

VOLUNTEERING

BOOST YOUR OWN WELL-BEING WHILE GIVING BACK!



Volunteering offers more than the opportunity to give back—it promotes social, spiritual, mental, and physical well-being. Volunteers not only contribute to their communities but also experience personal growth, build connections, find purpose, and stay active.

WELLNESS BENEFITS OF VOLUNTEERING

SOCIAL

When our Marines and families volunteer, they strengthen community connections, enhance their support networks and social connections, all while fostering the spirit of collaboration and service.

MENTAL

Volunteers build confidence and happiness, find purpose, and reduce their stress and feelings of isolation.

SPIRITUAL

Installation Volunteer Coordinators work to match volunteers to meaningful opportunities that align with their values, morals, beliefs, and interests, which promote mindfulness, gratitude, sense of purpose, and fulfillment.

PHYSICAL

Volunteering can lead to increased physical activity. Volunteering at fitness events, coaching youth sports, or doing physical labor, allow you to stay fit while giving back.

In a published study titled, *Volunteering and Health Benefits in General Adults: Cumulative Effects and Forms*, estimates found that additional participation in voluntary services resulted in:

+8.54% increase in mental health

+9.08% increase in physical health

+7.35% increase in life satisfaction

+11.11% increase in social well-being

This data suggests that higher participation in voluntary services pertinent to other-oriented volunteering may contribute to better health benefits cumulatively. For additional details on this study, visit, [The National Library of Medicine](#).

Connect with your Installation Volunteer Coordinator to learn more about opportunities to serve.