

Volunteering and the Five Ways of Wellbeing

There has been a lot of research that supports the idea that staying busy, maintaining social connections and finding purpose in our daily routine are all part of a healthy mental wellbeing. Being a volunteer keeps us active and engaged in our community and stretches us to expand our horizons and learn things about ourselves. Getting involved doesn't have to be complicated and it doesn't have to require hours of our precious time.



Connect – Me whakawhanaunga – be there for others, build strong relations.

Strong relationships with others, including in your volunteer space, are an essential part of building resilience and boosting wellbeing.

How does volunteering help me Connect?

- Being there for others strengthens your own relationships.
- Volunteering expands your social circle by bringing you alongside others who you may not usually interact with.
- When you are part of a volunteer team, you are presented with opportunities to talk and connect with new people.


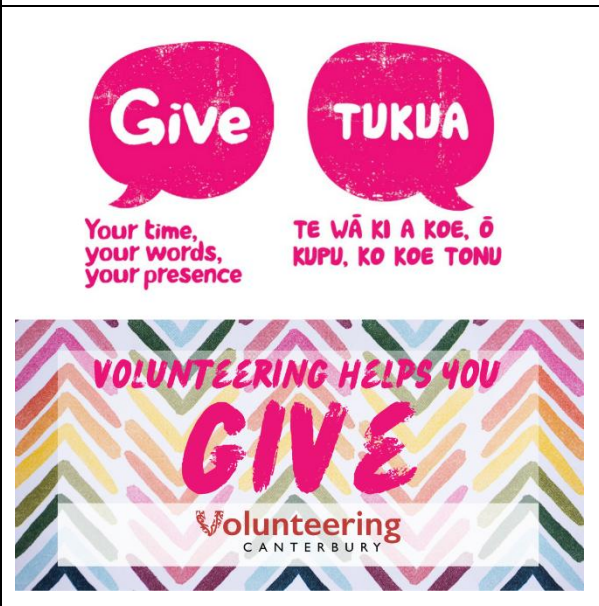
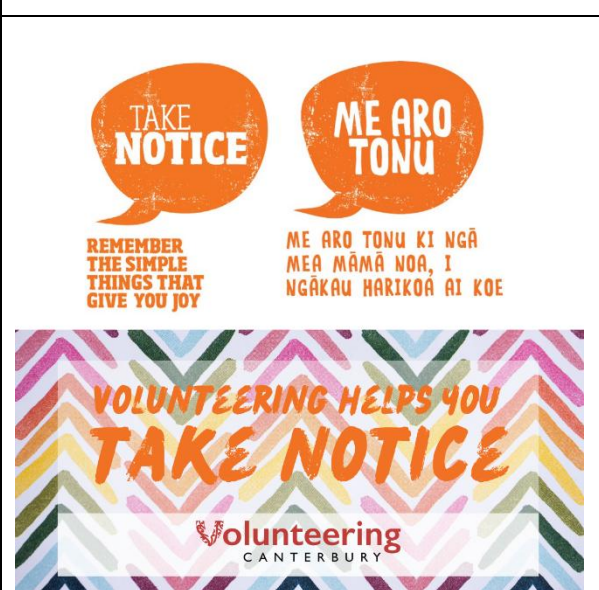


Keep learning – Me ako tonu – be curious and seek out new experiences.

Being curious and seeking out new experiences in your work, volunteer space and life more generally, positively stimulates the brain.

How does volunteering help me Keep Learning?

- Volunteers have experiences that help them grow and upskill, which can in turn be used to help others.
- As a volunteer, you get to do things you've never done before - for an organisation you might not have known even existed!
- Donating your existing skills and strengths to a charity group can help you rediscover old interests or passions.

	<p>Be Active – Me kori tonu – do regular physical activity that you enjoy.</p> <p>Being physically active improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.</p> <p><i>How does volunteering help me Be Active?</i></p> <ul style="list-style-type: none"> • Spending time volunteering can be part of your regular physical activity routine. • Many volunteer roles allow you to combine healthy practices with volunteering, e.g. Community Gardens, clean up events, packing food parcels. • Volunteering keeps your brain active and engaged, and is part of a healthy body.
	<p>Give – Tukua – carry out acts of kindness, whether small or large.</p> <p>Carrying out acts of kindness can increase happiness, life satisfaction and general sense of wellbeing.</p> <p><i>How does volunteering help me Give?</i></p> <ul style="list-style-type: none"> • Gifting your time helps charities and community groups to carry out their vital role in society. • Performing a random act of kindness for someone else can change that person’s day – or life! • Volunteering and generosity results in a sense of joy and satisfaction within yourself.
	<p>Take notice – Me aro tonu – appreciate the world around you.</p> <p>Paying more attention to the present moment, to thoughts and feelings and to the world around us, can boost our wellbeing.</p> <p><i>How does volunteering help me Take Notice?</i></p> <ul style="list-style-type: none"> • Helping others less fortunate can increase your own gratitude. • Volunteering leads to an appreciation of the world around you. • Doing something meaningful with your time helps you to savour the moment.