



# BENEFITS OF VOLUNTEERING

**"VOLUNTEERING MIGHT HELP ENRICH OUR OWN LIVES BY STRENGTHENING OUR BONDS TO OTHERS, HELPING US FEEL A SENSE OF PURPOSE AND OPTIMISM, AND PROTECTING US FROM FEELINGS OF LONELINESS, DEPRESSIVE SYMPTOMS, AND HOPELESSNESS,"**

**- STUDY AUTHOR ERIC KIM, A RESEARCH SCIENTIST IN THE DEPARTMENT OF SOCIAL AND BEHAVIORAL SCIENCES AT THE HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH. -**



Source: <https://edition.cnn.com/2020/06/11/health/volunteering-pandemic-health-benefits-wellness/index.html>



- VOLUNTEERING WITH PEOPLE CAN WARD OFF LONELINESS, DEPRESSION, AND ANGER.
- VOLUNTEERING ON A SCHEDULED BASIS GIVES STRUCTURE WHEN LIFE IS WITHOUT MOTIVATION.
- VOLUNTEERING OUTSIDE HAS ITS OWN SET OF BENEFITS. TIME SPENT IN NATURE CAN REDUCE STRESS AND ANXIETY AND IMPROVES MOOD.
- VOLUNTEERING IN ANY AREA GIVES PEOPLE A SENSE OF SELF-WORTH AND ACHIEVEMENT.

<https://worldvision.ca/stories/benefits-of-volunteering>



**JOY**

