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Via Tadasana
on Apr 6, 2012

How To Be Really Happy & Healthy. ~ Reena De Asis



Do you often ask yourself, where did the time go?

Did it flutter away like a butterfly? If you chase it, it will elude you. Your time is valuable, like you. How you spend your waking hours says a lot about your character and how you choose to create happiness. Per Albert Schweitzer, "I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve." Whatever talents or skills you have, consider being of service. So why not make time to volunteer!

Why Serve as a Volunteer?

- > Demonstrate your commitment to a cause, belief and/or lifestyle
- > Learn, develop or share skills
- > Be part of a community
- > Gain leadership and management skills
- > Make new friends
- > Engage in your hobbies or interests
- > Be part of a team of motivated individuals
- > Build your resume
- > Have fun and feel good
- > Earn academic credit

Where to Find Volunteer Opportunities?

- > VolunteerMatch
- > HandsOn Network
- > Idealist
- > Volunteers of America
- > All for Good
- > Create the Good
- > vInspired
- > The Corporation for National and Community Service
- > Sparked

If you're a do-gooder and want to serve as a volunteer in honor of National Volunteer Month, join the millions of volunteers nationwide making a difference in their community. According to Volunteering in America, some highlights from their research include: Volunteers serving nationwide in 2010: 62.8 million and national hours volunteered in 2010: 8.1 billion.

Besides being really happy, don't you want good health too?

Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities. More details can be found on The Health Benefits of Volunteering: A Review of Recent Research by The Corporation for National and Community Service.

Moreover, people who do volunteer work for 2 or more hours per week have lower rates of depression and heart disease, live happier more fulfilled lives, have greater self-esteem and greater function ability per Donna Cardillo, RN, MA in Volunteering Is Good For Your Health ... And Your Career. Make an impact, roll up your sleeves and contribute unpaid hours to make a difference. Volunteers give their time and talent to support services and reach people in need. As a volunteer, you're not only giving back and making a positive contribution, but you're also making an economic contribution. In fact, the Independent Sector estimated value of volunteer time for 2011 is \$21.79 per hour.

Furthermore, have you ever experienced the joy of someone lending you a helping hand in your time of need? If yes, recall how gratitude and the act of kindness changed your life. You may also find yourself on the other side of the service cycle, too. If you are truly able to be of service, please explore a cause you are passionate about and incorporate it into your enriching life. You can give as little as five minutes doing flexible micro-volunteering work to a few hours performing skills-based or traditional volunteering a month. Your volunteer experience, like life, is what you make of it! Above all, be happy and healthy while you stand up and be counted!



Photo: Happy Girl on Beach by Public Domain Photos