

105

GREAT WAYS TO SHARE THE LOVE

It's Great Eastern's 105th anniversary – let's celebrate living great together with these 105 tips to make life better for everyone.

HEALTH SERIES | ISSUE 09



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105 GREAT WAYS TO SHARE THE LOVE: AN INTRODUCTION

Telling a family member you love them – or even washing the dishes – can be all it takes to make someone's day. So for Great Eastern's 105th anniversary, we have come up with 105 tips to help you share the love.

We believe in motivating you to live better with small steps. It comes from our commitment to provide you and your loved ones with the knowledge and tools to live healthier, better and longer.

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COMMON COURTESY

MANNERS COST NOTHING – AND BRIGHTEN EVERYONE’S DAY

21 ways we can make everyone’s lives a little nicer

Spreading goodwill – to all people, friends and strangers – goes a long way to make the world a little nicer, so here are some tips to brighten everyone’s day.

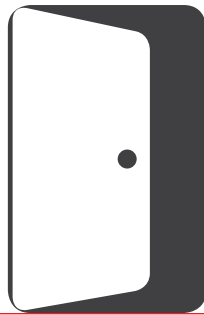
1 SHARE YOUR UMBRELLA

When it’s raining, share your umbrella with everyone without one – even if they’re strangers.



2 KEEP THE DOOR OPEN

Hold the door for the person entering after you.



3 SMILE!

A smile on your face always puts people at ease, so smile often.



4 PRACTICE NOISE CONTROL

Shouting anywhere in public is rarely appreciated – unless you’re giving out free ice cream, of course!



5 “THANK YOU”

A simple “thank you” is free, and can make the world a better place!



6 TREAT EVERYONE EQUALLY

We are a society of equals, so treat everyone with the same respect.



7 BE GRATEFUL

The waitstaff clearing your table are doing what you don't have to – show your gratitude!



8 GIVE A HELPING HAND

If you see someone struggling with a heavy load, offer a hand.



9 STAND BACK

Let exiting people off the lift or the train, before you enter.



10 MAKE SOME ROOM

If there is limited space on the train, bus or lift, then squeeze in as much as possible to allow someone else to fit in.



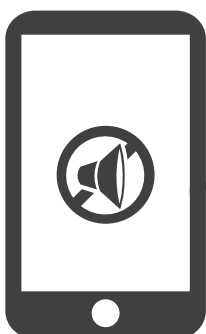
11 GIVE UP YOUR SEAT

On public transport, stand up and offer your seat to someone in need.



12 MUTE YOUR PHONE IN THE CINEMA

A lot of effort went into bringing the movie to you – don't let your ringtone interrupt the experience!



13 LEND A TISSUE

If you see someone about to cough or sneeze, offer a tissue. Plus, it stops the spread of germs that make people sick!



14 PICK IT UP!

Put your dog's faeces into a bag, or someone might step on it!



15 KEEP YOUR MUSIC DOWN

Particularly in public spaces, don't turn your music up too loud. Not everybody likes the same music you do.



16 IT'S GOOD TO TALK

Still, remember to interact with people at the dinner table – not your phone!



17 FLICK INTO THE BASIN

After washing your hands, take care not to splash your neighbour or the floor.



18 COURTESY COUNTS

Chivalry may no longer be the 'in' thing, but being courteous never goes out of style.



19 HAVE A SENSE OF HUMOUR

Genuine warmth and a sense of humour can make even talking to strangers pleasant.



20 KEEP TO YOUR LEFT

When on stairs and escalators, keep left, to give way to people in a hurry.



21 HELP OUT

Is someone you know preparing to move house? Organise a 'packing party' and help box up everything!



NEAREST AND DEAREST

SHARE THE LOVE WITH YOUR FAMILY AND FRIENDS

21 ways to show your loved ones you appreciate them

Throughout your life, your loved ones – friends and family alike – are always by your side and cheering you on. Show them a little appreciation with these simple tips – after all, small things can make a great impact!

