



THINKING ABOUT VOLUNTEERING FOR A SOCIAL CAUSE?

It can contribute to your wellbeing. Let's see HOW !!

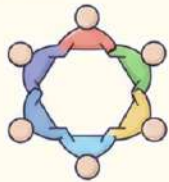


1

Widens your social network to interact with, as well as offers opportunities to develop close relationships

2

Can broaden your perspective due to interactions with people in different situations and from different backgrounds,



3

Increases your openness to interact with people different from you and can increase toleration of individual differences,

4

Can help shift your attention away from sense of misery/self-preoccupation,



5

Enhances appreciation of what one has and experience of gratitude



6

Strengthens a sense of being able to contribute to something/someone and can boost one's self-confidence



7

Can enhance a sense of meaning in life

