



WHY VOLUNTEER

“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms.” **1 Peter 4:10**

Volunteering and its Surprising Benefits

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it’s true that the more you volunteer, the more benefits you’ll experience, volunteering doesn’t have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefit 1: Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family

as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

- **Make new friends and contacts**
- **Increase your social and relationship skills**
- **Volunteering as a family**
 - Children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change.

Benefit 2: Volunteering is good for your mind and body

- **Volunteering helps counteract the effects of stress, anger, and anxiety.**
- **Volunteering combats depression.**
- **Volunteering makes you happy.**
- **Volunteering increases self-confidence.**
- **Volunteering provides a sense of purpose.**
- **Volunteering helps you stay physically healthy.**

Benefit 3: Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

How to find the right volunteer opportunity

There are numerous volunteer opportunities available. The key is to find a position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs. Ask yourself the following:

- Would you like to work with adults, children, animals, or remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?

Consider your goals and interests

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling.

(Excerpts from [helpguide.org](https://www.helpguide.org) on health and wellbeing. HELPGUIDE.ORG INTERNATIONAL is a tax-exempt 501(c)3 organization (ID #45-4510670). Our content does not constitute a medical or psychological consultation. See a certified medical or mental health professional for diagnosis.)

PRAYER

Give us the compassion and empathy we need to understand what those in our community are going through. Help us to love them well. Help us not to judge or condemn, but rather come alongside them to offer support and to be Your hands and feet.

Amen.