1. Volunteers are happier, healthier and sleep better than those who don’t volunteer – doctors should recommend it.¹

2. 96% of volunteers say that it “makes people happier.”²

3. 95% of volunteers say that volunteering is related to feelings of wellbeing.³

4. Volunteering results in a “helper’s high,” a powerful physical and emotional feeling experienced when directly helping others.⁴

5. Just a few hours of volunteer work makes a difference in happiness and mood.⁵

6. Sustained volunteering is associated with better mental health.⁶

7. Altruistic emotions and behaviours are associated with greater well-being, health, and longevity.⁷

8. 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.⁸

9. The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement.⁹

10. Volunteering is highly associated with greater health and happiness.¹⁰

¹ Watson, C. 2012, ‘Volunteering is so good for you that doctors should recommend it, experts say’ The Australian, 30 September <http://www.theaustralian.com.au/news/volunteering-is-so-good-for-you-that-doctors-should-recommend-it-experts-say/story-e6fr6g6n6-1226484913565>


