

# Overview



It's common knowledge that volunteering 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](https://aacounty.org/nonprofit-events-hub)

**VOLUNTEER**  
SUPPORT NONPROFITS  
Find events & activities  
in your community



Browse Today



**Nonprofit Events Hub**

# Resources



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# VOLUNTEERING and your MENTAL HEALTH

Anne Arundel County's  
**NONPROFIT  
CENTER**  
@ 41 COMMUNITY PLACE

## Physical Benefits

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

Physical activity also boosts mental health! Participating in a charity walk-a-thon, gardening at your local community center, or picking up trash along the beach are excellent ways to engage in physical activity while volunteering.



## Social Benefits

Volunteering is a simple way to connect with people who share your values and interests. By working together to improve your community, you can build stronger relationships with others and expand your social network. This is especially beneficial for older adults who may feel isolated and disconnected from their community.

Moreover, volunteering provides a platform for people from all backgrounds to share their unique perspectives. For instance, a volunteer working with someone who faces housing insecurity can gain valuable insights by listening to their story and gaining a greater understanding of their struggles and perspectives.



## Mental and Emotional Benefits

Volunteering increases happiness, feelings of fulfillment, and self-esteem. It decreases negative emotions such as stress, depression, anger, and anxiety. Volunteering may also improve cognitive functioning, such as memory, attention, and problem-solving capabilities.

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

