



GBS HEALTH & WELLNESS

# Gift of Giving



Busy schedules can make finding time to volunteer challenging. Volunteering does not have to involve a long-term commitment or take a huge amount of time. Even small acts of purposeful giving can help those in need and improve personal health and happiness. Volunteering can reduce stress, combat depression, stimulate the mind, and provide a sense of purpose. It is also a vital part of community building, by bringing people together who are committed to achieving a shared outcome of making their community a better place.

## Not sure where to start?

Utilize [VolunteerMatch](#), a website that provides volunteer opportunities based on zip code. Filter by interests and add opportunities you don't see or are coordinating.

Contact your community recreation center, care centers, hospitals, cancer treatment centers, YMCA or boys' and girls' clubs, health department, elementary schools, food pantries, family shelters, schools, etc. There are countless places that would be happy for additional hands.

**Resource**  
[DoSomething](#)

Review the following categories and choose one activity to engage in this month:

### Collect

School supplies, grocery coupons for local food pantries, non-perishable food items, unwanted clothes, diapers or personal hygiene products.

### Do

Start a free library, walk kids home from school, rake leaves for an elderly or sick neighbor, mow your neighbor's lawn, foster a shelter animal, donate blood, drive sick or elderly patients to treatment.

### Teach

Help kids with homework, music lessons, coach a youth sports team, teach people how to register to vote.

### Fix

Clean your local park, help neighbors with repairs, spruce up a run-down playground, offer to patch clothes or stuffed toys.

### Host

Bake sale, clothing swap, holiday meal, study group.

### Make

Knit scarves or hats, blankets, first aid kits for local shelters.

### Volunteer

At your local library, nonprofit, animal shelter, community center, crossing guard, food pantry.