22 MAKE TIME FOR YOUR GRANDPARENTS

Have a chat with them – they have great stories to tell and will always love to hear yours.



23 OFFER TO HELP

Helping your parents or friends with their chores is a nice gesture. It can be as simple as washing the dishes, taking out the rubbish or running an errand.



24 GIVE A HUG

To mum, dad, kids and best friends – little things can make someone's day.



25 LET SOMEONE ELSE TAKE THE REINS

Whether it's for the television remote or the dinner destination.



26 GET TOGETHER FOR A FAMILY MEAL

Bring them out for a nice dinner, or even cook them a scrumptious meal.



27 SAY "I LOVE YOU"

We tend to forget to tell our loved ones how much they mean to us, so make a note to do so, perhaps before leaving the house or while saying goodnight.



28 MEET MUM OR DAD FOR LUNCH

Perhaps when they're at work on a weekday! If they're busy, deliver a delicious meal to them.



29 THE KEY IS COMMUNICATION

Ask family and friends what they're doing on the weekend – and maybe you can plan something fun if they're free!



30 SERVE HOME-MADE BREAKFAST IN BED

This is a great way to start the weekend!



31 SURPRISE YOUR SPECIAL SOMEONE

If you know they've had a long day, a favourite snack can be a nice pick-me-up.



32 TAKE THE FAMILY OUT

A day at the beach or park is a great bonding experience! You don't need a specific holiday to show you care.



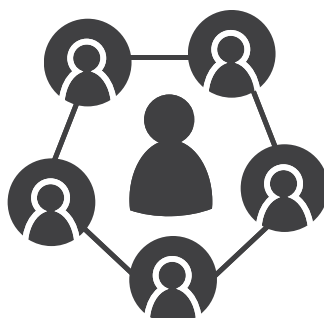
33 LIGHTEN MUM'S (OR DAD'S) LOAD

Help your parents shop for groceries – cooking for the entire family can be exhausting.



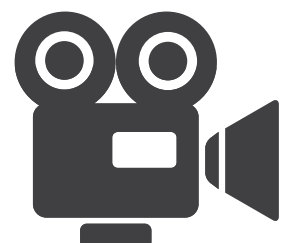
34 KEEP IN TOUCH

A daily text to ask how friends and family are can make them feel all warm and fuzzy inside.



35 MAKE TIME FOR YOUR FRIENDS

Get together for something that you all love – shopping, a trip to the cinema or a nice meal.



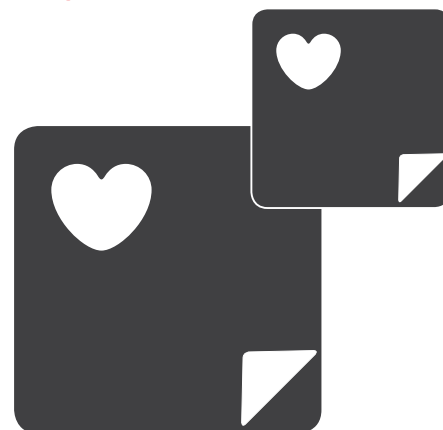
36 MAKE SOMETHING MEANINGFUL

A handmade gift or home-baked cake makes any occasion more special.



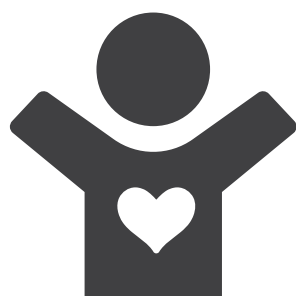
37 LEAVE A POST-IT NOTE

Let your loved ones know you care while they are still in bed as you're leaving home. It'll bring a smile to their mornings.



38 GIVE COMPLIMENTS

Whether it's a new dress or a wise decision your family makes, they'll notice that you care and are paying attention to them.



39 LEND A LISTENING EAR

You don't necessarily have to offer advice, just support them every step of the way!



40 SEND PICTURES AND VIDEOS TO THE FAMILY

Particularly when you're alone overseas. This will keep them updated on your life and assure them that you're safe.



