

Our day to day lives are busy, it can be hard to find a time to stop and breathe, much less a time to volunteer. The benefits of volunteering are so large that making time to do it will not only bring a positive impact to your life, but to your family and your community. If you find the right type of volunteer work for you it could help reduce your stress, find friends, learn new skills and even advance your career.

Volunteering is something we have been encouraged to do our entire lives. We think that everyone should be volunteering somewhere. Here's why you should start volunteering in your community today.

One of the largest reasons to volunteer is because of the impact you will have on your community. Sometimes it is difficult to go out and experience your town and community. Volunteering will help you expand your view and knowledge about that people around you. Plus, you will be helping accomplish chores and activities that would otherwise take longer. You are helping to make a difference in the lives of other people, animals and organizations in need. If you are new to an area, volunteering will give you a place to meet new people. Not only will it help strengthen your community, it will give you a place to broaden your network with people with similar interests. You will make a difference on your community. Every person counts.

Community service will help you by decreasing stress and counteracting anger and anxiety. You might be thinking how will it do all of that?

The social contact aspect of helping and working with and for others can have a profound effect on your overall health. It is about putting others in front of yourself. Focusing on what you can do to cater to someone else's problems and worries and realizing either you're aren't that bad, or just giving perspective. Humans are hardwired to help other humans. It's who you are; don't deny it. You might even gain some confidence, and a sense of purpose. If you have been feeling lost, community service could help you find a new meaning to your life.

Maybe you will discover some new strengths and weaknesses. You might even discover a passion or a hidden talent. Volunteering gives you the opportunity to expand your horizon and get out of your comfort zone. Also, to try new things and developing technical, social and academic skills that couldn't be learned in a school or work environment. See? There

are so many doors that are opening!

You will be helping families, improving schools, youth or making your community beautiful. Alone you will help strengthen your community. You will create connections with people you never would have had the opportunity to otherwise. Give back!

Working for [CSCS](#) will give you the opportunity to provide support, assistance and encouragement to people who need it. Volunteer today.