

Volunteering & Caregiving

SEPTEMBER 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL

Identify Causes that You'd like to Volunteer:

- Think about your passions
- Be realistic about your availability
- Ask friends, colleagues and family about volunteer opportunities in the community
- Review online for websites to search volunteer opportunities



Help others without burnout:

- Make sure you have realistic expectations of how much you can truly help
- Maintain personal boundaries if you feel a request for help is more than you can manage
- Watch for signs of fatigue and talk with your family and friends about any stress you're feeling
- Take advantage of respite care (when helping someone full-time)
- Develop coping skills for yourself
- Focus on your own emotional wellbeing

Check out this year's Way to Wellness topics and [download](#) our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!