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Mindful Giving

Four Intangible Gifts to Give this Christmas





Give the Gift of Compassion

THIS CHRISTMAS



Christmas is coming!!!

What are your plans for giving?

Have you given any thought to what you might do differently for the festive season? In these times when some persons do not have easy access to funds, due to circumstances beyond their control, and are still reeling from the effects of the pandemic, there is a constant need for help both physically and mentally.

Those of us who can help are encouraged to do so, by giving the gift of compassion this holiday season. For those empaths, compassion is defined as “the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering”. Christmas has a way of bringing out those emotions in us; don't you agree?

Here are a few suggestions that may just make someone happy and/or feel appreciated; keeping in mind the usual Covid protocols....

- ◆ Buy/help to purchase their groceries
- ◆ Babysit for a day or two
- ◆ Cook/purchase a meal for someone
- ◆ Run an errand
- ◆ Wash their car/pay for a carwash
- ◆ Help with/pay a bill
- ◆ Mow their lawn or tend to their garden
- ◆ Purchase Christmas gifts for them/their children
- ◆ Decorate their home

Source: <https://greatergood.berkeley.edu/topic/compassion/definition>

“The holiday season is a perfect time to reflect on our blessings and to seek out ways to make life better for those around us”.

~ Terri Marshall



Give the Gift of Empathy

THIS CHRISTMAS

Empathy is the capacity to understand or feel what another person is experiencing. Empathy doesn't just happen naturally for a lot of people. Our fast-paced society and lives do not always afford us with the opportunity to meaningfully connect with others. It is therefore a conscious and deliberate choice we must make. The more we practise empathy, the more intuitive it becomes. The Christmas season presents a great opportunity to be empathetic.

Here are some ideas of how you can give the gift of Empathy this Christmas Season.



GIVE ENCOURAGING WORDS

Compliments and words of encouragement go a long way in communicating how much people are appreciated. Your encouraging words, whether spoken or written, in a simple note, letter or card, is appreciated just as much as a personal phone call. Simple phrases like "I'm thankful for ..." and "I love how you ..." can make a great deal of difference. This Christmas, give words of comfort and healing; these are gifts that keep on giving.



VISITING OTHERS

The holidays can be a lonely time for many people. With the loss of loved ones due to the pandemic, and with COVID-19 protocols still in effect, many persons may struggle with feelings of loneliness. Visiting others, whether virtually or face to face, allows them to enjoy your company. This Christmas season, carving out even just minutes to spend with someone, is a wonderful gift that shows others that you value and care for them.



GIFT-GIVING

Random acts of kindness can be the most thrilling thing; leaving something thoughtful on a colleague's desk, sending a book to a long-distance friend, showing up with a gift for no reason except to say that "I love you," or "I appreciate you," is a great way to brighten someone's day. This Christmas season, wrap your gift in empathy and give freely. Remember, it's so much better to give than to receive.

Sources:

<https://theconversation.com/understanding-others-feelings-what-is-empathy-and-why-do-we-need-it-68494>

<https://medium.com/thrive-global/5-ways-to-show-you-care-this-christmas-f33e554bbc32>

GIVE THE GIFT OF SERVITUDE



Want to cheer up someone during this holiday season?

Then consider giving the gift of servitude this Christmas. There are so many people around us who need just a little extra help and a small act of service can go a very long way, especially during this pandemic.

An act of service is the physical expression of a thoughtful gesture. It's all about dedicating time and effort, usually in a nonverbal way and showing up in ways that are tangible, to offer meaningful help and support.

It can make a world of a difference when someone takes the initiative to ease someone of their responsibilities and burdens. Amid sadness and despair, a small act of kindness can help to restore hope, joy and love and give assurance that they are not alone and that someone cares.

Did you know that the gift of servitude doesn't always cost us anything but a little time and thought? Think about it, how can we make someone else's day easier? In the meantime, here are a few suggestions of things you can do at home, at work or in your community.