41 WRITE THEM A LETTER

A handwritten letter to show you care can be a compelling message. Make sure you work on your penmanship first though!



42 CALENDARISE BIRTHDAYS

Put your nearest and dearest's birthdays in your phone calendar – then make sure you text or call them.



WORKPLACE WARMTH

YOU SPEND MOST OF YOUR TIME IN THE OFFICE —
SO MAKE IT FEEL GOOD

21 tips for you to bring a smile to the workplace

We spend most of the week at our place of work. When it comes to sharing the love, your office is the best place to start. So smile, and the office will smile with you

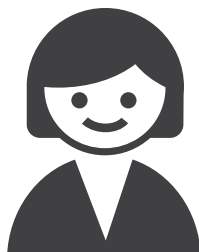
43 BUILD A 'THANKS BANK'

Acknowledge when a colleague has given 105% helping you, and thank them with equal enthusiasm. Every good deed needs a high five!



44 SPREAD THE CHEER

The average preschooler laughs or smiles 400 times a day. The average 35-year-old smiles about 15 times a day. Tell a joke to up the average laughter quota at the office.



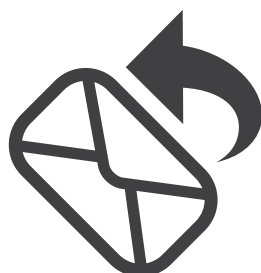
45 FILL A GRUMBLING TUMMY

Bake some treats and bring them into the office.



46 APPRECIATE YOUR CO-WORKER

It's easy to forget to send a simple 'thanks' email when a co-worker messages you – but it's always appreciated.



47 BE SHERLOCK HOLMES

Notice when a colleague is snowed under with work, and ask how you can help.



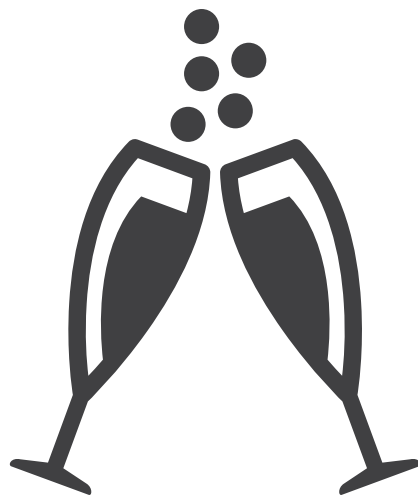
48 ASSIGN NAMES TO MEMORY

Do you know everyone's name in the office? If not, start memorising!



49 “COME JOIN US!”

Invite your colleagues to come along when you go out! They will be touched by the gesture, even if they say no.



50 CELEBRATE BIRTHDAYS

Everyone pretends to be embarrassed when the office sings a birthday song – but they secretly enjoy it!



51 SURPRISE YOUR COLLEAGUES

Do the jobs nobody wants to do – pick up coffee for the larder or clean up the stationery cupboard.



52 GET TO KNOW EACH OTHER

Be the person who suggests an after-work meal at least once a month.



53 OFFER A COFFEE

Everybody loves caffeine. Heading out for a much-needed afternoon coffee? Ask if anyone else needs one.



54 CREATE SPECIAL DAYS

Make your workplace feel unique by starting your own kooky traditions – Hawaiian Shirt Fridays, anyone?



55 BRING PRESENTS!

Come back from holidays with a few treats for the office. Local snacks are always popular.



56 NOTICE HARD WORK!

When a big project is over, why not send out a group email, calling attention to the hard work individuals have put in?



57 MAKE TIME FOR FACE TIME

While efficient, emails can have an impersonal and even brusque tone to them.

58 RETURN WHAT YOU BORROW

Don't be the person who 'borrows' pens from people's desks and doesn't return them. You know who you are!



59 LISTEN TO OTHERS!

If you're in a meeting, or even having an informal chat, listen fully. That means no checking emails on your mobile.



