



AMERICAN PREPARATORY ACADEMY

December is Volunteer Month!

Volunteering can take many different forms, so it's easy to find a commitment level that fits your lifestyle. Whether you're putting in a few hours a month at one organization, several hours per week with multiple organizations, or something in between, studies show that volunteers have an overall healthier, happier outlook on life.

Benefits of Volunteering

Here are just a few of the proven health benefits you can gain from volunteer work:

- **Increased Mental and Physical Activity:** Participating in volunteer activities gives you the opportunity to move and think in different ways than you're used to at home or work. There's a good chance that you'll be on the move while volunteering, which increases your overall physical activity level.
- **Reduced Stress Levels:** Giving back to those in need enhances one's sense of belonging, purpose, and appreciation—all elements that can help reduce your overall stress levels.
- **Increased Social Well-being:** By volunteering in your community, you're broadening your social circle, forging new relationships, and giving back to those in need. All these activities can increase your social well-being, a component that plays a large role in your overall health.

Get Started

If you're ready to reap the benefits of volunteer work, but don't know where to start, think local. There are plenty of organizations in your community that will welcome all the help they can get, no matter what amount of time and effort you have to give. You'll find many of your neighbors have done the same, for a whole range of motivations for volunteering:

- Helping others.
- Acquiring new skills.
- Building a social circle.
- Working in a team environment.
- Learning about the community.

Whatever your reasons, it's never too late to start. Reach out to local hospitals or clinics, community councils, shelters, or other volunteer organizations that resonate with you.

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