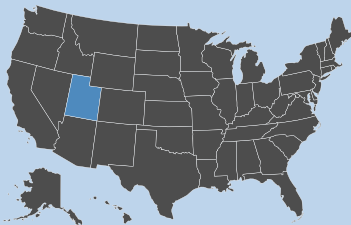


# THE PULSE

## BY THE NUMBERS

# 52 HOURS

The amount of time most people in the United States spend volunteering each year.



Utah has the highest rate of people that volunteer at nearly 51%; Florida has the lowest rate at 22%.

Source: [TeamStage](#).



## FOCUS

# NATIONAL VOLUNTEER MONTH

Did you know volunteering is good for your health? It expands your social network, improves physical and mental well-being, increases happiness, and reduces stress.



## DETAIL

# VOLUNTEERING AND YOUR HEALTH

By Mackenzie Pennington, Wellbeing Consultant

Volunteering makes a difference in others' lives and can make a difference in yours, too.

When we serve others - whether through volunteering our time or donating resources - our brain releases feel-good endorphins that psychologists call the "helper's high." This concept has been studied since the 1980s and is associated with better health and increased longevity. The good news is that any act of kindness can positively impact your well-being, no matter how big or small. Looking for more reasons why you should volunteer? See other benefits below.

- Improves physical and mental health
- Provides a sense of purpose
- Teaches valuable job skills
- Builds relationships and connects you to others
- Connects you to your community
- Increases your empathy and understanding
- Gets you out of your comfort zone

If you want to learn more, check out Mayo Clinic's article, [Helping people, changing lives](#).



## GETTING PLUGGED IN

Are you interested in volunteering opportunities within your own community? Check out these organizations for in-person and virtual opportunities.

- [VolunteerMatch](#)
- [Idealist](#)
- [American Red Cross](#)