



VOLUNTEER YOUR WAY TO BETTER HEALTH

Besides volunteering to help other people and strengthen the bonds of your community, research has found that volunteering also offers mental and health benefits to the person volunteering.

Improves mental health

Harvard Health Publishing (Harvard) reports that “Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression.”

The Mayo Clinic adds that “Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine” – the “brain chemical that influences your mood and feelings of reward and motivation,” explains family medicine physician Meredith Goodwin in Healthline.

Harvard says the physical activity gained from volunteering also helps lower blood pressure from reduced stress. It adds that reduced stress further decreases risk of many physical and mental health problems, such as “heart disease, stroke, depression, anxiety and general illness.”

Besides improving your mental health, volunteering also:

1. Enhances your physical health

The Mayo Clinic writes that “Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health, and volunteers report better physical health than non-volunteers.”

Volunteering can, therefore, be a great way for the elderly and any other aged persons – to get out and be active, further benefiting their physical wellbeing.

2. Strengthens social health

“Dedicating time as a volunteer helps expand social network and practice social skills with others”, the Mayo Clinic suggests. By engaging in volunteering activities, you can meet people who may share similar interests to you.

Dedicating time to volunteer for other people also enriches their overall wellbeing. Acts of service and kindness are known to boost the receiver’s mood and self-esteem.

3. Volunteering for others

December 03 marks the International Day of Persons with Disabilities, which focuses on raising awareness of disabilities and improving accessibility in everyday life.

Dedicate time this month to spread kindness and volunteer at your local volunteering groups.

Toll-free:

Request a call back: *134*905#

Email:

App code: