

*“The best way to find yourself is to lose yourself in the service of others.”*  
–Mahatma Gandhi



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# RECOGNIZING ALTRUISM



Fold me

Fold me

## THE WHY

Did you know that public sector employees are significantly more altruistic than private sector employees? This probably isn't a surprise to you. After all, you've chosen a career that makes a difference in the lives of others.

In honor of Public Service Recognition Week (May 3-9, 2020), this month's positive activity is about celebrating Oregon state government employees and their altruistic work. As employees, what we do every day benefits Oregonians and moves Oregon forward.

In this positive activity, you'll engage in a brief version of job crafting, which will entail recognizing how you give to others through your work. Research demonstrates that job crafting has positive effects on well-being and performance.

## EXAMPLES

- A nurse ensures the health of others while risking their own health
- A business and employment specialist helps others to feed their families by processing unemployment claims
- A HR professional helps employees to care for sick family members by exploring available options and helping them understand applicable laws and policies
- An administrative professional enhances agency effectiveness by smoothing the transition to a teleworking environment

Devotto, R. P. D., & Wechsler, S. M. (2019). Job crafting interventions: systematic review. *Trends in Psychology*, 27, 371-383. doi: 10.9788/TP2019.2-06

Dur, R., & Zoutenbier, R. (2014). Working for a good cause. *Public Administration Review*, 7, 144-155. doi: 10.1111/puar.12183

## HOW TO DO IT

To do the activity, answer the questions in the space below.

*What are the main tasks in your job?*

*What is the essence of what you're doing?*

*Who do you do it for?*

*How are people changed as a result of what you do?*

***Thank you for your service. You're awesome!***