

Giving to Your Community and Your Environment

**Presented by
CIGNA Employee Assistance Program**

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Seminar Goals

- Understand what “giving to your community” and “giving to your environment” means to us as a group
- Explore and discuss some of the many ways you *can* give to your community and help your environment
- Begin to develop your personal plan for giving to your community and environment starting today



- Understanding community and community giving
- Exploring our personal views on community giving and environmental issues

What Can I Do for My Community?

- Cultivate compassion
- Perform random acts of kindness
- Share your talents, skills, and experience
- Write a check
- Donate your possessions
- Volunteer your time



The Benefits of Community Giving:

- Feeling of purpose
- Increased self-respect, and self-esteem
- More positive attitude
- New skills
- New friends
- Generalized sense of improved well-being



What Can I Do for My Environment?

Use Water Efficiently¹

- Buy water-efficient fixtures and products
- Fix that leak
- Turn it off
- Shower power
- Make it a full load

Reduce

- Buy permanent items instead of disposables.
- Buy and use only what you need.
- Buy products with less packaging.
- Buy products that use less toxic chemicals.

Reuse

- Repair items rather than buying new.
- Use cloth napkins or towels.
- Clean out juice bottles and use them for water.
- Use empty jars to hold leftover food.
- Reuse boxes.
- Purchase refillable pens and pencils.
- Participate in a paint collection and reuse program.
- Donate extras to people you know or to charity instead of throwing them away.

Recycle

- Recycle paper (printer paper, newspapers, mail, etc.), plastic, glass bottles, cardboard, and aluminum cans.
- Recycle electronics.
- Compost food scraps, grass and other yard clippings, and dead plants.
- Buy recycled products and products that use recycled packaging.

■ Eating Seasonally

- Less environmental damage
- Less chemicals and pesticides

■ Eating Locally

- More money to farmers
- Food tastes better
- Food is safer/less preservatives
- Less air and water pollution

But Why Should I?

The Power and Magic of Giving!

Because when we give – on purpose, with purpose - all kinds of powerful, positive things can start to happen.



Getting Started

- What are your motives?
- What skills and talents do you have to offer?
- What time commitment are you able to make?
- What type of a working culture and working conditions suit you best?
- Do you want clearly outlined responsibilities or flexibility in choosing your activities?
- What are your expectations?
- Who do you want to help?
- What type of cause interests you?

Simple Ways to Serve Others

- Hidden service
- Wherever we are
- Watching your words
- Accepting help graciously
- Listen actively
- Always do your best

Small Steps You Can Take for Your Community Today

- Smile
- Give a compliment
- Give credit
- Give someone a break
- Give money or possessions
- Give your time, your voice, your compassion
- Give your knowledge or talents

Small Steps You Can Take for the Environment Today

- Take a shorter shower
- Inflate your tires
- Use cloth shopping bags
- Get a low-flow shower head
- Lower your thermostat
- Unplug appliances
- Buy in bulk
- Use Compact Fluorescent light bulbs



Remember...

- Thinking about giving is a good start but... it is the act itself that is important.
- When we decide to give – even to ourselves – we are setting a whole chain of events into motion.
- The act of giving is transformational. It creates energy. It changes us and those we touch.
- Even the simplest act can make a difference.
- Start small.
- Act now.



*It is one of the most beautiful compensations
in life that no man can help another without
helping himself.*

Ralph Waldo Emerson



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