



## My impact on the world

You want to be remembered as someone who really made a difference to the lives of others, but how much of an impact can one individual really have on the world? A great deal as it turns out! You may only be able to directly touch the lives of a few people, but if those few people then help others, a ripple effect begins that over time can reach thousands.

But where do I start? Here are a few ideas to help you make an impact on the world.

- **Volunteer.** Volunteers have an enormous impact on every facet of society – from local sports programs for kids, museums and art galleries, schools, faith communities, social service organizations to international relief and aid. Volunteers are also happier and healthier than non-volunteers.
- **Be a mentor.** Whether at work or in the community, mentoring allows you to hone your leadership skills, help others and even create a legacy. Anyone can be a mentor, as we all have unique skills and expertise to share.
- **Be a good neighbour.** Shovel your elderly neighbour's driveway, organize a street event or start a new program in your community, such as a neighbourhood watch or a community garden.

Not everyone has the time to volunteer, the ability to help neighbours or feels comfortable joining committees or working with the public. Fortunately, there are many other ways to make a difference.

- **Random acts of kindness.** Simply buying a coffee for the person behind you in the drive through or giving someone your seat on the bus can make both you and others feel better.

Let us help. Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app. Visit [workhealthlife.com/global](http://workhealthlife.com/global) for worldwide access numbers or call your local operator and request to place a collect call to Canada at 905.886.3605.

- **Donate.** You can make an impact by donating money and food to charities, and clothes, toys, linens, and furniture to local shelters.
- **Organ donation.** What better way to leave a legacy than by saving the lives of up to eight people and enhancing the lives of 50 more. It's a gift that costs you nothing but is priceless to so many others.
- **Live your values.** Take action on issues you are passionate about. That can include reducing your carbon footprint, choosing products from companies with ethical and sustainable practices, buying local food as much as possible, and making your voice heard to political leaders.

You may not be able to fix all the problems in the world, but you can still have an impact. For more information on how you can make a difference, contact us for support and resources.

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