated money to make a difference.
- **Altruism** - Donors find it important to help others in need.
- **Social** - Donations matter to someone they know and care about.
- **Taxes** - Tax breaks many people get in exchange for their gifts to charity.
- **Egoism** - People give in order to receive some personal benefit, such as feeling good or looking good to others.



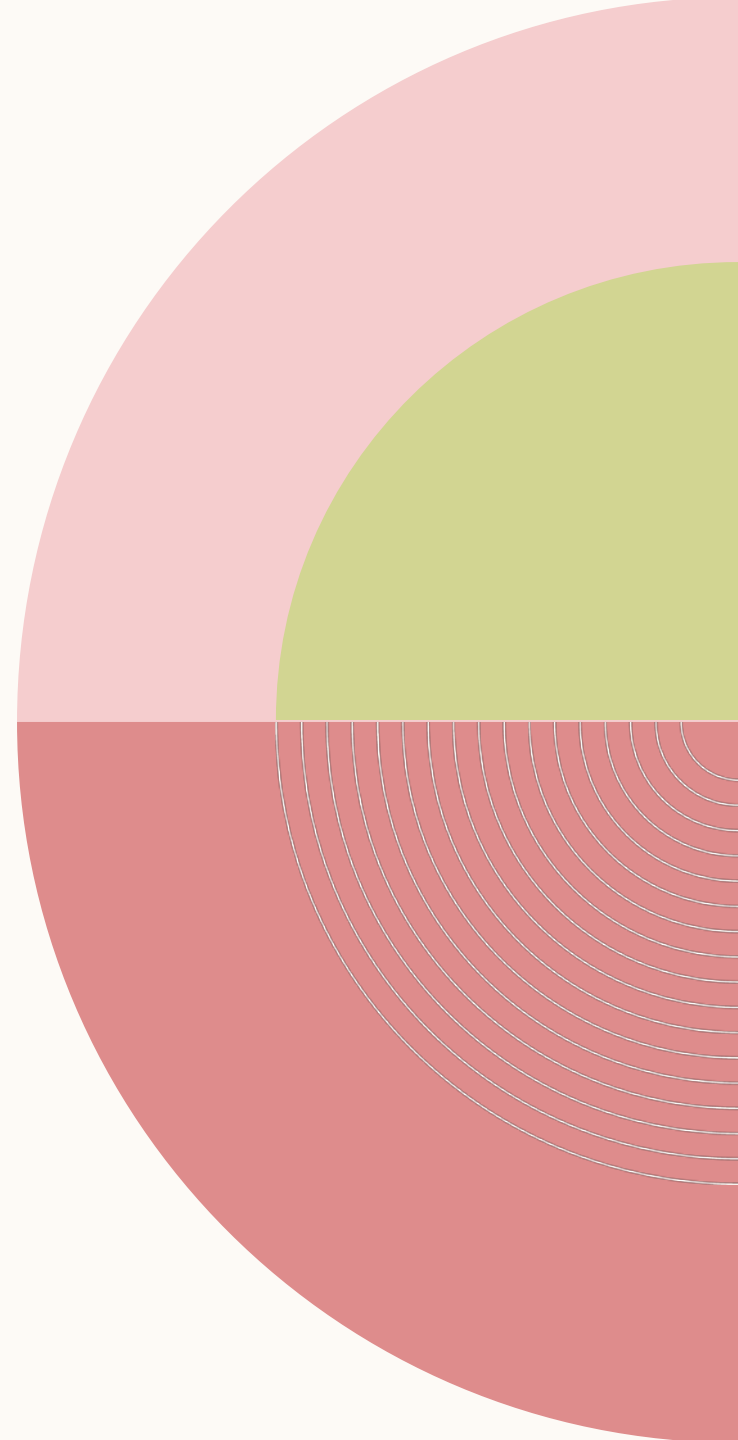
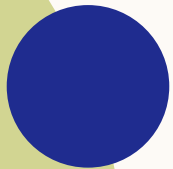
**“ WE MAKE A LIVING BY WHAT WE GET.
WE MAKE A LIFE BY WHAT WE GIVE. ”**

