

Volunteering: The Happiness Effect

Helping others kindles happiness, as many studies have demonstrated....

Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks.

Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, say the researchers.

Jeanne Segal, Ph.D. and Lawrence Robinson
www.helpguide.org, quoting from Harvard Health Publications and the London School of Economics



Some Thoughts on Volunteering:

"You make a living by what you get, but you make a life by what you give." –
Winston Churchill

"Everybody can be great...because anybody can serve." – *Martin Luther King Jr.*



"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve." – *Albert Schweitzer*

"Service to others is the rent you pay for your room here on earth." –
Muhammad Ali

"Only a life lived for others is worth living." – *Albert Einstein*

The Benefits of Volunteering



The best way to find yourself is to lose yourself in the service of others. –
Mahatma Ghandi

For more information, or to book a presentation to your group, contact:

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Personal Benefits of Volunteering

- Physical health
 - Keeping active
- Psychological health
 - Avoids isolation and depression
- Brain / cognitive
 - The brain needs physical, cognitive and social activity
- Social health
 - Expanded social network
- Skills acquisition
- Career development
- Feeling of Significance



How to Get Started

1. Choose something that interests you
2. Ask yourself what you want to get out of it
3. Be realistic (know yourself)
4. Take a Test Drive
5. Make sure you give more than you take
6. Listen and Learn
7. Re-evaluate at a fixed time



Volunteering time makes you feel like you have more time

As published in the Harvard Business Review, researcher Cassie Mogilner explains that those that volunteer their time feel like they have more of it. This is similar to the findings that people who donate to charity feel wealthier. Mogilner explains:

“The results show that giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time.”

(Forbes: Mark Horoszowski)