

# LONG-TERM BENEFITS OF VOLUNTEERING

Source: NonProfitHub.org

## 1 SELF-ESTEEM BOOST

With the strong social ties you make when you volunteer, you have someone, or even a whole group of people, to lean on. When you help others, you become someone else's person to lean on.

## 2 SOCIAL NETWORKING

Volunteering with your friends and making new ones, volunteering creates valuable social connections. An expanded social network can lead to better health physically, mentally, and emotionally.

## 3 MOOD BOOST

The personal feeling of accomplishment from volunteering is part of why you feel happier when you volunteer. Volunteering at least 2 hours a week feel the best.

## 4 LONGER LIFE

Physical effects from volunteering may be greater longevity, and chances of heart disease, memory loss, and Alzheimer's are reduced.

## 5 GIVES PURPOSE

Volunteering gives people a purpose in life, and can help mental illnesses associated with feelings of isolation, like OCD and PTSD.

## 6 LOWERS STRESS

This relates back to the mood boost. You're happier when you volunteer, so dopamine is released in the brain. Volunteers also see a decrease in mental illnesses like depression.

## 7 SETS A GOOD EXAMPLE

Monkey see, monkey do. Kids learn a lot from their parents. Volunteering is a great way to show kids how to make positive impacts in their life, and volunteering at a young age gets them in the habit of doing good.

## 8 TEACHES SKILLS

You're never too old to learn something new. Try new things, learn new skills, and find something you never expected you would be good at.