

# Helping people essay examples

[Experience](#), [Happiness](#)



Volunteering to assist people in whatever way one can does not only make a difference on another individual's life. Instead, it also provides health benefits to the one who extends help. Studies reveal that those people who do volunteer work live longer than those who do not volunteer, considering the personal gratification one gets out of helping others. When an individual takes the selfishness out of one's life and trades it with selflessness, it increases the giver's sense of self-worth and gives a feel-good vibes for the giver. Helping people is very important in this society. Therefore, what is great about helping people is the giver of help gains love and happiness out of helping other people.

There are many benefits why helping people is a great value of life. A helpful person increases one's appeal to others because many people gravitate towards those who help other people. When one sees another person extend help to another person, it enhances the sense of concern and kindness to others, which leads to a more united, responsible, and helpful community. Aside from these, it helps develop one's social skills as one gets the chance to interact with different kinds of people and make a difference in another person's life. It also makes one feel good about oneself upon knowing that regardless of the extent of help extended to another individual, someone else's life may have changed for the better.

Helping people can be one's source of happiness and is thus beneficial to one's life. There is a saying that goes, "It is better to give than to receive". Unexpectedly, people who readily help other people feel great about themselves when they get to help another soul. When people help one another, a sense of community develops, which strengthens the bonds

among humans. Furthermore, helping another person adds up to one's experiences as one meets various kinds of people that have different viewpoints in life. It also helps the giver to appreciate the small things in life that another individual considers as a huge thing already.

Helping people, whether a classmate or friend, sometimes makes an individual's day pleasing and full of happiness. This is because when one extends help, it increases the feelings of connectivity with another individual. It signals the mind to release happy hormones that makes one want to help more people. When helping with a happy heart, one is assured that the happy feeling stays the whole day and can even multiply as more people become interested in helping the needy.

Helping people encourages others to extend help as well. As one touches other people's lives, other individuals may also be encouraged to help more. Even those who previously did not think much about the needy could reconsider once he or she sees a chain reaction of extending help to others. Helping others makes the world a better place to live in. Especially with what is happening nowadays where crimes are a dime too many, helping other people suggests there are still some good-hearted people who care about another person's plight. In these instances, if only people will help at least one person every day, then even small children will have a better view of the world and will become more generous with their help in adulthood.

People who help others have higher self-confidence, are happier, and have a healthy psychological well-being. This is because they do not have feelings of negativity when they help people. Instead, they feel socially connected with the rest of the helping community. As a result, they become happier

and live longer.

Helping others is contagious. It provides many benefits for those who help and recognize the need to assist the less fortunate. It makes people feel a sense of gratitude that they are not at the receiving end of things; instead, they are the ones fortunate enough to help other people. As this happens, love for neighbors and the community in general become genuine and the happy feeling of being able to help multiplies.