

Top 5 Ways to Spread Altruism...from Home!

Due to the small size of our church congregation, we were able to attend service on Sunday, March 15. Of course, it was modified with the COVID-19 appropriate non-touch greetings.

During the service, there is a moment when the Pastor asks everyone to "share the peace." Up until today, that was done with a handshake and even a hug. I watched as my youngest, who is 11, came back to our pew close to tears because she couldn't give her peace-giving hugs. **Her spirit was breaking.** And that's when I realized that COVID-19 was going to affect all of us in a more profound way than changing travel plans.

COVID-19 is taking away our humanity. Our mission at LetsTHRIVE360 is to help people be better, intentionally. Our first step in doing that was just launching the Altruize App. We were so excited to help people exercise their altruism and go out and volunteer.

And then came COVID-19, telling everyone to isolate themselves. What a blow. But altruism is more than just volunteering, much more. It's selflessness, consideration, compassion, kindness, decency, big-heartedness, charity, and the synonyms go on. There are so many ways to still be all of those things during, and because of this COVID-19 event. We'll be here, ready to help you Altruize and reach your volunteering goals - after COVID-19.

Until then, stay altruistic, stay human, stay kind. Here are some of the ways from our E-Book "10+ Ways Anyone Can Volunteer Without Leaving Their Home." Get ready to put action into your altruism (to Altruize).

1. Give a Virtual Hug to Someone

As Zig Ziglar said, "There is power in words. What you say is what you get." Words can be spoken and weaved into a comforting hug.

Altruize Goal: Call one person per day either by phone or through video chat. Have a conversation that allows them to shed any anxiety they might be having or talk about the weather. Just knowing someone cared enough to reach out with a voice, lets that person know you care.

2. Volunteer from Home

There are many opportunities to tutor virtually. As more and more educational based platforms have popped up, many of them are nonprofits that rely on volunteers to help guide the learning process. If teaching isn't your passion, reach out to your local nonprofits who might have a need for helping with social media posts.

Altruize Goal: If you're currently not following a local nonprofit on a social media channel, find one and share one of their posts.

3. Let Your Wallet Share Your Heart

If you have a passion for a cause, a donation to that nonprofit is a powerful gesture. It gives the nonprofit flexibility to have funds to continue its mission.

Altruize Goal: If you're able, make a donation to a charitable cause.

4. Stay Connected to Your Tribe

Tribes get created because of commonality. During difficult times, members support and encourage each other.

Altruize Goal: Reach out to your tribe via your communication channels and start the conversation to show support and check in.

5. Show the Love

Post how you're showing your altruism or how someone has been kind to you. Maybe it's agreeing to be the makeup "model" for your 5 year old. Or trying the "All-the-spices-in-the-kitchen" Soup your kids just made. The smiles would be non-stop from the people seeing them.

Altruize Goal: Post pictures/stories of kindness and hashtag **#Altruize**

Want to know more specifics about what you can do to help and what resources you can use to do it?

Download our Expanded Resource Guide "35+ Ways To Altruize From Home"