



Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...
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Wellness Director

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

Welcome to *Issue #2* of the 2018-2019 Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let's get started!

Wellness Dimension Focus – Occupational Wellness – *Preparing and making use of your gifts, skills and talents in order to gain purpose, happiness, and enrichment in your life.* **Occupational wellness** means successfully integrating a commitment to your occupation into a satisfying and rewarding lifestyle. The development of occupational satisfaction and wellness is strongly related to your attitude about your work. (https://www.ndsu.edu/wellness/about_us/seven_dimensions_of_wellness/)

Although this definition is heavy on the term **work**, we are also talking about volunteer work as well. There is plenty of research that connects volunteering with improved mental and physical health, even longevity. Altruistic behavior could be just as important as eating healthy and exercising. Altruism is the true, selfless concern for the well-being of others without the expectation of reciprocity or compensation for the action. Really the reward is intrinsic, the feelings we get when we know we have helped someone.

Wellness in the news – 15 Unexpected Benefits of Volunteering That Will Inspire You, By Joanne Fritz The Surprising Truth About What Makes Us Happy At Work, Erika Anderson

Read full article here - <https://www.thebalancesmb.com/unexpected-benefits-of-volunteering-4132453>

Did you know that we, as a society, value volunteers so much that we even put a monetary value on their time? In fact, our volunteer work may be more valuable than our regular work! The Independent Sector, an organization that gathers tons of statistics about charitable activities, places an Estimated National Value of Each Volunteer Hour every year. That value stands, as of 2017, at \$24.69 an hour. The actual amount varies from state to state, but we can see that volunteers are very valuable people. But money means nothing to volunteers. They do it for many other reasons, but primarily to help other people or animals. Nevertheless, there are many side effects of volunteering that make it even more worthwhile. Most of us want to help those less fortunate than ourselves. We do not volunteer, for the most part, because it benefits us. **We volunteer because it makes a difference.** But, there are even more benefits to volunteering. We notice a subtle shift in ourselves when we volunteer. We feel more connected to others, and we become less absorbed in the normal stresses of daily life. We share our experiences with others and want to help more....The benefits of volunteering are countless. But there are social, emotional, physical and professional perks. Here are at least fifteen proven benefits of volunteering. Maybe one of them will convince you to get off the couch and out the door to engage with your community.

1) Builds Community, 2) Ends Loneliness, 3) Increases Socializing, 4) Builds Bonds, Creates Friends, 5) Develops Emotional Stability, 6) Improves Self-Esteem, 7) Helps Those Most Affected By Mental Illness, 8) Promotes Longevity, 9) Reduces Risk of Alzheimer's, 10) Leads to Graceful Aging, 11) Burns That Stubborn Belly Fat, 12) Improves School and College Experience, 13) Provides Better Job Prospects, 14) Develops Corporate Communities, 15) Volunteering Adds Fun to Your Years....If you are ready to make friends, improve your mental and physical health, and maybe develop new skills along the way, **start volunteering.** You can change your life and the lives of others when you do. Don't overlook the benefits of volunteering. Embrace them!

Tips for living – “Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.” – Martin Luther King, Jr.



”GOOD PEOPLE”

