MENTAL HEALTH BENEFITS OF VOLUNTEERING

It takes just a single person to initiate change. When you choose to volunteer and give of your time and talents, great things can happen. It's true that whether it's for an hour, a day, once a week or once a month, volunteers make a tremendous impact on another person's life and in the National Capital Area community. Here's how volunteering can also benefit YOU:

Community Connections

You strengthen your community and your social network when you volunteer, whether that's with other volunteers or with those you are serving. Volunteering builds bonds, creates friendships and can combat loneliness.

Improved Self-Esteem

When you volunteer, feelings of self-worth increase. This in turn can decrease the effects of depression and anxiety, and can also give people an increased sense of purpose.

Builds New Skills

Volunteering broadens your personal network and develops new skills in a risk-free environment. Volunteering is a great place to experiement, practice and try out new techniques and skills, boosting self-confidence.

Lifelong Health

While everyone can benefit from a health boost during volunteer events, long-term volunteers live longer, with less disease and better overall health than those who do not volunteer. Reports show people who volunteer over 100 hours a year are some of the healthiest people in the U.S.

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CFC
Combined Federal Campaign
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#8000

United Way

United Way of the National Capital Area

GIVE. ADVOCATE. VOLUNTEER.

UnitedWayNCA.org

Adapted from LinkedIn's Pulse article, "Volunteering should be part of your post-pandemic plan."