



# WHAT'S YOUR **PASSION?** PUT YOUR **HEART** INTO IT ... **VOLUNTEER!**

FLORIDA VOLUNTEER MONTH 2008

## THE PERSONAL BENEFITS OF VOLUNTEERING

### HEALTH BENEFITS FROM VOLUNTEERING:

- A heightened sense of well being, reduced insomnia, strengthened immune system, and hastened surgery recovery time. (The Healing Power of Doing Good, Allan Luks & Peggy Payne)
- Volunteering can improve self-esteem, reduce heart rates and blood pressure, increase endorphin production, enhance immune systems, buffer the impact of stress, and combat social isolation. (Research Summary: Graff, L. (1991). Volunteer for the Health of It, Etobicoke, Ontario: Volunteer Ontario.)
- Placement in highly social situations, which increase the opportunity for close interpersonal relationships and strengthen one's sense of identity. (Peer Counseling Perspectives, April 2003 Survival News, Mary Lynn Hemphill, "Volunteer For Your Health")
- Improved self confidence and self-esteem, which helps to reduce blood pressure and improves immune function. (Get Involved, "Health Benefits of Volunteering")
- Formation of interpersonal ties and social networks that can act as a buffer against stress and illness. (GetInvolved.gov, "Health Benefits of Volunteering")
- A longer life expectancy than non-volunteers. Studies report that engaging in regular volunteer work increases life expectancy because social interaction improves quality of life. (GetInvolved.gov, "Health Benefits of Volunteering")

### BENEFITS TO YOUTH VOLUNTEERS:

- Youth who volunteer are more likely to do well in school, graduate, vote, and be philanthropic. (UCLA/Higher Education Research Institute, 1991)
- Youth who volunteer just one hour a week are 50% less likely to abuse drugs, alcohol, cigarettes, or engage in destructive behavior. (Search Institute, 1995)
- Young people who volunteer are more likely to become active citizens, engaged in civic activity as youths and later as adults. (YouthService California [yscal.org], "Why Youth Service Matters")
- Almost 78% of people who volunteer report that volunteering is important because it "allows me to gain a new perspective on things." (Report on a Statewide Dialogue on Service and Volunteerism in California," The James Irvine Foundation; 1998.)
- Volunteering connects young people to their communities, fosters leadership and develops an interest in making a difference. (YouthService California [yscal.org], "Why Youth Service Matters")
- Teens say the benefits received from volunteering are: Learning to respect others; learning to be helpful and kind; learning to understand people who are different from themselves; developing leadership skills; becoming more patient; and gaining a better understanding of good citizenship. (Independent Sector/Gallup, 1996)



**The Governor's Commission on Volunteerism & Community Service**  
**Volunteer Florida**

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## PROFESSIONAL BENEFITS FROM VOLUNTEERING:

- Practical work experience
- Learning new skills
- Increased social interactions
- A bank of professional contacts and potential references
- Higher visibility to employers and community as a whole