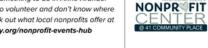
### **Overview**

can benefit your community, but have you considered how volunteering might benefit you? As it turns out, volunteering is a great way to improve the mental, emotional, physical, and social aspects of your life.

Luckily, the NPC can help connect you with many valuable volunteer opportunities. Our newly implemented Nonprofit Events Hub (NEH) website serves as a one-stop shop for volunteer opportunities within the county. Whether you're a nonprofit seeking volunteers or want to become more involved within the community, the NEH has something for everyone.

#### There are so many great reasons to volunteer, why not start today?

Looking for something to do in Anne Arundel County? Want to volunteer and don't know where to begin? Check out what local nonprofits offer at aacounty.org/nonprofit-events-hub



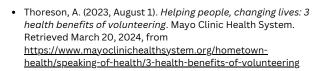


Find events & activities in your community



**Nonprofit Events Hub** 

## Resources



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- Happy Volunteers [Photograph]. United Way of Northeast Kentucky. https://www.uwnek.org/volunteer-opportunities





# **VOLUNTEERING**

and your

#### **MENTAL HEALTH**

**National Mental Health** Awareness Month







disconnected from their community. for older adults who may feel isolated and interests. By working together to improve Volunteering is a simple way to connect

high blood pressure. decreases the likelihood of heart disease,

stroke, general illness, chronic pain, and also decreases stress, which in turn increased life expectancy. Volunteering improved physical health, including volunteering. Volunteers experience There are many physical benefits of

activity while volunteering.

excellent ways to engage in physical

Participating in a charity walk-a-thon,

or picking up trash along the beach are

gardening at your local community center,

Physical activity also boosts mental health!

## Physical Benefits

struggles and perspectives. insights by listening to their story and Moreover, volunteering provides a platform

problem-solving capabilities. functioning, such as memory, attention, and Volunteering may also improve cognitive

of fulfillment, and self-esteem. It decreases

depression, anger, and anxiety.

negative emotions such as stress,

emotional well-being. volunteering can improve mental and Whatever the cause, there is no doubt that desire to contribute to one's community. effects are the result of an innate human help others; they believe that these positive theorize that humans are hard-wired to engaging in volunteerism. Some scientists the dopamine rush that occurs when a result of volunteering can be attributed to

The myriad of positive effects that arise as