

Action Steps for
Health & Happiness

Contribute to your community

Gallup surveys show people with higher personal well-being are more likely to say they give time, money, or help to others in their communities.

Volunteering is linked with many health benefits:

- Less chronic pain
- Lower rate of heart disease
- Lower rate of depression, especially for persons age 60 and older
- Lower death rates

Find out about many ways to help others from Senior Corps, AmeriCorps, and Learn and Serve America from nationalservice.gov.



Yes 

Research the organization's goals and needs. Find out how much of your time is required.

No 

Don't over commit to projects that you cannot handle.