AGC Oregon Columbia Chapter
ASSOCIATED GENERAL CONTRACTORS

Toolbox Talk

BUILT TO LAST

Helping Others

October 22, 2026

Presenter: Megan Parrott, Director of Engagement, Habitat for Humanity of Oregon

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Helping others triggers positive mental and physical changes for you. Some of these are:

- **Better Mood**: You feel better immediately after helping others; it stimulates your brain's reward center and releases dopamine
- **Stress Reduction:** It can lower emotional reactivity and counteract stress, anxiety, and depression.
- **Reduces Loneliness**: Helping others can build ties and community and give you a sense of belonging.
- **Sense of Purpose:** Some people find purpose in giving back and helping others.
- **Lowers Blood Pressure and Helps Heart:** Volunteers are less likely to have high blood pressure and have lower inflammation and improved cardiovascular health.
- **Pain Management:** Helping others can shift focus away from personal discomfort and release natural endorphins.
- **Longer Life:** People who help others have a reduced risk of mortality and better physical health.

Habitat for Humanity

Habitat for Humanity partners with people in your community and around the world to help them build or improve a place they can call home. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage.

- Volunteer opportunities (Long-term, Group Volunteer Opportunities, Build Events)
- Shop at the ReStore.
- Donate to Habitat, the ReStore, or advocate for homeownership

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Ways to Give Back

- **Volunteer Locally:** Food bank, soup kitchen, animal shelter
- **Share Your Skills:** Pro bono work, teach, tutor, help someone with yard work
- **Support a Group of People:** Seniors, mentor a youth, adopt a family
- **Financial Donations:** Give money to your favorite charity, build a care kit, give blood/plasma
- **Low-Cost Actions:** Clean up your neighborhood, shop local, recycle, shop at a reseller, donate your used items, donate your hair, build a free little library, send someone a note
- **Organize an Event:** Food drive, visit to an animal shelter, yard work for seniors, coat drive, blood drive

Quotes:

- “Life’s most persistent and urgent question is, ‘What are you doing for others’?” – Martin Luther King, Jr.
- “Service to others is the rent you pay for your room here on earth..” – Muhammad Ali
- “We make a living by what we get, but we make a life by what we give.” – Winston Churchill

Link: “Kindness Linked to Better Physical Health, Longevity” Harvard, 2025

SIGNATURES