



lyondellbasell
Advancing Possible

Community Support
Health Benefits of
Volunteering

lifebeats

Benefits of Volunteering

Good health is as much of a journey as a destination. Individuals must take an integrated approach to wellbeing that focuses on physical and emotional health. There are many paths to good health. Regardless of which one we take, volunteering can help us. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer.



76% of people who volunteered in the last twelve months say volunteering made them feel healthier.

Benefits of Volunteering

Health

- There are strong connections between volunteering and mental health. Studies have found that volunteers have a lower mortality rate than non-volunteers.

Less Stress

- Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression. Volunteering, also, takes your mind off of your own problems, while helping others makes you feel better.

Volunteering

Purpose

- The satisfaction that comes from assisting other people in need, drives a deeper connection to your community and a sense of purpose, and that purpose helps to create a sense of wellbeing and health.

Engaged

- Volunteers are more informed health care consumers and are more involved in taking care of their health.

78% of people who volunteered in the last 12 months say that volunteering lowers their stress levels.

Getting Started

The key is to find a volunteer position that you would enjoy and are capable of doing.

Ask yourself the following:

- How much time and how often are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?
- What type of environment do you prefer:
 - Size of Group
 - Visible or Behind the Scenes
- Would you like to work with adults, children, animals, or remotely from home?

Global Care Day 2016



Lansing, Michigan US – Volunteers built a playground for the Friends of Wacousta Playground Project.

Of people who have volunteered in the past 12 months, 95% say they are helping to make their communities a better place.

Benefits of Volunteering Through Work

Time Management Skills

- Volunteers rearrange their busy schedules to make time to volunteer. This requires reallocating hours or days from leisure and family activities to be there for others.

Strong Relationships with Colleagues

- Employers often organize volunteer days or community activities for groups of employees. This can happen through corporate initiatives, such as Global Care Day, or site community service teams.

Volunteering Builds

People and Teamwork Skills

- Volunteers engage in many different types of activities, but often what they do involves working collaboratively with other people, with organizations and in diverse community environments.

Professional Skills

- Marketing, management, and finance skills are examples of skills often utilized during volunteering. 56% of new volunteers felt that volunteering would help their careers.

Volunteering is a win-win activity! Doing good for our communities is good for us!

Global Care Day

Since 2000, LyondellBasell has hosted Global Care Day where employees from around the world join together with families and friends to make a difference in their communities.



Pindamonhangaba, Brazil – Volunteers assembled hygiene kits and served breakfast to an elderly facility.



Cincinnati, Ohio US – Volunteers worked to beautify local neighborhood parks.



Hong Kong, China – Volunteers participated in a food drive challenge.

81% of people who volunteered through their workplace agreed that volunteering together strengthens relationships among colleagues.

Global Care Day

Along with the normal health benefits, volunteering through your workplace is a great opportunity to build your professional skills and your work relationships.



Pasig, Philippines – Volunteers cleaned a community center for children.



Chennai, India – Volunteers taught children at Panchayat Union Primary.



Wesseling, Germany – Volunteers collected trash and waste at Stadt Wesseling.

Global Care Day is Saturday, September 9th!

Ready, Set, Volunteer!

Resources

- *The Health Benefits of Volunteering: A Review of Recent Research*. Washington, DC: Corporation for National and Community Service, Office of Research and Policy Development, 2007. Print.
- *Doing Good Is Good For You: 2013 Health and Volunteering Study*. Minneapolis, MN: UnitedHealthGroup, 2013. Print.
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- "Giving Back Helps Others - And You." *Health Benefits of Volunteering | Create the Good*. The All for Good Network, n.d. Web. 06 July 2017.
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