Why volunteer

Experience, Human Nature

Why Volunteer? Have you ever thought about volunteering? If you're not booked for the weekend, try volunteering at your favorite charity. You might like it! People who volunteer tend to be more successful in life. With this in mind, you may want to consider volunteering your time at a charitable organization. You would be completing tasks that are not assigned to people specifically, learning important life skills, and at the same time, increasing yourhealth. Yes, you heard it right. Volunteering does help your health. As you probably know, not all tasks in the world are assigned to people.

Take trash pickup for example. If nobody picked up the trash on the side of the road, it would stay there forever and definitely causepollution. Have you ever noticed the " Adopt a highway/' signs by the road? Well, those organizations who adopt the Highways are all run by volunteers. Doesn't it feel good to do something without getting paid? You may find volunteering can be contagious. Think about it; if I were to walk onthe beachand pick up trash, by standers may see me and begin to pick up trash as well. Before you know it, the beach is pretty clean. So, look around.

See what is needed in your community, and consider volunteering to do it. A quote by Anne Frank states, " You make a living by what you get. You make a life by what you give. " What does this mean to you? Most of the time, volunteer work will help you learn important life skills. During middle school, you certainly will get a ton of projects. Do you have a habit of putting them off until the last minute? If so, you need to learntime management. Volunteering can teach you that. However, be careful not to et your volunteer hours interfere with your other responsibilities such as homework or sports.

Also, volunteering can teach youcommunicationskills. You would become more comfortable talking to different kinds of people. You may even discover hidden talents. According to the University of Arkansas, important life skills are learned by volunteering. That is a fact! Yes, I know volunteering takes up a lot of time, but you are helping your health. According to Make a Difference Day Survey, CM, nearly half of all volunteers (47%) say volunteering has improved their physical health and tiniest. Many volunteers state they have been affected when they volunteer.

They said it helps your mental health. Studies have shown 18-24 year olds have drunken less alcohol since volunteering. Volunteering also helps reducestress. Depressionis a sign of loneliness, but when you volunteer, it combats that and you may even meet a friend there. Some health benefits due to volunteering are fewer risks of heart attacks and lower stress levels. Don't you want to help your health? A quote by Ghanaian says, " The best way to find yourself, is to lose yourself in he service of others. Volunteering not only gives you a good feeling about yourself, it helps you learn more about your community. Helping your health, doing tasks that are not assigned, and learning important life skills are all things you can achieve while volunteering. If you don't like to get dirty cooking or cleaning, try volunteering at a bake sale. Without a doubt, you will get to see the joy in children's faces when they get a messy, chocolate cupcake. Be sure to hand them a napkin! That is why you need to step up and volunteer today.