**“ IT IS MORE BLESSED TO GIVE
THAN TO RECEIVE. ”**

**“ LIFE’S PERSISTENT AND MOST URGENT
QUESTION IS, ‘WHAT ARE YOU DOING
FOR OTHERS?’ ”**

**“ NO ONE IS USELESS IN THIS WORLD
WHO LIGHTENS THE BURDENS OF ANOTHER. ”**

PULSE CHECK





THE NEED
FOR GIVING



Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction



AFFECT & EFFECT

AFFECT



EFFECT





GIVING AFFECTS
THE RECIPIENT



Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

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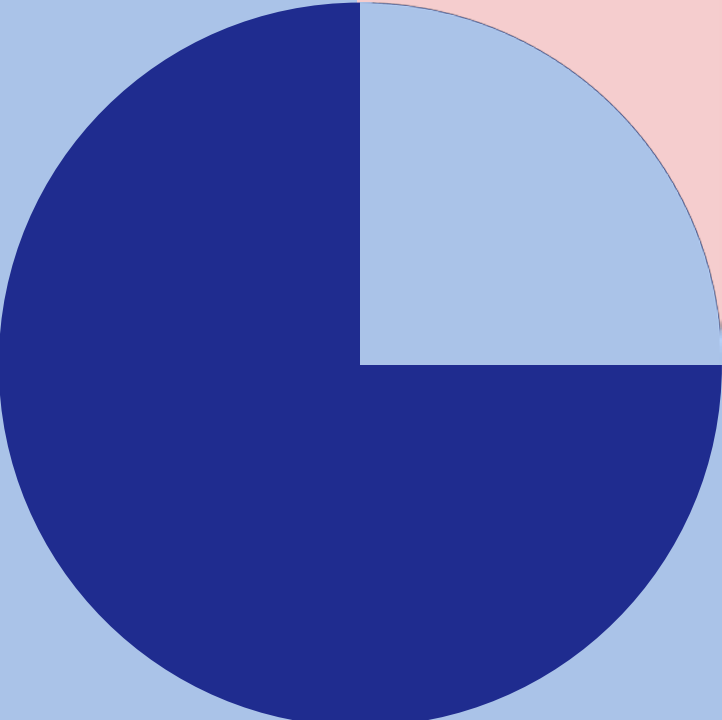
Physiological needs

air, water, food, shelter, sleep, clothing, reproduction



GRATITUDE IS...

