

Connect to Your Community for Physical and Mental Benefits

Public health researchers identify community well-being as part of a thriving life. This is measured by your connection to your community socially, economically, environmentally, culturally and politically. The University of Minnesota has identified three community attributes that influence well-being:

- Equity
- Livability
- Connectedness



Volunteering two or three hours a week provides both mental and physical health benefits.

Mental health benefits:

- Combats depression
- Gives a sense of purpose and meaning
- Increases happiness

Physical health benefits:

- Lower mortality
- Increased physical activity
- Less likely to develop high blood pressure
- Fewer episodes of chronic pain

Volunteering isn't just good for your body and mind. It can help your career. Career benefits of volunteering include:

- Improving professional skill sets
- Improving leadership skills
- Helping you move easily into leadership roles
- Making you more likely to be hired
- Compensating for other flaws

Sources: [researchgate.net](https://www.researchgate.net), [takingcharge.csh.umn.edu](https://www.takingcharge.csh.umn.edu), scholar.harvard.edu, [psychcentral.com](https://www.psychcentral.com), [ableto.com](https://www.ableto.com), [nationalservice.gov](https://www.nationalservice.gov), [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov), [2.deloitte.com](https://www2.deloitte.com)*

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Open Your Senses Meditation

Wednesday, July 3, 2019

8 to 8:10 a.m. Eastern time

[Register today.](#)

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