

Holiday Volunteering and Giving

“The best way to find yourself is to lose yourself in the service of others.” Ghandi

Here are a few volunteer opportunities to consider:

- *Neighborhood watch*
- *Halfway houses*
- *Community theaters*
- *Meals on wheels*
- *Historical restorations*
- *Museums*
- *Soup kitchens/ food pantries*
- *Shelters*
- *Retirement centers*
- *Animal shelters*

As the holiday season quickly approaches, some people become overwhelmed with festivities and the expectation of JOY and perfection. The holiday season may also be a source of stress for some.

Remembering the loss of loved ones, concerns about finances, family problems, end-of-year work stress can increase feelings of sadness and guilt during the holidays. Focusing outward toward others and the

community is one way to manage holiday blues. Making time to volunteer, as an individual or with your family, can help to change your perspective.

As always the staff at Workplace Solutions is available to assist you with discussing ways to begin new holiday traditions or to talk more about volunteer opportunities with you.

To learn more about volunteering, the following resources can provide additional information and ideas:

www.givespot.com: This website offers ideas for charitable gifts and many other resources on the benefits of volunteering.

www.idealists.org: Tips for volunteering with your family

www.volunteermatch.org: This site will help match your interests with volunteer opportunities.

[Beyond Success: How Volunteer Service Can Help You Begin Making a Life Instead of Just a Living](#). John Raynolds

Some questions to consider before volunteering:

- What causes or issues are important to you and your family?
- Are there specific goals that you want to accomplish?
- What type of impact do you want to have?
- Consider that many people volunteer during the holidays; can you give of yourself during the rest of the year?
- Do you want to volunteer once, monthly or weekly?
- Is the type of volunteering that you want to do appropriate for all members of your family?
- Don't over commit yourselves. Volunteering is about giving and providing a positive experience. What is a realistic amount of time that fits with your schedule?

Take time to reflect on your experience. How did you feel about helping out? What did you learn? Talk to your children about his or her thoughts and feelings. Are there questions that they have regarding the experience?

Contact Workplace Solutions today for confidential assistance.

Professional counselors are available 24/7 by calling 800-327-5071.

A variety of educational and supportive resources are available online at www.wseap.com.