

Volunteer

Volunteering can help you make friends, learn new skills (social skills, too) and advance your career. Giving to others can also make you feel happier and healthier by reducing stress, combatting depression, keeping you mentally stimulated and providing a sense of purpose.

Nothing relieves stress more than a meaningful connection to another person.

Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

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.

Even helping out with the smallest tasks can make a real difference to the lives of people, animals and organizations in need.