



WELLNESS TIPS

VOLUNTEERING



TIPS FOR AUGUST WELLNESS

Promote Personal Growth

Volunteering allows you to understand community needs, and helps foster empathy and self efficacy. Volunteers are granted opportunities to discover hidden talents that result in boosted confidence. Through working with local non profit agencies, volunteers learn about the functions and operation of our government. Volunteers gain knowledge of local resources available to solve community needs, and are provided a rich environment for networking. And finally, volunteering provides all the benefits of physical exercise, including: reducing stress, managing weight, reduced risk of disease, and strengthening your body!

Strengthen Your Community

As a volunteer you can help:

- Support families (daycare and elder-care)
- Improve schools (tutoring and literacy)
- Support youth (mentoring and after school programs)
- Beautify the community (beach and park cleanups)
- Promote your city (sporting events and music festivals).

What Interests YOU?

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search. For example, do I want to...

- make it better around where I live?
- meet people who are different from me?
- try something new?
- do something with my spare time?
- see a different way of life and new places?
- do more with my interests and hobbies?
- do something I'm good at?

Volunteering provides physical and mental rewards. It reduces stress, as experts report that when you focus on someone other than yourself, it interrupts usual tension producing patterns.

More than that, volunteering makes you healthier! Positive moods and emotions strengthen the immune system.