



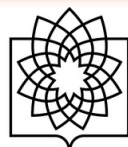
We have all seen someone on the bus or subway who has difficulty standing and we give them our seat. We listen to the words and heartaches of a friend or even a stranger. We teach our colleague or classmate the part of their project that they don't know. We help our roommate with their personal work. An earthquake or natural disaster occurs and we either go there or send equipment and money to help the affected people. We pay for a student's education or a family's monthly expenses. All of these are examples of altruistic behaviors that we do to help others without any reward or expectation. Research has shown that charitable acts and helping others increase people's psychological and physical well-being. Altruistic people act for the benefit of others without any expectation and believe that others are just as important as them. Altruism and helping others give meaning to your life and keep you feeling useful. This practice will develop your connections and lead to boosted skills and experiences, along with effects on your mental and physical health.

Altruism, which is acting for the benefit of others without expectation, is a set of feelings of helpfulness, generosity, kindness, and a general desire to help others. Positive psychologists use interventions based on kindness and generosity as interventions to increase happiness and the value of life, and the World Health Organization places great emphasis on happiness as a component of health.

Kind people believe that others are just as important as they are. They also believe that giving is more valuable than receiving. From a psychological perspective, people who see helping others, whether humans, animals, or plants, as one of their main concerns have reached the highest level of humanity. Erich Fromm believes that although we do kind deeds without any expectations, it is likely that this positive action will be repaid when we need it. In other words, by investing kindness in your emotional bank, you will have an inventory that you can withdraw from whenever you need it.

Research also shows that helping others gives people self-esteem and strength. At Duke University, heart attack patients recovered 60 percent faster after they took on the responsibility of helping others. A Harvard study shows that witnessing a kind act reduces stress and increases your strength, positive feelings, and hope. In such cases, you can feel a slight release of endorphins in the brain that makes you feel happy after seeing or doing an act of kindness. This is called the "Helper's High."

[Lubomirski argues that good deeds give meaning to life, boost your emotions to a positive level, and bring happiness in the following ways:](#)



Shahid Beheshti
University of
Medical Sciences

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Student Counseling and
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Tips

- Altruism is the act of benefiting others without any expectations.
- It is a set of feelings of helpfulness, forgiveness, kindness, and a general desire to help others.
- Helping makes you feel useful. By helping and supporting others, you will feel useful because you see that your existence is effective in the world and for others.

Affection Is More Important than Love

Altruism: A way to mental health and well-being

- They make people kinder to those around them.
- They create a sense of intimacy and cooperation.
- They allow people to see themselves as forgiving.
- They give people confidence and ability and make them more confident.
- They are optimistic about their ability to help themselves.
- They make people interested in each other and become friends.
- They cause gratitude.

In our Iranian-Islamic culture, altruism and helping others are also emphasized, and it has been referred to with titles such as a passage to the afterlife, a farm of the afterlife, a lucrative transaction, provisions for the path of divine victory, and so on.

The Prophet (peace and blessings of Allah be upon him) said: "Whoever fulfills the need of his believing brother, it is as if he has spent a lifetime worshipping Allah the Almighty."

Imam Hussein (AS) said, "People's requests from you are among the blessings of God. Do not become weary or tired of these blessings."

Effects of altruism

Altruism and helping others have various effects on your personal and social life. For example:

- Helping others gives meaning to your life.

Yalom sees altruism as a good and right activity that gives meaning to many people's lives. Making the world a better place to live, serving others, participating in good deeds is the highest virtue, giving is beneficial to others, and making life more beautiful for them is a good deed, and all of these are powerful sources of meaning for your life.

- Helping makes you feel connected.

Helping and committing to other people and groups creates a sense of solidarity with them. Humans are naturally social, which means that we need to connect with others for good mental health. Connecting with others fulfills this need and makes you feel like a part of society.

- Helping makes you feel useful.

By doing something for others and supporting them, you will feel useful because you feel that your existence is effective in the world and for others.

- Helping makes you grateful.

Helping others and facing their problems will broaden your horizons and change your mindset; that is, you will come to the realization that your problems are very small in comparison to theirs. When you see the difficult conditions other people live in and you enjoy the blessings of a healthy home and family, you will be grateful to God for these great blessings.

- Helping others builds new relationships and strengthens your current ones.
- Helping others has an impact on your physical and mental health, which in turn can be an important and fundamental motivator.

Various studies have shown that the feelings of intimacy and peace that we gain through helping others have real psychological effects on our mental and physical conditions, and the results are evident over time. In general, those who constantly help others, have a greater desire to continue living compared to people who do not have this quality. They do not suffer from high blood pressure, despair, and sadness, but rather enjoy a happier life.

A 5-year study of 846 people has shown that people who helped others during stressful situations in their lives were less likely to die.

- Helping others strengthens and develops your character and identity.

Have you heard the saying, "Don't put all your eggs in one basket"? Psychology has shown that when you focus too much on one dream, goal, or dimension of your life, retreating from it can cause a violent storm. Having a multidimensional identity or personality, such as a parent, manager, or being a member of a particular community can increase your sense of self-confidence and make you enjoy your situation more. Even when you back down from a dream or goal, it doesn't make you a failure or a weak.

- Helping others increases your self-confidence.

By helping others out, you can help them build a stronger bond with you. You may find that you have a positive impact on others. Researchers call this Self-efficacy, which means you believe in your ability to help others and succeed in different situations. Researchers have found that self-confidence can be a good predictor of success, so helping others over time can lead to better and more fulfilling outcomes in life.

- Not helping others causes you stress.

When you have the ability to help others but refuse to do so, you may experience stress and psychological distress. Researchers have conducted many experiments in this field and have concluded that stinginess and narrow-mindedness cause the release of cortisol, which is a psychological marker of stress and psychological distress.

"We live by what we get, and we gain a living by what we give."

Winston Churchill