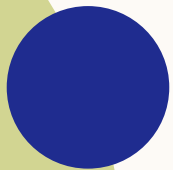
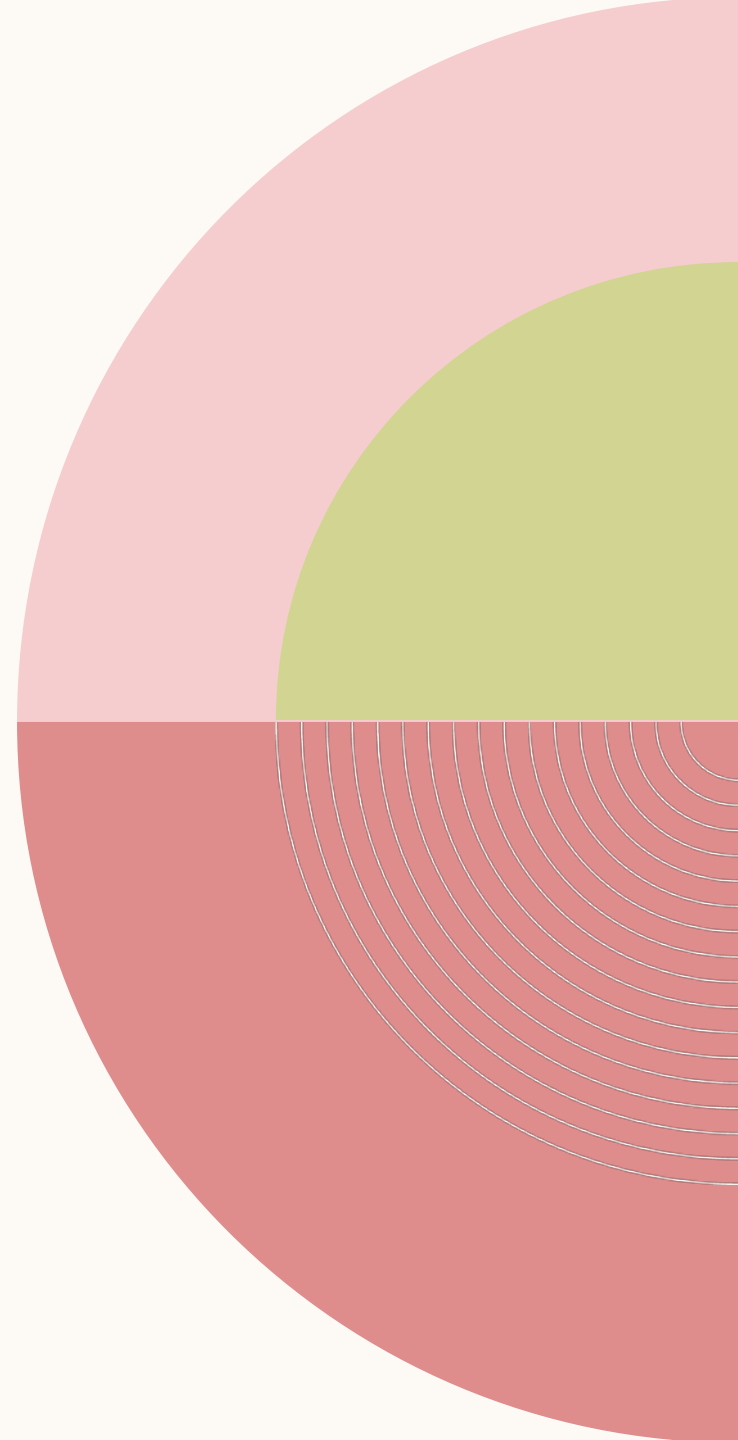
- An affirmation of goodness,
- A recognition that the sources of this goodness are outside of ourselves, and
- A relationship-strengthening emotion.





HEALTH DIVIDENDS
FROM INVESTING
IN OTHERS

PULSE CHECK



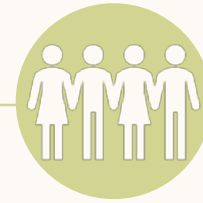
GIVING AFFECTS THE GIVER



EMOTIONALLY



PHYSICALLY



SOCIALLY

GIVING AFFECTS THE GIVER



EMOTIONALLY

- A study of people who gave more generously reported **they had greater numbers of close friends** (3.2 friends compared with 2.6 friends for those less generous) **and felt closer to their work colleagues** (78% compared with 62%).
- Even after controlling for wealth and other measures of prosperity, **donating money is one of the six strongest predictors of life satisfaction.**

GIVING AFFECTS THE GIVER



EMOTIONALLY

- Individuals who spent more money in a typical month on others by providing gifts and donating to charity reported **greater happiness**.
- How much money people reported spending on themselves in a typical month was **unrelated to their happiness**.
- **Volunteerism has positive impacts on happiness, mood, self-esteem, physical and mental health.**

GIVING AFFECTS THE GIVER



PHYSICALLY

- **Three weeks on the treadmill or three weeks of giving?** 3 weeks of charitable spending was enough to lower blood pressure scores among a group of older adults, similar to those associated with taking up a new exercise routine.
- **Prosocial behaviors may reduce stress and inflammation**, both of which can cause or worsen a range of mental and physical health conditions.

