



## Great Ways to Get Involved in Your Community

Volunteering is an excellent way to spend your time. Not only are you making an impact on the world around you, but volunteering is actually good for you, too. Studies show that people who volunteer tend to have a more positive outlook on life. It turns out that caring for others is a surprisingly effective form of self-care.

Want to start volunteering, but not sure where to get started? We've gathered these resources so you can find an opportunity that suits your lifestyle.

### Helping From Home

*Want to do your part, but short on time? There's plenty you can do from your own home:*

- Planting [pollinator-friendly plants](#) can help improve the environment.
- There are [many great ways](#) to care for homeless pets in your neighborhood.
- You can donate to [local or national organizations](#) fighting for change.
- Have [serious conversations](#) with your loved ones about the challenges others face.

## **Around Your Neighborhood**

*You can have a significant, visible impact on your local area.*

- Teach your children how to make a change with [age-appropriate volunteer work](#).
- Take trash bags when you go on walks to [fight littering](#) on your streets.
- [Volunteer to build houses](#), organize food banks, and other needed tasks in your city.
- Pay attention to local politics and [vote in every election](#).
- If you're passionate and have the appropriate skills, [consider running for office](#).

## **The National and International Stages**

*Your actions can lead to change on a large scale as well.*

- Support organizations that fight major issues [such as homelessness](#).
- [Contact your representatives](#) and congress people about issues that matter to you.
- Pay attention to [world news](#) so you can stay aware of issues happening abroad.

Bookmark this article so you can have it on hand whenever you want to find a new way to volunteer or a cause that needs donations. Never underestimate your ability to enact change. The world can be a better place, but we have to get there together.

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