Volunteer

Volunteer work is one way to reduce stress and negative emotions.

Volunteer work puts the focus on others and less on your problems.Studies suggest it also boosts "feel-good" hormones and social connections, which are powerful stress busters.

Be a mentor for a child. Deliver meals on wheels. Volunteer your time at your church, library, or local senior center.

You may also think about volunteering at an animal shelter, as a lifeguard, or do social media for a local community organization.

Helping others helps you in other ways, too. When you volunteer, you are building skills and your network, which may help you advance your career. It also helps you grow personally by doing something fulfilling, which can add purpose and meaning to your life.

Find out places that need volunteers from **volunteer.gov** and **PointsofLight.org**.