Studies have shown that human beings are hard-wired to give to others.

There are so many benefits to volunteering. Here are just a few:

- Meeting new people
- Learning new skills
- Gaining confidence
- Being a part of a community and a larger picture
- It kindles kindness, joy and inner-fulfillment
- It is mentally and physically stimulating
- It is a lot of fun!

It has been shown in studies that the social contact aspect of helping and working with others can have a profound effect on one's overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering is known to combat depression. It keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteers can find new meaning and direction in their lives by reaching out to others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.