60 BE ATTENTIVE

If someone at work seems down, ask them what's wrong. Maybe you can help.



61 KEEP BUDGETS IN MIND

Make sure post-work activities fit the whole group. Some people might be on a budget, while others have special dietary requirements.



62 BRING OUT THE SNACKS

Share or invest in a snack corner and let those goodies work their magic!



63 RECOGNISE OFFICE HEROS

A lot of people think 'office prizes' are cheesy, but are secretly pleased to win the "Best Dressed" award.



COMMUNITY CARE

EVERYBODY NEEDS GOOD NEIGHBOURS

21 ways we can make our neighbourhoods happier and healthier

When it comes to sharing the love in the community, begin with small, simple gestures that everybody can engage in. The truth is, living great begins with us, and all it takes is a bit of kindness to make all the difference in the world.

64 GIVE BACK TO THE COMMUNITY

Volunteer at the local hospital from 10am to 5pm every alternate Sunday.



65 HELP AN ELDERLY PERSON CROSS THE STREET

Even if they don't need your help, offering a hand goes a long way.



66 BE QUEUE-FRIENDLY

Food centres can be crowded during rush hours. Offer to hold a seat for a stranger as they go to queue up for their food.



67 HOLD THE LIFT DOORS FOR SOMEONE

They will definitely appreciate the gesture, especially if they're in a hurry.



68 "CAN I HELP YOU WITH THAT?"

When a mother is struggling with her baby's stroller, offer to carry it down the stairs for her.



69 OFFER TO BABYSIT

Do your neighbours have small children? Babysit, and give them a night out to themselves.



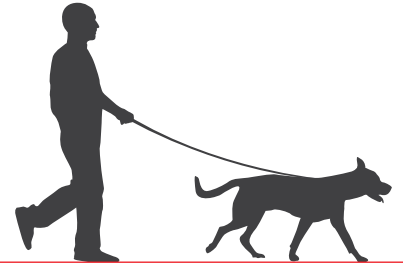
70 PROVIDE SOME MUSCLE

If a wheelchair-bound person needs help, offer to push him to wherever he needs to go.



71 LOOK AFTER PETS

When your neighbours are away for a short trip, offer to take care of their pets.



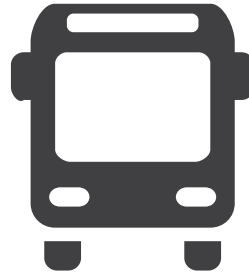
72 CARE FOR YOUR NEIGHBOURS

Collect their newspapers while they are away. Nobody likes to come home to a pile of newspapers outside the front door.



73 HOLD THAT BUS!

When you see someone running to catch the bus, alert the driver even if you aren't boarding the same bus.



74 STOP TO HELP

If you see an accident on the road, stop and see if you can help, even if you're in a hurry. You might help save a life!



75 SEND AN INVITATION!

If you are throwing a party, invite your neighbours even if you are not close to them.



76 GET FACE-TO-FACE

If you are doing renovations to your house, don't just stick a notice on the notice board. Knock on their doors and let them know. It's kinder that way.



77 CONSIDER THE ELDERLY

Ask your elderly neighbours if they need help with anything. Going to the market, fixing something small or just a chat.



78 TAKE A LEAFLET

When you see someone distributing flyers, take one. That person is now one flyer closer to finishing his job and going home.



79 OFFER A LIFT

If you see your neighbour at the bus stop, ask them if they are going in the same direction and get them to hop in!



80 SHOW YOUR APPRECIATION

If you have change after buying your morning coffee, put it in the tip jar. It may motivate the cafe's staff to greater – and tastier – heights!



81 LOVE THE NEIGHBOUR

If you've baked too many cupcakes for your family, why not give it to your neighbours? Besides, no one can refuse a cupcake.



82 CHERISH OTHERS

Head down to the nursing homes and talk to the elderly people. It's free, and a small chat with older folks can mean a whole lot.



83 BE A TOUR GUIDE

If the tourists at the train station look lost, point them in the right direction.



