

# One small step for humankind



2019 marks fifty years since a human being first walked on the moon. What an extraordinary “mission accomplished”! It took ingenuity, bravery and painstaking preparation. Humans have always been hard workers and explorers.

Most of us aren't planning any upcoming trips to space. But we still use our ingenuity and drive. Where do you use your imagination, courage and energy?

## Be an explorer right here on earth

One way to be an explorer is to find ways to make our own planet a better place. There's really no end to the ways you can help improve life right here. You can:

- Volunteer at a library, hospital or food bank
- Help train service animals
- Help underprivileged children or people with special needs
- Assist military service people and their families.
- Give support for people with mental health or substance misuse challenges
- Advocate against bullying, domestic abuse or homelessness
- Get involved in human rights or environmental concerns
- Mentor or foster children or be a big brother or sister

- Learn to train others on mental health stigma and other important topics
- Volunteer in the U.S. or in overseas countries
- Make and donate items like hats, gloves and blankets
- Organize arts programs where they don't exist
- Visit nursing home residents who have no family and read, sing or perform in senior housing

## The list could go on and on

Not sure what you want to do? That's where the exploration comes in.

Consider your interests, talk to family and friends, think about society's needs and search online at sites like [greatnonprofits.org](https://www.greatnonprofits.org). Because this is an exploration, you may need to try out different projects until you find what clicks for you.

Remember, we can't all go to the moon and most of our goals don't defy gravity. But our efforts and explorations on earth are all major steps for mankind.

**The EAP is administered by Resources For Living, LLC.**

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