At Home	At Work	In Your Community
<ul style="list-style-type: none">i. Do their choresii. Cook their favourite meal or a comforting meal when they are sickiii. Pick up their favourite snacks or dessert when shopping for groceriesiv. Fill their gas tankv. Run their errands	<ul style="list-style-type: none">i. Finish a shared project or help with the workloadii. Offer advice and feedback on workiii. Bring treats for the teamiv. Do something they forgot to do (<i>without chastising</i>)v. Act as an outlet/sounding board when they are venting or stressed	<ul style="list-style-type: none">i. Donate food, articles of clothing, shoes or toysii. Clean the home of an elderly or sick personiii. Offer a ride to an appointment or to the supermarketiv. Fill a prescriptionv. Share your Christmas dinner

*Happiness doesn't result from
what we get,
but what we give.*

~ Ben Carson

GIVE THE GIFT OF QUALITY TIME



Quality time

is the love language that centers around togetherness. It's all about expressing your love with your undivided attention. When you are with your loved ones, you should put down the cell phone, turn off the tablet, and focus on them. And, when you do that, it touches their heart in a way that really matters. They feel important, loved, and special like you were intentional in setting aside time just for them. *Why? Because quality time is way more than just time, it's attention.*

However, for some, this makes quality time seem like a tall order. After all, when are we ever fully focused on something? We multitask at work and at home, and we never stop thinking about one thing while working on another.

Happily, there's a more forgiving way to think of quality time, and that is when focus is on the goal instead; time that you spend with someone, usually your partner, child, friend, co-worker or family member, doing enjoyable things together, so that your relationship remains strong. But who said quality time has to be spent with others? You can also have quality 'alone time'. However, for many, Covid has changed how we spend quality time. How has Covid-19 impacted the way you spend quality time? The abrupt slowdown in modern life has given people a chance to deepen relationships and create new memories together. As we navigate yet another Covid Christmas, how will your quality time be impacted? How will you spend quality time this Christmas?

Here are 10 Things you could do:

Alone	With Family, Friends & Colleagues
<ul style="list-style-type: none">✦ Treat yourself to a massage, pedicure, facial or weekend get-away✦ Reflect and make plans for the new year; include plans for personal and professional development✦ Write in your Journal and make it a part of your things-to-do going forward✦ Reset - Rest, Relax and Recharge✦ Read your favourite book or continue from where you left off	<ul style="list-style-type: none">✦ Take time to listen and while you are at it, listen to understand and not only to respond✦ Take long walks together - stop and smell the roses along the way✦ Do fun activities together. It would be ideal to engage in activities everyone loves✦ Vacation together - choose an affordable destination and create new memories together✦ Go somewhere together; be it a restaurant, the movie theatre or park and enjoy each other's company

Celebrate the season with love and joy. Make the most of your time with friends and family.

- Anonymous -

Sources

<https://www.verywellmind.com/quality-time-love-language-4783540>
<https://medium.com/wholistique/what-quality-time-really-means-176333aa5fda>

Congratulations to our Civil Servants of the Year 2021

Your hard work and dedication have not gone unnoticed. Thank you for your excellent performance throughout the years.



Mr. Clayton McCalla

Driver
Ministry of Health and
Wellness
TECHNICAL SUPPORT
CATEGORY

Ms. Andrine Davidson

Special Projects
Manager
Jamaica Information
Service (JIS)
MANAGEMENT CATEGORY

Mr. Ronald Frue

Manager of
Information Systems
(Acting)
Administrator
General's
Department
MIDDLE MANAGEMENT
CATEGORY

Source: <https://jis.gov.jm/top-civil-servants-for-2021-22-awarded/>

Merry Christmas & Happy New Year

to you and yours from the
Office of the Services Commissions family.
We wish you all the peace
and joy of the season!

See you in 2022

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Recruitment and Selection Specialist

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~ Peg Bracker