84 RETURN THINGS PROPERLY

When shopping, if you change your mind about an item, return it to its proper spot, rather than leaving it in a convenient shelf.



RANDOM ACTS OF KINDNESS

BE GOOD TO EACH OTHER

21 stories to make you smile about how awesome we all are

A simple act of kindness can make your day – even more so when delivered by a complete stranger. Here are a few stories from around the world of unexpected altruistic endeavours that would warm even the frostiest of hearts.

85 FEEDING THE NEEDY

Struggling Singaporeans can get a free breakfast thanks to local hawker, Toh Ah Wat, who gives 50 away a month for free.



86 SINGING A SONG

Malaysian Albert Ong loves Japanese culture. So when the 2011 tsunami hit, he made a CD of Japanese songs, raising RM10,000 for Japan's victims.



87 SHARING A STRANGER'S WORRIES

Canadian Robert Erb visited Clifford Luther's diner and heard about his cancer-stricken daughter – so he gave Luther US\$10,000 to go and see her.



88 SAVING A DAMSEL IN DISTRESS

Russian tourist Anna Tokareva lost her backpack travelling in Malaysia. So fruit supplier Goh Tong Liang raised RM1,500 to fly her home.



89 PUTTING OTHERS BEFORE YOURSELF

Champion US shot-putter, Cameron Lyle, saved the life of a stranger by donating his bone marrow – ending his shot-putting career in the process.



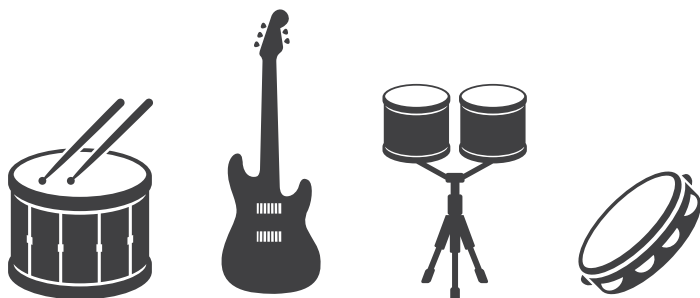
90 GIVING THE MONEY BACK

A Thai couple left S\$1.1 million in a cab in Singapore. Fortunately the cabbie was Sia Ka Tian – who gave it straight back.



91 RETURNING THE FAVOUR

During World War II, Malaysian villagers hid an Australian prisoner of war. To say 'thank you', an Australian school sent electronics and musical instruments to the village.



92 PROVIDING A FREE LIFT!

If no one can pick up the kids from Wenjiang Primary School in Guangxi, then teacher Yu Qigui carries them home on his back.



93 HELPING THE ELDERLY

On a Singapore bus, South Korean Choi Dae Ho noticed an old lady without any shoes. So he gave her his own.



94 HELPING A LOST SOUL

When Michael Teo got lost en-route to his new job in Petaling Jaya, he asked a man for directions – who drove him to work instead.



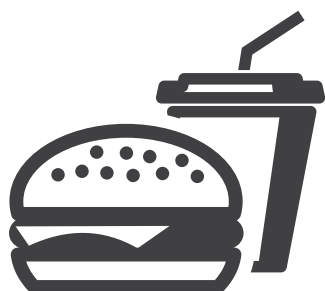
95 SHARING YOUR WEALTH

Hong Konger Benson Tsang Chi-ho took the HK\$6,000 the government paid him for being a permanent resident – and bought food for the poor.



96 LIFTING SPIRITS

Singaporean Josiah Ng leaves encouraging notes and snacks for his student peers while they are sleeping – just to brighten their day.



97 TAKING CARE OF ANIMALS

Kedah residents Pak Mie and his wife Mak Intan have taken in in 700 sick dogs and cats.