GIVING AFFECTS THE GIVER



PHYSICALLY

- 68 percent of volunteers agree that volunteering “**has made me feel physically healthier**”
- Survey results indicated that volunteers have **less trouble sleeping, less anxiety, and better friendships and social networks.**

GIVING AFFECTS THE GIVER



SOCIALLY

- A study of people who gave more generously reported that they had:
 - **greater numbers of close friends** (3.2 friends compared with 2.6 friends for those less generous)
 - **and felt closer to their work colleagues** (78% compared with 62%)



**PUTTING IT ALL
TOGETHER**



THREE RULES OF THE ROAD

1. Give to Causes You Care About
2. Give in Ways That Let You See the Impact of Your Gift
3. Give to Causes You're Socially Connected To

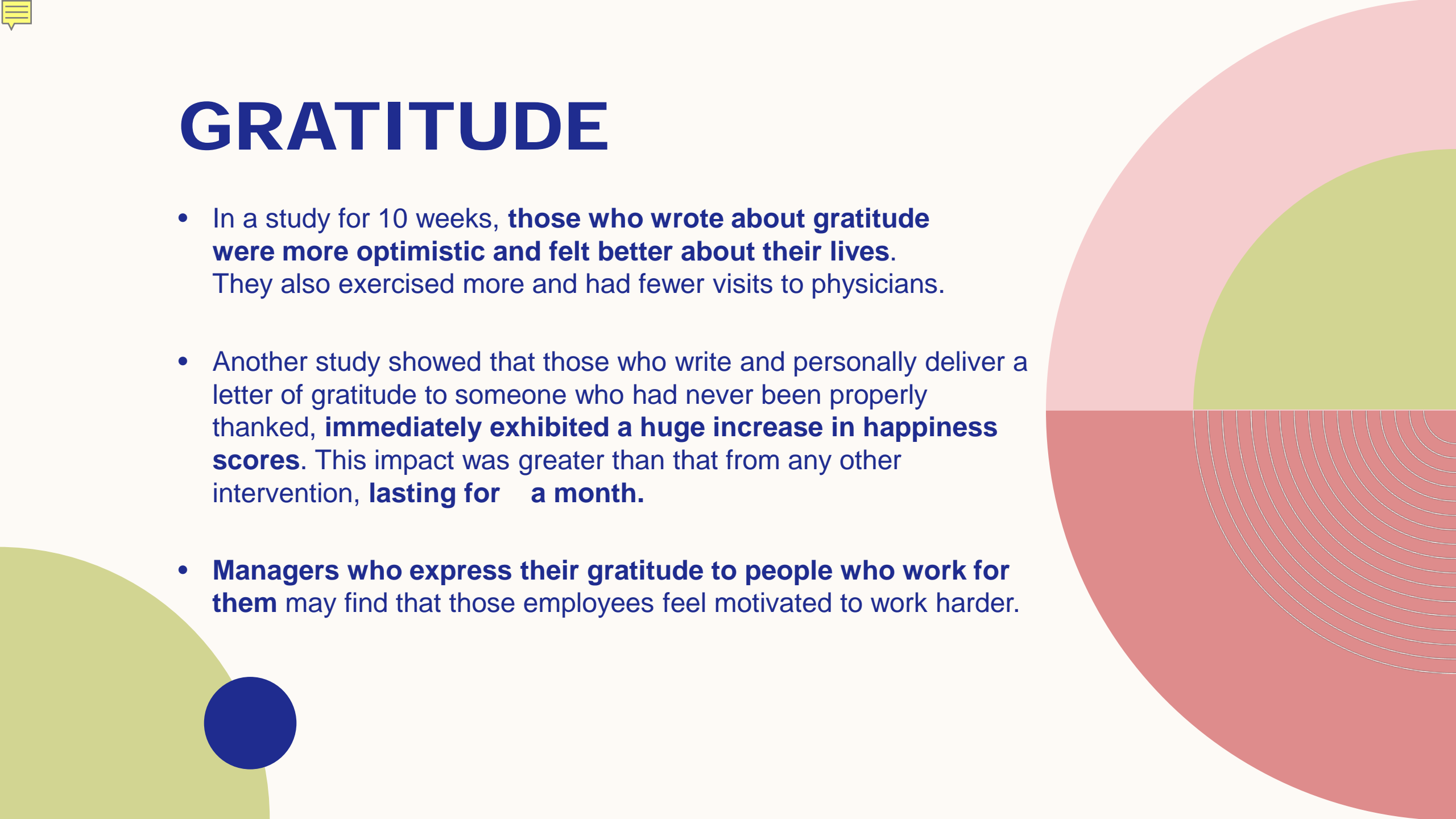


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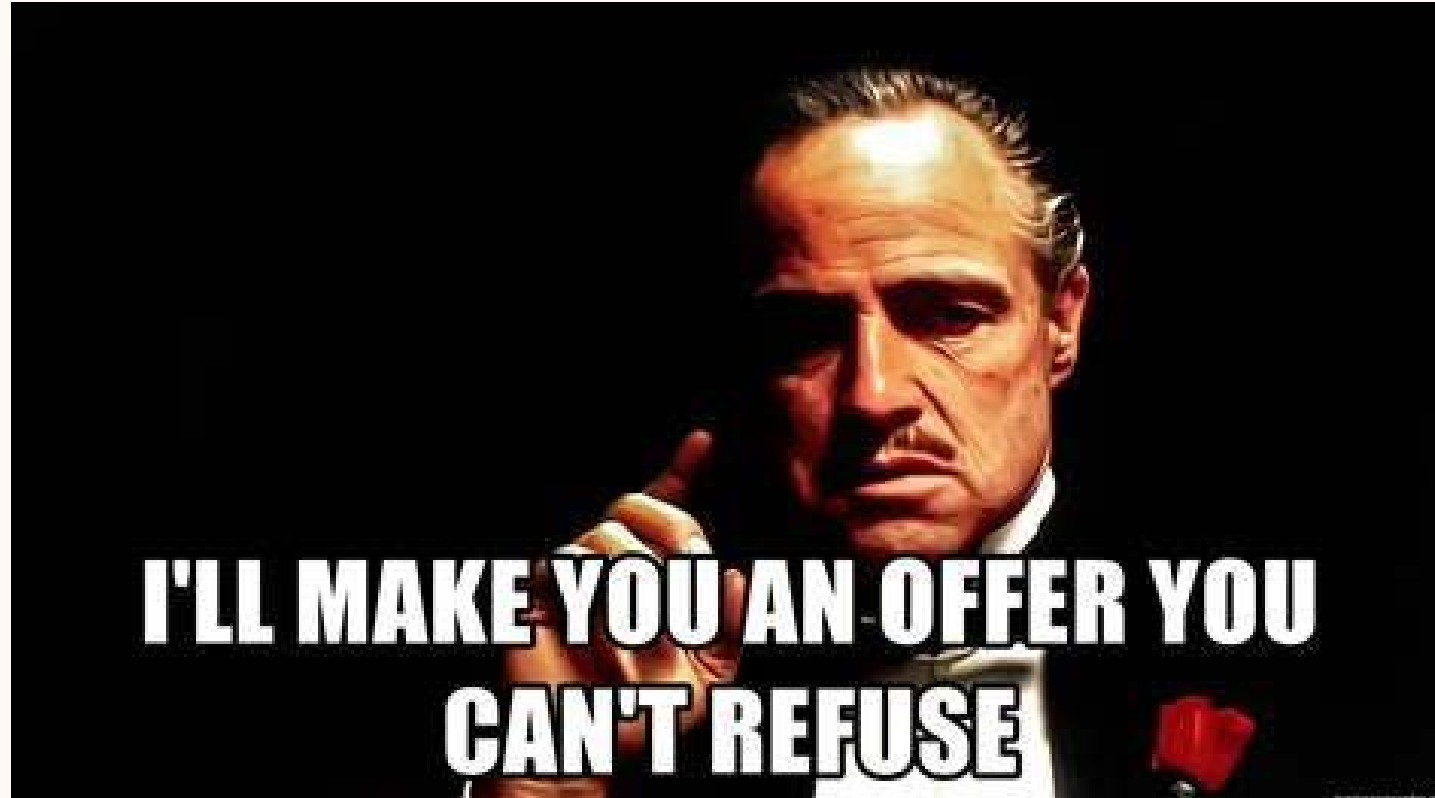




