We all know that service has positive effects on our communities and others, but did you know it also positively impacts the person doing the service? Often people experience a sense that has been coined the "helpers rush" which is like a feeling of calmness, reduced stress, and greater sense of purpose and self-worth after helping people! So, not only are we helping others when we serve, but we are also helping ourselves. A win-win! It is easy to feel like we aren't doing enough to help, or may not know where to start. Use this activity to guide you through different ways you can take action; whether that's from your house, or out and about.

MY COMMUNITY'S NEEDS:

Step 1: Figure out what the needs are around you. Are there people feeling lonely that could use supportive and uplifting messages? Charitable causes that many people aren't aware of? What do you think could make your community better?

1. ___________________________
2. ___________________________
3. ___________________________
4. ___________________________
5. ___________________________

WAYS I CAN HELP:

Step 2: Think about your strengths, interests, and skills. For example do you like art, comedy, reading, writing, gardening, sports, or cooking? What about resources? Do you have a lot of friends, family, or extra supplies? Add those to the heart!

ACTION PLAN:

Step 3: Connect your strengths and resources with one of your community's needs. Set an action plan that includes what you'll do, where, when, and with whom you will do it!

We want to see what you've been inspired to do! Post a photo or video of you serving your community and tag @HealthCorps!