



Improving Your Well-being by Volunteering

Volunteering is a great way to stay active and enjoy wellness benefits while helping others. Research shows that people who volunteer typically live longer, have a decreased risk for heart disease, and experience fewer symptoms of depression than those who do not. Here are three tips for connecting with community, enhancing your well-being, and bringing a sense of satisfaction to your life through volunteering.

- ✔ **Finding the right opportunities.** Seek out activities that fit your schedule, skills, and interests. While a busy schedule may not allow for an ongoing commitment, there are plenty of opportunities to volunteer—even for an hour—at a single event, such as at a community fundraiser, school program, food drive, or charity run. Find volunteering events in your community by visiting [volunteer.gov](https://www.volunteer.gov).
- ✔ **Volunteering with family.** Whether it's caring for animals in need or participating in a neighborhood clean-up, volunteering can be an enjoyable family-friendly activity. Giving back as a family helps provide an opportunity for you and your loved ones to share new experiences and create memories together while also making a difference.
- ✔ **Virtually volunteering.** From mentoring and tutoring to community-building, there are many volunteer opportunities that can be done right from home or your preferred location from a computer or mobile device. Find ways to share your time, skills, and passion virtually at [volunteermatch.org/virtual-volunteering](https://www.volunteermatch.org/virtual-volunteering).