# Give a little, help a lot Article (SEBB)

## How to use

1. Share the article below in a newsletter or blog to promote the *Give a little, help a lot* activity, which runs from October 1 to November 30, 2021.
2. The article is ready to use as is or you can edit to make it work for your organization.
3. If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

**Title:** Give a little, help a lot

****

Did you know the little things you do for others will also help you, too? Helping others has been shown to be good for our mental health and well-being. It can give you a sense of purpose and make you feel happier and more satisfied about life.

When we give back and help others, we can make a difference at home, at work, and in our communities. Whether you help a neighbor, donate to an organization, volunteer your time, or simply show acts of kindness, it all matters. By giving back, we help others and ourselves.

## Give back

Join the *Give a little, help a lot* event in [SmartHealth](https://smarthealth.hca.wa.gov/). The event runs from October 1 through November 30, 2021. You can earn 200 SmartHealth points by participating.

## Don’t miss out

You still have time to qualify for the $125 wellness incentive by completing your well-being assessment and earning 2,000 SmartHealth points by November 30, 2021. [Learn more about SmartHealth for details](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth).

### What is SmartHealth?

[SmartHealth](https://smarthealth.hca.wa.gov) is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.