GRATITUDE

- In a study for 10 weeks, **those who wrote about gratitude were more optimistic and felt better about their lives.** They also exercised more and had fewer visits to physicians.
 - Another study showed that those who write and personally deliver a letter of gratitude to someone who had never been properly thanked, **immediately exhibited a huge increase in happiness scores.** This impact was greater than that from any other intervention, **lasting for a month.**
 - **Managers who express their gratitude to people who work for them** may find that those employees feel motivated to work harder.
- 

NO PRESSURE, JUST AN OPPORTUNITY!





INVESTMENT OPTIONS



STATE EMPLOYEES

CHARITIES

CAMPAIGN COORDINATORS

CONTACT



Welcome to the State Employee Charitable Campaign of Texas!

Since 1993, state, higher education, and retired employees in Texas have generously contributed more than *\$200 million* through the SECC. These funds are providing aid to their families, friends, neighbors, and countless others across the Lone Star state.

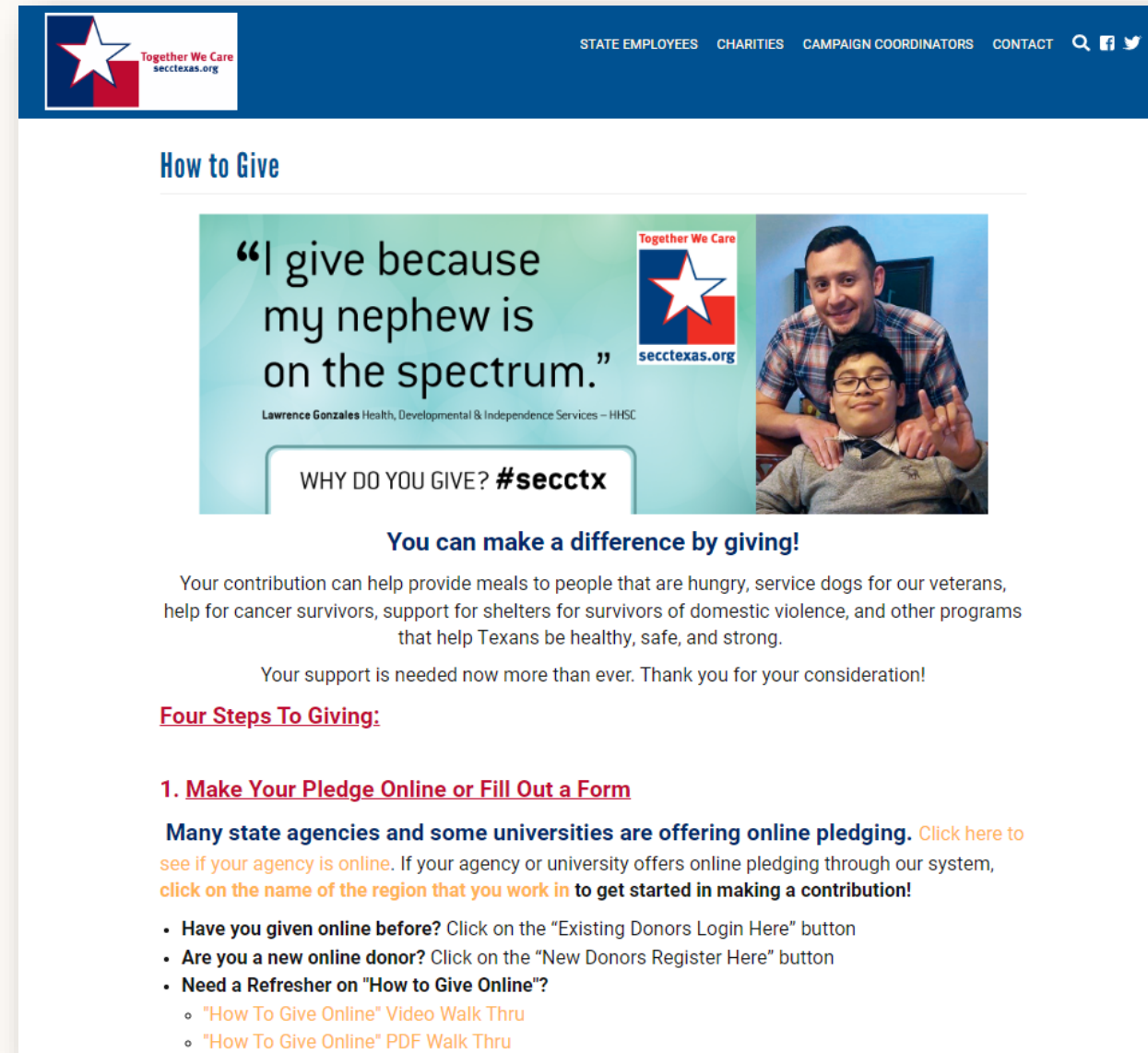
Whether you are a state employee, charity organization or campaign volunteer, this website is designed to help connect you with the people and SECC resources that you need. Questions? Email Greg.Bennett@uwtexas.org. Thank you!

