

What Does Volunteering Do for ME?

SKILL development:
Learn new skills, keep skills sharp, or use existing skills in new ways.

CAREER exploration

Networking:
Cross paths and bond with people who share a common interest

Make New FRIENDS

Have an impact/Make a Difference

BUILD Self-confidence

REDUCE Stress:
join a Friends group or become a steward, taking part in a "green gym."

Combat depression
by elevating your body's natural opiates, like endorphins, or "happy hormones," and dopamine.**

Great for your HEALTH:
Studies that people who volunteer are rewarded with better physical health—including lower blood pressure and a longer lifespan.

In a survey of more than 4,500 adults:

68 percent

said they felt better physically since they started volunteering;

29 percent

said giving back was helping them to manage a chronic condition.*

* United Healthcare and Volunteer Match

**Stephen Post, coauthor of *Why Good Things Happen to Good People* (2007) and director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University