

# HOW TO MAKE A DIFFERENCE



2020 has been a historic year for a multitude of reasons. Being surrounded by so much change can seem overwhelming, but even in the midst of a pandemic we still have the opportunity to channel our energy into improving things for the better.

Here are a few ways you can make a positive difference in the world around you.

## Stretch Your Donation Dollars Further

Donating to causes or charities you believe in is one of the best ways to make a tangible difference—especially if you're still quarantining.

Before you send any money, make sure you look for any and all opportunities to have your donations matched. This could be through your employer, a national fundraising drive, Twitch streamers, or even friends and acquaintances offering their own matches via social media.

## Provide Social Support

Shelter-in-place and other lockdown measures have drastically changed our ability to interact with one another. Being cut off from avenues of socialization can cause feelings of isolation and loneliness, which carry their own host of problems.

Though it may take a concentrated effort, you have a powerful opportunity to brighten someone's day just by reaching out and talking to them. Sending an unexpected message or scheduling a call or video chat is an easy way to help another person while also helping yourself (the positive benefits of social interaction cut both ways, after all).

## Make Local the Focal

Solving the world's problems is too much for one person, which is why it's important to recognize the biggest influence you have is over your own community.

Reach out to professional groups, nearby universities, and local organizers to find ways to contribute to a cause you're passionate about. This can include things like donating food, volunteering your time at shelters, helping those who are now out of work, and plenty more.



As anthropologist Margaret Meade once said, **"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."**

THERE ARE A LOT OF COMPLICATED ISSUES RIGHT NOW, BUT THEY CAN BE SOLVED WHEN PEOPLE TAKE ACTION.

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