

# Volunteering is Good for You!

*By Andrea Craun*

Everyone knows volunteering helps the community. However, did you know volunteering can also be beneficial to you in many ways?

Volunteering is good for your mental health. It can improve mood and self-esteem. Taking time out from your own stresses and problems can be mood lifting. It can also help you forget your problems and lower stress levels.

You can learn new skills. Volunteering can help you develop the skills you already have and teach you new skills.

Gain valuable experience. Volunteering can give you experience in your field. Most employers require you have experience before you get an interview. Volunteering looks good on a resume or on various applications.

Meet new people. While volunteering you can make new friends and work with like-minded people. This can lead to future contacts and positive references.

Gain personal satisfaction. Working for a cause that you feel passionate about will create a sense of pride and satisfaction.

You don't need any special skills to volunteer. You don't have to devote all of your time either. All you need is an interest in helping and a willingness to do what needs done. Chances are the organization you want to volunteer for will work with you.

Many different organizations are looking for volunteers to fill a variety of positions. Whether you need to work from home, want get outside, prefer working with animals, or just want to expand your horizons, there is a volunteer position out there waiting for you.

Apply to volunteer with us by clicking on the Volunteer box above!

Can't wait to see you here!

