

Five Benefits of Volunteering

With over 1.5 million registered nonprofits in the U.S., there are endless opportunities to make a positive impact in your community! So why volunteer? Based on the 62 million Americans that do so each year, here are five benefits of volunteering.

1 It's Good for the Community

Make a tangible impact while engaging and connecting with people in the community you might not meet otherwise.



95%

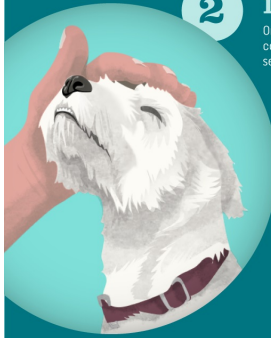
of volunteers feel that they're helping to make their community a better place.



2

It Makes You Happy

One result of this positive impact on the community? People feel happier and a greater sense of purpose.



94%

of volunteers report that volunteering improves their mood.



96%

of volunteers report feeling a greater sense of purpose.

3 It Reduces Stress



76%

of people say that volunteering lowers their stress levels!

Volunteers also report higher levels of self-esteem and richer interpersonal relationships than non-volunteers.



4

It Keeps You Healthy

Good Mood + Less Stress = Better Health



76%

of people report feeling physically healthier after volunteering.



Volunteering can help those dealing with health issues. About 1 in 4 volunteers say that it helps them manage a chronic illness.

5 It Develops Professional Skills

Volunteering can also improve skills needed to thrive professionally!

Among people who say that volunteering has helped their career:



87%

reported that volunteering has enriched their people skills and teamwork skills.

75%

felt that it improved their time management skills.



Sources:
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