

Health Yourself Volunteer Tracker

Name _____

Department _____

Regular volunteering is associated with improved mental and physical health outcomes.



Compared to non-volunteers, volunteers have less depression, less anxiety, higher self-esteem, higher life satisfaction, greater happiness and greater sense of meaning in life. And according to the American Heart Association, volunteering has also been shown to improve heart health, though researchers are still investigating the exact mechanisms behind this health boost.

Let's show our community some love and enjoy the bonus health benefits!

Volunteer 4 times in a 2-month period (for an hour or more each) to earn 10 Health Yourself points.

Simply include the details below and snap some selfies (if appropriate) and return this form to Jess Brown by the end of May.

[illegible]