

# 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