About SECC

How To Give

Contact

HOW TO MAKE A GIFT: WWW.SECCTEXAS.ORG/HOW-GIVE



Together We Care
secctexas.org

STATE EMPLOYEES CHARITIES CAMPAIGN COORDINATORS CONTACT

How to Give

“I give because my nephew is on the spectrum.”

Together We Care
secctexas.org

Lawrence Gonzales Health, Developmental & Independence Services – HHSC

WHY DO YOU GIVE? **#secctx**

You can make a difference by giving!

Your contribution can help provide meals to people that are hungry, service dogs for our veterans, help for cancer survivors, support for shelters for survivors of domestic violence, and other programs that help Texans be healthy, safe, and strong.

Your support is needed now more than ever. Thank you for your consideration!

Four Steps To Giving:

1. Make Your Pledge Online or Fill Out a Form

Many state agencies and some universities are offering online pledging. [Click here to see if your agency is online.](#) If your agency or university offers online pledging through our system, [click on the name of the region that you work in to get started in making a contribution!](#)

- **Have you given online before?** Click on the “Existing Donors Login Here” button
- **Are you a new online donor?** Click on the “New Donors Register Here” button
- **Need a Refresher on “How to Give Online”?**
 - [“How To Give Online” Video Walk Thru](#)
 - [“How To Give Online” PDF Walk Thru](#)

A photograph of a woman with short brown hair, wearing a red ribbed sweater, smiling and holding a young child. The child is wearing a green long-sleeved shirt with a space-themed graphic featuring a globe, stars, and a rocket. The background is slightly blurred, showing other people seated in a room.

***"I GIVE FOR THE
FUTURE OF
MY FAVORITE
LITTLE TEXANS!"***

ALICIA KEY,
[Retiree] Office of the
Attorney General of Texas

www.secctexas.org



***"I GIVE BECAUSE IT
MAKES MY HEART
HAPPY – AND I GIVE TO
SET A GOOD EXAMPLE
FOR MY SON."***



PATRICIA MEAD,
Texas Health and
Human Services
Commission - HTWP



[Click here for more info
on how to help kids
learn to love giving](#)

