



### April is National Volunteer Month

Volunteers make an immeasurable difference in the lives of others. But did you know that there are well-documented benefits to your own health as well, including the positive feeling referred to as *helper's high* and an increased trust in others?

#### Health Benefits of Volunteering

- **Volunteering decreases the risk of depression**, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests.
- **Volunteering provides you with renewed creativity and motivation**, a sense of purpose, self-confidence and often the opportunity to learn new skills.
- **Volunteering helps you meet others and develop new relationships**, expand your network and practice social skills with others.
- **Volunteering may reduce stress levels** by enhancing social networks to buffer stress and reduce risk of disease. Time spent in service to others provides a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.
- **Volunteering may help you live longer** and volunteers with chronic or serious illness experience declines in pain intensity and depression when serving as peer volunteers for others also suffering from chronic pain.

Opportunities are listed online at [volunteermatch.org](http://volunteermatch.org) or contact your local Council on Aging or Faith Community. People that are homebound, have limited mobility or other challenges can work by phone or computer and even by knitting or sewing for an organization.

For opportunities at Minuteman Senior Services, go to [www.minutemansenior.org/join-our-team/volunteer](http://www.minutemansenior.org/join-our-team/volunteer) or email [volunteer@minutemansenior.org](mailto:volunteer@minutemansenior.org)

Source: Adapted from MayoClinicHealthSystem.org

April 2021

[www.MinutemanSenior.org](http://www.MinutemanSenior.org)

This Healthy Living message is sponsored by:



DANIEL DENNIS & Co  
Certified Public Accountants

