

Press Release

The Mutual Benefits of Volunteering

April is National Volunteer Month, which makes this late-Winter, early-Spring time of year a fitting one to discuss the importance of giving back. Sharing time and talent in the form of community service is what makes the universe a better place in which to live and work. At a more local level, volunteering can help bring someone out of a depression, can help enable someone to buy the things they need to survive, can beautify a street or neighborhood, and can help change the perspectives of a community toward a certain element of their own population. Volunteers volunteer to help make the lives of others better, for sure. But it's certainly not a one-way street! Volunteers, too, reap personal benefits from their service.

It's only natural that volunteering offers the opportunity to connect with other people and make new friends and social contacts. It's a great way to meet new people and even spend time as a family, modeling for the next generation the importance of helping one's neighbor. Volunteering can also bolster one's mental and physical health and well-being. It increases self-confidence while providing a sense of purpose, and by default, can even help combat depression. For those who want to stay physically healthy, volunteer activities such as environmental or park projects can help achieve fitness goals while serving the community.

It may be no surprise, then, that people who volunteer are also happier than those who do not. In fact, a 2008 research study from the London School of Economics entitled [Doing Well by Doing Good. The relationship between formal volunteering and self-reported health and happiness](#) found that the more people volunteered, the happier they were. "Compared with people who never volunteered, feeling 'very happy' rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000," say the researchers. Meaningful volunteer work can be relaxing and fulfilling, providing volunteers with renewed creativity, motivation, and vision that can carry over into other aspects of their life.

If you want to give volunteering a try and simultaneously raise your happiness level or lift you out of the doldrums, why not reach out to a community service organization and get involved. One like Caleb Interfaith Volunteer Caregivers, who provide free services through their army of volunteers to senior citizens 60 years of age and older. Their volunteers conduct friendly visits with seniors, place reassuring phone calls, transport them to appointments, shopping, and other desired locations, as well as light housekeeping and yard work. Caleb currently provides these free services to seniors in the towns of Whitefield, Lancaster, Littleton, Bethlehem, Carroll, Jefferson, Dalton, and Groveton and is looking to expand to other towns as their volunteer numbers grow. You can reach Caleb via their website at calebcaregivers.org, via Facebook [@calebcaregiverswhitefield](https://www.facebook.com/calebcaregiverswhitefield), or by calling their office at 603.837.9179. Best wishes in your volunteering endeavors!

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