



GIVE HAPPY LIVE HAPPY

NATIONAL VOLUNTEER WEEK 9-15 MAY 2016

Volunteering and Happiness: THE FACTS



Sustained volunteering is associated with **better mental health**

A strong correlation exists between the well-being, happiness, health and longevity of people who are emotionally **kind and compassionate** in their charitable helping activities



The experience of helping others provides meaning, a **sense of selfworth**, a social role and health enhancement



Altruistic emotions and behaviours are associated with **greater well-being, health, and longevity**

Volunteering is highly associated with **greater health and happiness**



Volunteer to Give Happy, Live Happy:

VOLUNTEERINGAUSTRALIA.ORG/NVW



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Volunteers are happier, healthier and **sleep better** than those who don't volunteer – doctors should recommend it

95%

of volunteers say that volunteering is related to feelings of wellbeing



Volunteering results in a **"helper's high"** a powerful physical and emotional feeling experienced when directly helping others



96%

of volunteers say that it "makes people happier"

Just a few hours of volunteer work makes a difference in **happiness and mood**



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