

## 4 Ways to Fit Volunteer Work Into Your Busy Schedule

Watch what you eat. Exercise. Drink water. Get plenty of sleep. You already know the recipe for a healthier life. But there's something else you should add to that list: volunteer. Research shows people who volunteer typically live longer and have a decreased risk for cardiovascular disease and fewer depressive symptoms than those who don't. So while volunteering may mean you're helping someone else, you're reaping some benefits, too.

Here are suggestions on how to make time to volunteer even when you have a jam-packed schedule.



**1 Consider one-off opportunities.** Your schedule may not allow for a weekly commitment right now. However, there are plenty of chances to volunteer at events, such as a school program or charity race. Find out what's happening near you and see how you can help.



**2 Make it a family affair.** Find a cause you can commit to as a family. That way, you're also carving out family time, sharing experiences together and giving back to your community.



**3 Find the right match.** Seek out activities that fit your skills and interests. When the volunteer work matches your interests, you won't have to spend the time and energy needed to learn an entirely new set of skills.



**4 Volunteer virtually.** You can lend a hand right from your computer or mobile device. If you want to share your time and skills but aren't able to go someplace to do it, virtual volunteering may be right for you.

### Want to Volunteer? Start Here

To find out about volunteer opportunities in your community, visit [volunteer.gov](https://www.volunteer.gov). For virtual volunteering, go to [volunteermatch.org/virtual-volunteering](https://www.volunteermatch.org/virtual-volunteering).



Sources include AmeriCorps, Centers for Disease Control and Prevention and American Journal of Preventive Medicine.