

Treat narcissism with dose of volunteerism

I refer to Dr Lee Wei Ling's article, "Time to reverse 'narcissism epidemic'" (Jan 17), as well as recent articles about youth conduct and long-term volunteerism.

I agree with Dr Lee's comment about the narcissism epidemic among the young today. Nevertheless, there are also young people who actively volunteer their time and energy for charitable causes.

As a volunteer at the Hospice Care Association, I have been blessed to meet such inspirational people, who have shown they are capa-

ble of genuineness, respect for others, empathy and warmth.

In palliative care, it is important to have empathetic long-term volunteers. I find that by volunteering, we start to see Singapore in a kinder light.

Hopefully, through short-term school volunteer stints, students will discover a deeper meaning in such work, and continue to do it long term out of genuine goodwill.

This could be the "antibiotic" to reversing this narcissism epidemic.

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