

From Me to You

Volunteering makes an immeasurable difference in people's lives. Research has also shown that volunteering offers significant health benefits. It improves physical and mental health. It provides a sense of purpose and teaches valuable skills. And it nurtures new and existing relationships.

How to Participate

This month, we are going to focus on the benefits of giving ourselves to serve others. Choose one or more organizations where you would like to volunteer some time this month. We encourage you to volunteer at least twice, but the amount and frequency is up to you.

Use the following prompts to keep track of how the experience impacts you. At the end of the month, you can reflect on your responses and share them with your work team to learn more about how volunteering has served your community and your co-workers.

----- Date	----- Organization Served	----- Number of hours
---------------	------------------------------	--------------------------

How did you feel before you went? What were your concerns or motivations?

How did you feel afterwards about yourself, the organization or what you accomplished?

----- Date	----- Organization Served	----- Number of hours
---------------	------------------------------	--------------------------

How did you feel before you went? What were your concerns or motivations?

How did you feel afterwards about yourself, the organization or what you accomplished?

North Ottawa
Wellness Foundation

Provided in collaboration with the North Ottawa Wellness Foundation.
For more wellness resources, visit northottawawellnessfoundation.org

