

Use your strengths to help others

What's your superpower?

We've all got something we're innately good at. Maybe you can balance a spoon on your nose. Perhaps you're a perfect parallel parker. Or maybe creating a lifelike animal out of balloons is your super skill.

These are all entertaining and possibly fun to share. It's the more complicated talents, like being a good listener or giver of advice, that seem to be more in demand.



Deploying your special skills

There are many skills you may have that others do not.¹ Consider these ways to make a positive impact on others and your community:

Mentoring and teaching

If you have expertise in a particular area, consider mentoring or teaching others. Sharing your knowledge can help those who could benefit, grow and succeed.

Volunteering

Use your skills to support causes you care about. Help organize events. Provide technical or professional support. Even simple things like phone calls or stuffing envelopes can make a big difference.

Listening and supporting

Being a good listener and offering emotional support can be incredibly valuable. It is especially hard for some people to show vulnerability. Active listening, showing empathy and understanding can help others feel heard and valued.





Problem-solving

If you're good at finding solutions, offer your help to friends and peers. Your ability to think critically and creatively could provide new perspectives and strategies.

Networking

Use your connections to help find jobs, collaborations or resources a friend may need. Your network can be a powerful tool for supporting others.

Advocacy

If you're passionate about a cause, use your voice to advocate for change. Raising awareness and mobilizing others can lead to meaningful improvements your community could benefit from.

Challenge yourself: Reflect on your superpowers and decide which you can use to best help others.

Learn how Livongo can help support you on your wellness journey.
To sign up or learn more, go to Go.Livongo.com/STATEOFIOWA/New.

¹<https://www.psychologytoday.com/us/blog/sense-of-belonging/202411/being-there-for-others-whats-in-it-for-you>

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite Hola.Livongo.com/STATEOFIOWA

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