

# MONTHLY WELL-BEING NEWSLETTER: GIVING BACK IS GOOD FOR YOU

When you volunteer, you're doing more than helping others; you're investing in your own well-being. Research shows that volunteering can lower stress, boost your mood, and even contribute to a longer life. It's also a great way to meet new people, strengthen friendships, and build skills that can help your career.

A recent BioLife poll found that nearly half of volunteers (49%) say giving back provides a sense of personal fulfillment. Other commonly reported benefits include a stronger sense of purpose (45%), greater happiness (36%), and improved mental well-being (26%).

**The bottom line:** volunteering feels good because it is not just for you, but for your community as well.



## Find What Matters to You

The best volunteer experience is one that aligns with your interests and values. Here are a few ideas to get you started:

- + **Become a mentor.** Share your experience with someone just starting out in their career or education.
- + **Support seniors.** Spend time at a local eldercare center—conversation and companionship go a long way.
- + **Help animals.** Local shelters often need volunteers to walk dogs, socialize cats, or assist with adoption events.
- + **Raise money for a cause.** Organize or participate in a fundraiser for something you believe in.



## Ready to Get Started?

Your local community is the best place to look for opportunities, but these national platforms can help match you with programs based on your location and interests:

- + [Volunteers of America](#)
- + [Volunteer.gov](#)
- + [American Red Cross](#) – 90% of the Red Cross workforce are volunteers

You don't need to commit dozens of hours to make a difference. Even a few hours a month can have a meaningful impact.