



# COMMUNITY AND GIVING BACK: LEAVING OUR FOOTPRINTS

PRESENTED BY YOUR EMPLOYEE ASSISTANCE  
AND WORKLIFE PROGRAMS

March 12, 2025

# QUOTE

“The best way to find yourself is to lose yourself in the service of others.”



Mahatma  
Gandhi

# OBJECTIVES

- Review the benefits of volunteering and the role of giving back
- Provide tips on getting started and how to measure success
- Discuss the impact giving back has on you and others

# HAPPINESS AND PURPOSE

## Happiest countries

1. Finland
2. Denmark
3. Iceland
4. Sweden
- . . .
23. United States

One of the pillars of happiness is **purpose**, which is:



An abiding intention to achieve a long-term goal that's both personally meaningful and makes a positive mark on the world.



A sense of purpose often is other-focused, something that can improve the lives of others, something bigger than yourself.

# TRENDS

## Volunteering is on the rise

- Over 77 million Americans volunteer through organizations
- In 2023:
  - Nearly 9 billion hours were volunteered
  - Value of hours volunteered was \$167 billion

## Millions more are:

- Supporting friends
- Doing favors for neighbors and community members



# BENEFITS

Reduced stress, anxiety, and depression

Shifting focus from personal worries to helping others can alleviate stress and improve mental well-being

Better sleep

Those who reported having higher levels of meaning in their life also reported sleeping better at night and were:

- 63% less likely to report sleep apnea
- 52% less likely to have restless leg syndrome

Enhanced work/life balance

Strengthens social connections

Encourages work-life integration

Boosts professional growth

Enhances a sense of belonging

# CHALLENGES

## Reasons we often don't get involved:



No time



Don't know how



Fear



Uncertainty around ways to contribute

# GETTING STARTED

**Connecting doesn't have to be hard!  
There are many ways you can help in  
your community:**

Working at  
a food  
pantry

Coaching

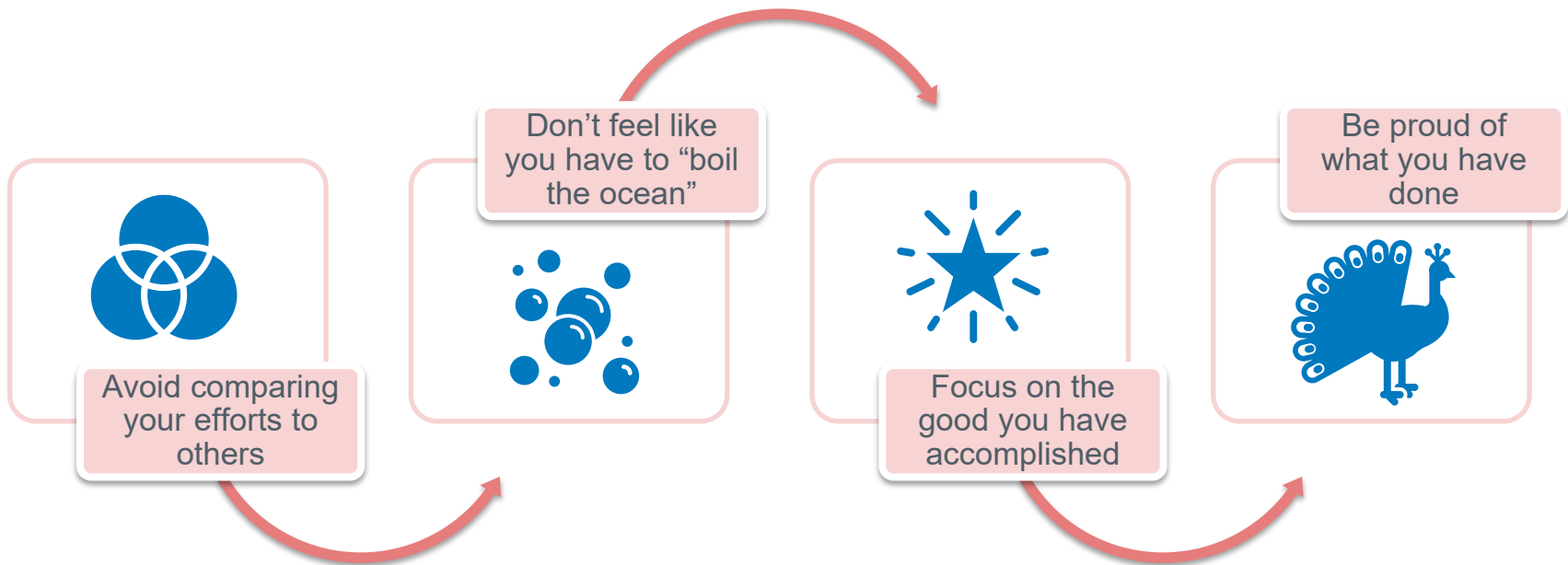
Volunteering  
at a school

Helping  
friends



# MEASURING SUCCESS

What gives you joy, is what matters



# THE IMPACT OF GIVING BACK





**What is at least one step  
you can commit to doing  
to give back to your  
community?**

# REMEMBER

*“Life’s most persistent and urgent question is, ‘What are you doing for others?’”*



Martin Luther  
King, Jr.

# RESOURCES

## Books

- **Drive: The Surprising Truth About What Motivates Us**
  - Daniel H. Pink
- **The Giving Way to Happiness**
  - Jenny Santi
- **The Power of Giving**
  - Azim Jamal and Harvey McKinnon

## Podcast

- [Volunteer Matters](#)

## App

- [Charity Miles](#)

## Online Articles

- [Helping People, Changing Lives: 3 Health Benefits of Volunteering](#)
  - Mayo Clinic Health System
- [The Mental and Physical Health Benefits of Volunteering](#)
  - Psychology Today

## Volunteer and Community Engagement Websites

- [DoSomething.org](#)
- [Idealist.org](#)
- [VolunteerMatch.org](#)

# THANK YOU



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