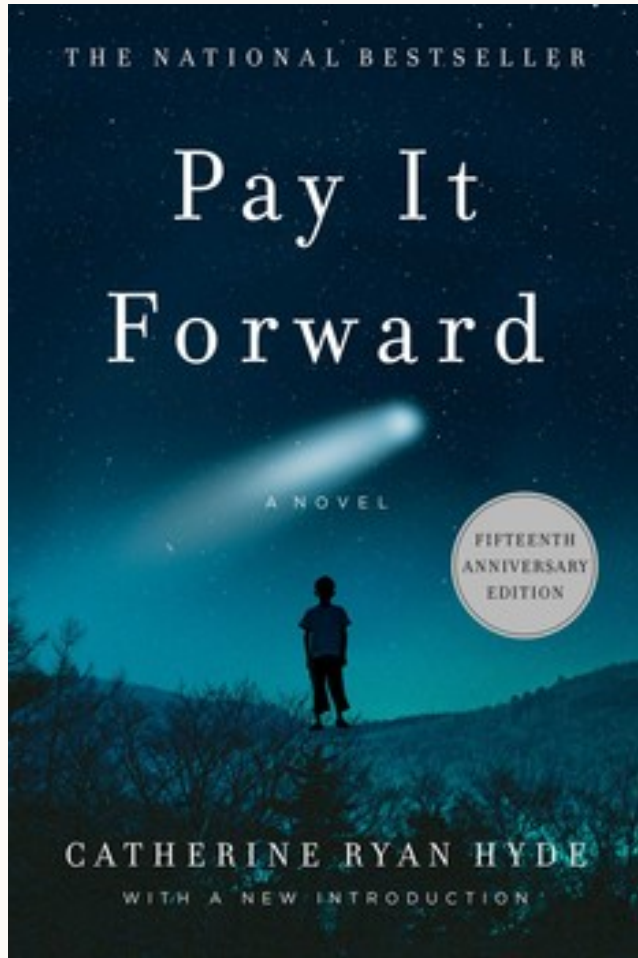


#GIVING TUESDAY

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good.

GivingTuesday is an independent nonprofit and a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.







RANDOM ACTS OF KINDNESS

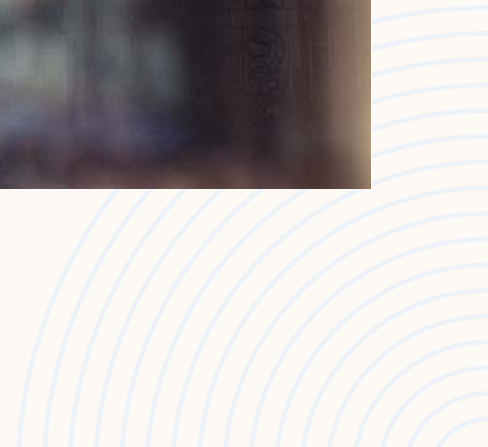
“Imagine a world...

Where you can succeed by being nice.

Where we all pay it forward.

Where people look out for each other.

It all starts with an act.”



THREE FACTORS TO KEEP IN MIND

1. Do something outside of your normal routine

- Driving your neighbor to his doctor's appointment affects your happiness more than routine acts, such as helping your spouse with the dishes.

2. Changing the kind acts that you do is important.

- For example, one day you might help a co-worker finish their tasks, while another day you might choose to spend time helping your niece learn to play soccer. So, variety is key.

3. Happiness is boosted when you receive positive feedback about the kind act that you did.

- Knowing how you have helped someone or receiving gratitude and appreciation for your act amplifies your positive feelings.

Bonus: Commit to it! Consistency counts!

- Those that didn't consistently enact behaviors outside of their normal routine, kind acts had no effect on their well-being.



VOLUNTEER!



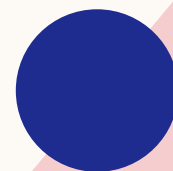
Giving your time and talents is a great way to give back and see the impact of your gift firsthand!





QUESTIONS & ANSWERS

THANK YOU!





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