

Want to be mentally and physically healthy?

# VOLUNTEER

for just 2 hours each week!



No matter what research, anecdotes, survey or data are most important to you, they all demonstrate that people who volunteer enjoy increased physical and mental health, a deeper sense of meaning, and a decrease in depression and/or anxiety levels. All of this is true regardless of the physical or mental state of the volunteer before they start volunteering.

**It's FREE! YOU reap many health benefits!**  
**It builds MEANING, CONNECTION, and VALUE!**

I sometimes hear from people who 'want to tell their story to the youth to keep them from going to prison'. It's an interesting idea, but just 'telling' probably won't work. The youth today - just like when you were a youth - won't learn from old people's stories. But if an old person will listen to them? That might make a big difference, and once you build trust, you may be able to share your story after all. When you listen, you can gain trust, and then help them build the future. Listening helps people feel valued, which can increase their feelings of agency and power over their lives.

There are many ways, formally and informally, that you can commit to supporting others:

- Wherever you go, there are people who need attention; who need to be heard and honored.
- There are people who need to eat, need help shopping and help taking care of their home.
- There are people who need support, need to learn how to ask good questions, need to find their voice, need to learn to establish good boundaries, need to learn how to learn, and also to re-learn how to express themselves through art, movement, music, and imagination!

In a 2009 survey\* of 4582 people, at an average of 2 hrs/wk., people said this about volunteering:

96%: feel happier (A way to relieve our suffering from unhappiness and depression!)

92%: enriches my sense of purpose in life

89%: improved my sense of well-being

78%: helps with recovery from loss and disappointment

77%: improves emotional health

73%: lowers my stress levels

68%: made me feel physically healthier

\*[http://cdn.volunteermatch.org/www/about/UnitedHealthcare\\_VolunteerMatch\\_Do\\_Good\\_Live\\_Well\\_Study.pdf](http://cdn.volunteermatch.org/www/about/UnitedHealthcare_VolunteerMatch_Do_Good_Live_Well_Study.pdf)

According to Post, volunteers have less trouble sleeping, less anxiety, less helplessness and hopelessness, better friendships and social networks and a sense of control over chronic conditions. Those who received help from others also benefit greatly from helping others!

You may want to starting your volunteerism with an established organization. Or you can certainly start your own thing. That's how Fair Shake got started!

It's a GREAT way to meet new people, to immerse yourself in a diverse group, to network in new circles, to demonstrate your character and commitment, to build community and faith in humanity!

**NO DRUGS! NO SIDE EFFECTS! NO COST! NO OFFICE VISIT! NO DOCTORS!**

# EVERYONE VOLUNTEERS. YOU NEVER KNOW WHO YOU WILL MEET THERE!

You may find your next employer, property manager, babysitter, ride-share person or friend!

## Ways to Volunteer: (this is just the beginning of a list for which there is no end...)

Food Pantry  
Free Meals  
Yard Work  
Reading  
Shopping

Clean Up Trash  
Driving / Rides  
Help with Taxes  
Simply Spend Time  
Hobbies

Arts and Crafts  
Animal Rescue  
Handy-person Repair  
Snow Shoveling  
Help with Moving

## Community Volunteer Opportunities

\* \* 2 hrs/week delivers health benefits to you. Any amount of time delivers benefits to others. \* \*

Food Pantry \* Habitat For Humanity \* Lawn Mowing \* Church or Community Groups  
Direct Support \* Child Care \* Elder Support \* Home/Yard Help \* Shopping \* Outdoor Activities

## Web-based Connections to Volunteering



VolunteerMatch

**Volunteer Match** [volunteermatch.org](http://volunteermatch.org) (non-profit)  
people, animals, environment

Volunteer Match is the largest network in the nonprofit world, with the most volunteers, nonprofits and opportunities to make a difference.

## Buy Nothing Project

**Buy Nothing Project** [buynothingproject.org](http://buynothingproject.org) (global network)  
Help another person give and receive, share, lend, and express gratitude using technology through a worldwide gift economy network in which the true wealth is the web of connections formed between people!



FairShake  
REENTRY RESOURCE CENTER

**Fair Shake** [fairshake.net](http://fairshake.net) (community-powered non-profit)

\* Fair Shake is web/software based. We welcome tech volunteers!  
\* Help others find resources and information in our huge library!  
\* Help us build the FS resource directory by letting us know about resources that you recommend from your area! Mail information to Fair Shake PO Box 63, Westby, WI 54667 or email: [sue@fairshake.net](mailto:sue@fairshake.net)



Volunteer.gov

**Volunteer.gov** (federal program)

America's Natural and Cultural Resources Volunteer Portal built and maintained by the Federal Interagency Team on Volunteerism (FITV)



POINTS  
OF LIGHT  
ENGAGE

**Engage** [engage.pointsoflight.org](http://engage.pointsoflight.org) (project of Pres. George H.W. Bush)  
Search our database for volunteer opportunities inside and outside of the home that meet critical needs. The world is waiting for you to shine your light.



JUST SERVE

**Just Serve** [justserve.org/projects](http://justserve.org/projects) (provided by Mormons)

A website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community.