

# Volunteerism as a Wellness Practice



Volunteering has been found to:

- Provide a sense of purpose
- Build connectedness
- Increase happiness
- Decrease loneliness

(Field, B, 2022, [www.verywellmind.com](http://www.verywellmind.com))

Volunteering feels good and when people feel good, their thinking becomes more:

- Creative
- Integrative
- Flexible
- Open to Information

(Frederickson, 1998, p.333)



Give back but don't get overwhelmed



"A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally and behaviorally compassionate, so long as they are not overwhelmed by helping tasks."

(Post, S.G., 2005)

Access Well-Being Support  
when Needed

- Viterbi Student Wellness (213) 821-4368 or [lduran@usc.edu](mailto:lduran@usc.edu)
- USC Counseling and Mental Health (213) 740-WELL (9355)

You are  
not alone