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The power of volunteering



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The power of volunteering: 5 surprising wellbeing benefits you can't ignore

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Volunteering can offer numerous benefits for your mental health and wellbeing.

With most of us leading really busy lives, the concept of volunteering - giving your time and energy to a cause without receiving any financial reward - may seem to be an impossible task for the majority of us. How can we possibly fit anything else into our already packed schedules? The good news is that volunteering doesn't have to take up much time and has many benefits. In fact, volunteering has many benefits for both the volunteer as well as the community, individual or organisation they are helping.

5 mental health benefits of volunteering

1 Reducing Stress

Volunteering can be a great way to take your mind off of your own worries and stresses. It can also help you to gain perspective on your own problems by seeing the challenges others face. By helping others, you can also experience a sense of fulfilment, which can help to reduce stress.

2 Boosting Self-Esteem

Volunteering can be a way to increase your self-esteem and self-worth. By helping others, you can feel good about your contributions to your community, and this can help you to feel more confident and capable.

3 Enhancing Social Connections

Volunteering can provide opportunities to meet new people and make new friends. This can help to reduce feelings of isolation and loneliness, which can be detrimental to mental health.

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4 Providing a Sense of Purpose

Volunteering can offer a sense of purpose and meaning in life. By contributing to a cause or organisation that you care about, you can feel like you are making a difference in the world.

5 Improving Mental Health

Studies have shown that volunteering can have a positive impact on mental health by reducing symptoms of depression and anxiety. By engaging in meaningful activities and helping others, you can improve your overall sense of wellbeing.

So, as you can see volunteering has numerous mental health benefits and can offer a sense of purpose and meaning, which is particularly beneficial for those who feel isolated or depressed. All in all, volunteering is a powerful tool you should consider if you are looking for ways to improve your mental health and increase happiness.

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