

## Volunteering is Great for You Too!

Margaret Mead once said, "Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has".

Our world benefits from all of the good works that volunteers do. Did you ever stop to realize however, some of the benefits volunteering brings to you, yourself, also?

Here is a list of my top 10 reasons why volunteering is a great thing to do for yourself:

1. Volunteering builds self-confidence.
2. Volunteering helps you learn new skills.
3. Volunteering helps you meet new people and make new friends.
4. Volunteering with your friends and family members helps to build stronger bonds and relationships with the people that you care about.
5. Volunteering keeps you healthy and helps to maintain positive mental health.
6. Volunteering helps you learn more about important social issues in your community.
7. Volunteering helps you to develop a great understanding and appreciation about diversity and other cultures.
8. Volunteering helps you share a lifetime of experience.
9. Volunteering helps build a common bond with others in our community. (Instead of discussing the football game, or the weather, with someone new who you meet, trying telling them about the volunteer projects that you do.
10. Volunteering with our children helps to teach them important values.

So the next time you step out the door to get involved in a project in your community remember, volunteering is not just great for our communities. It is a great activity that keeps you happy and healthy too!

Source: <http://www.articlecircle.com>

## About the Author

Devorah Vineburg is the lead staff professional at the Volunteer Center of Brown County, Green Bay, WI, in the areas of training, consultation and technical assistance to nonprofit agencies. Her website Crafty Community Connections located at [www.craftycommunityconnection.com](http://www.craftycommunityconnection.com) is an excellent resource of ideas for craft and volunteer service projects that can be donated to local people, agencies and charities as a community service. It is a great resources for crafters, kids, teachers, scouts, youth groups, Sunday Schools, parents and friends. The website is updated each month. Subscribe to our free newsletter. On our Shop for Charity page, buy a featured item, and an identical item or its wholesale value will be donated to your favorite registered charity. [www.craftycommunityconnection.com](http://www.craftycommunityconnection.com)