Volunteering Benefits

While volunteering is a selfless act, many people don’t think about the personal benefits that come along with reaching out and serving your neighborhood. That’s why we’re here with this chart of facts and benefits of volunteering, so you’ll be ready to sprout some roots in your city!

Perks of Being a Volunteer

The next time you’re looking for a way to promote some much-needed self-love, consider this: along with benefiting your community, volunteering provides you with a whole host of advantages for your mental health, some of which include:

- Decreases your risk of depression.
- Creates a feeling of fulfillment and belonging.
- Promotes an active mind and body.
- Reduces stress.
- Connects you with new friends.

Who Does the Volunteering?

Only 25.4% of United States citizens participate in unpaid volunteer work, which is the lowest rate in a decade. Let’s take a look at some helpful statistics about the average volunteer:

- About 28% of women volunteer, compared to 22% of men.
- 28% of people between the ages of 35 and 44 engage in volunteering activities.
- 28% of individuals between the ages of 45 to 54 take part in volunteering.

In addition, people who are married tend to volunteer at a higher rate (29%) than those who aren’t married (19%).

Where Do People Volunteer?

There are tons of organizations in need of volunteers. However, to give you an idea of where most residents tend to offer their assistance, we’ve created this list:

- 35% of people volunteer at religious organizations.
- 25% participate in education or youth services.
- 14% volunteer at social or community-based establishments.

How to Start a Lending Hand with Bluffton Self Help!

We offer shifts for regular volunteers and one-time volunteers, as well as holiday programs and special projects.

- **Regular shifts:** Monday - Friday, 9:30 AM - 1:00 PM & 12:30 PM to 4:00 PM
- **Food Distribution Shift:** Wednesday, 3:00 PM - 6:00 PM

Contact our volunteer coordinator to set a date for a volunteer request informational session.

Tonya Taylor-Moody
tonya@blufftonselfhelp.org • (843) 757-8000 ext 2205

Sources:

- https://www.nationalpartnership.org/about/education/documents/UA_Lipa_volunteering.pdf
- https://www.northeast.org/index.php/volunteer