

# RIDE THE BLUE WAVE WITH US

OCTOBER 8

## Fall Project brings a fresh start and a fresh hope after 18 months of on-and-off COVID-19 restrictions.

Finally. GE Appliances employees are poised to shine in our community like we have in years past with the 2021 Fall Project. And while some things look different—intentionally—the core of the event, coming together, remains solid.

Historically, the Fall Project was one Friday dedicated to the community. GEA employees would swarm a neighborhood with love, attention, and hard work.

And while that initial pattern continues this year, the spirit of transformational change over the course of a year is at hand.

Considering the impacts of COVID-19 and the call for social justice, we're extending our responsibility to the community beyond one day. Because we represent the hearts of our employees and echo the mission of our business, our volunteerism now reflects that outward. From the nonprofits we help, to the charities we support, to the events of the day, we commit to our focus on inclusion and diversity.

Join us and watch as the Blue Wave transforms you and your

*Continued*

## Let the Blue Wave wash away some of COVID-19's effects

### EFFECTS

- Stress and anxiety
- Isolated and lonely

### SOLUTION

#### *Connect with others*

Joining your co-workers to benefit the community is a great way to build lasting bonds.

In UnitedHealthcare and VolunteerMatch's study, *Doing Good is Good for You*, "85% of volunteers note developing friendships through their volunteer activities."

#### *Connect with your community*

Benefiting the place you call home has an impact that spreads beyond the corners of the smile you'll have after Friday, Oct. 8.

Join us and  
watch as the  
Blue Wave  
transforms  
you and your  
wellbeing, too.



**GE APPLIANCES**  
a Haier company



**WellWithin**

wellbeing, too. It's proven. When you volunteer, the experiences you have positively impact you, especially your social and emotional health.

## Better physical and mental health

Plenty of research has linked volunteering or service projects to health benefits. A recent review of some of those benefits reported that people who volunteer report having fewer symptoms of depression and can better handle stress alongside more life satisfaction and higher self-esteem. Tack on a longer life expectancy and you'd question anyone who didn't want to volunteer!



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## Increased empathy: everyone has a story

Volunteering can give you the opportunity to bring people into your social network you otherwise wouldn't get to meet and learn from those who come from different walks of life. This experience can expand your understanding of others who are different from you.

Learning about cultures and ways of life that are different from your upbringing will increase your social flexibility and expand your worldview. It will also raise awareness of the issues that other people deal with and will increase important social skills like empathy and teamwork.

Remember that each person has their own unique narrative and the Blue Wave gives you the opportunity to respect, appreciate, and take the time to understand this narrative.

## Reminder of perspective

We are stronger together than we are alone. Working together, we can help make our communities a better place for us all. Nothing gets done by one person alone, which means we must band together to make the changes we want to see in the world.

Catch the Blue Wave—it's where you want to be. It's where we want to be.

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### SOURCES:

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