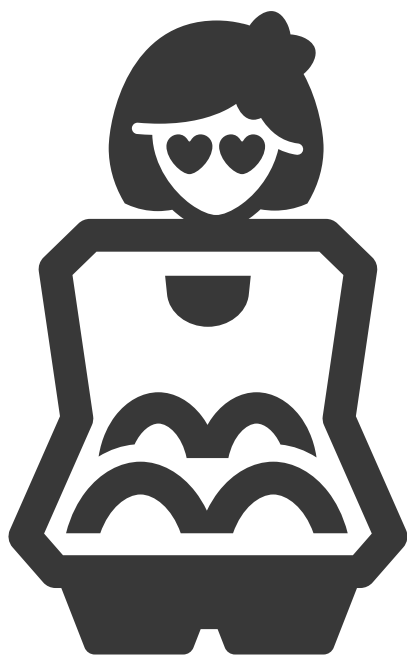
98 MAKING A KID HAPPY

Californian Bella Sanchez was heartbroken when her bike was stolen. So police officer Michael Kohr bought her a new one instead.



99 REMEMBERING THE LESS FORTUNATE

Hong Kong restaurant owner Chan Cheuk-ming used to be poor – which is why he gives free meals to the homeless every Saturday.



100 RAISING MONEY FOR A GOOD CAUSE

Tajenisha Beevi Sirajidin was so poor she fed her baby sugar and water – until fellow Malaysians raised more than RM100,000 for her.



101 FIGHTING HUNGER

A Malaysian saw a fasting supermarket cashier struggling when the call to prayer sounded. So he gave her biscuits and an orange squash.



102 RETURNING LOST ITEMS

A Singaporean couple found a briefcase belonging to Tan Wee – so they tracked him to his home and returned it.



103 TAKING TIME OUT TO TALK

Desmond Tan, a Singaporean university student visiting a mental institute on a school trip, took some time to chat to a patient who seemed lonely.



104 CARING FOR THE HOMELESS

New York winters are very cold. So when policeman Larry DePrimo saw a barefoot homeless man, he bought him socks and boots.



105 LOOKING AFTER THE INJURED

Two Singaporeans saw an Australian tourist fall on a visit to Sentosa – so they immediately ran to help him, attending to his wounds.



WANT MORE?

Did you enjoy our 105 tips on sharing the love? We loved putting them together for you, and hope you found this guide – as well as our guides on how to keep fit, and on fun family activities – useful!

For more from our 105 Anniversary Celebration Series, please visit <https://www.greateasternlife.com/my/en/personal-insurance/live-great/live-great-articles/live-great-guides.html> and share with your friends and family!



GREAT STARTS SMALL. LIVE GREAT.

Great, meaningful changes to our lives oftentimes have small beginnings. At Great Eastern, we are more than just a life insurance company – we are a LIFE company. We champion these little changes, which change life for the better. For a better, healthier you. We want to encourage you to live great, every day, and created this series of guides to help you do just that.

Want to view them all? Simply go to <https://www.greateasternlife.com/my/en/personal-insurance/live-great/live-great-articles/live-great-guides.html>

We're regularly growing the list of topics for you.

REAP THE BENEFITS

These guides are part of the Live Great programme, which was created to help you live and feel well. Join us at <https://www.greateasternlife.com/my/en/personal-insurance/live-great/overview.html> to find a host of wellness tools, handy mobile applications, health and wellness tips, invitations to expert talks and exclusive privileges to help you along your Live Great journey!

LET'S TALK ABOUT LIFE

Want to learn more about protection and retirement solutions from Great Eastern? Do get in touch with your Great Eastern Life Planning Advisor, or contact us at +603 4259 8888 or wecare-my@greateasternlife.com

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Great Eastern Life Assurance (Malaysia) Berhad

Menara Great Eastern, 303 Jalan Ampang, 50450 Kuala Lumpur
Company Limited (Reg No. 93745-A)

Any Questions? We are happy to help!

- ☎ General line : (603) 4259 8888
- ☎ Customer service care line: 1-300-1-300-88
- ✉ Email : wecare-my@greateasternlife.com
- 🏠 Website : www.greateasternlife.com/my/en