



Healthy Living Series

VOLUNTEERING

Volunteering is a vital part of being an active community member and giving back to those who are in need. Research shows that volunteering comes with a long list of personal benefits too! While you give your time and energy, you often receive just as much as you put in.

Benefits of Volunteering

Decreases Depression & Anxiety

- Volunteering provides the chance to form new and meaningful relationships with a sense of community, purpose, and connectedness, which decreases your risk of depression and anxiety.

Improves Health & Happiness

- People who volunteer regularly report increased levels of happiness.
- Positive social contact through volunteering causes the release of endorphins and dopamine (happy chemicals) and can improve brain function.
- Boosts confidence and self-esteem.
- Additional benefits include reducing stress and lowering blood pressure.

Increases Physical Activity

- Volunteering will likely motivate you to move and be active, enhancing your physical fitness and lowering your risk of many chronic diseases.

Where to Volunteer

Walk with a Doc

- Ask your WWAD chapter leader how you can help support the group (registration table, bringing water/snacks, tracking attendance, promoting the program, etc.).

Other Community Organizations

- Reach out to your local library, school, religious organization, animal shelter, food bank, hospital, or parks department.

Search Online:

- createthegood.aarp.org
- volunteermatch.org
- americorps.gov/serve



www.walkwithadoc.org