



WEEKLY NEWSLETTER



What Volunteering Can Do For Your Mental Health

Zemzem Amme

Growing up, my mother consistently liked to volunteer my time and energy to other people, events, or situations. I genuinely disliked it with a passion. However, as I became a teen, I started to feel comfortable in the role of a volunteer and at times, even started to look forward to it. I would be the first person to volunteer at school, at work, or within my community, but these last few years have been difficult due to the pandemic. But there are some added benefits to volunteering that can be beneficial in your lives.

You can feel more satisfied with your life and have a better mental health.

A study was done in 2020 by the Journal of Happiness Studies, where researchers looked at data from about 70,000 participants within the UK where they filled out a survey about volunteering and their mental health. What was shown was that people that volunteered in the past year were more satisfied with their lives and rated their overall health as better. People that volunteered once a month reported better mental health than ones who don't volunteer at all or rarely volunteer. Volunteering can reduce stress, increase positive feelings, which lowers both mental and physical problems, such as stroke, heart disease, depression, and anxiety to name a few.

You can get a boost from volunteering

Studies have consistently shown that people who start to volunteer become happier over time. Also by volunteering you have the ability to increase your sense of social support and also create new connections with people. In the study mentioned above, what was found was that individuals ranging from 16-24 and 55-74 were more likely to benefit from volunteering. By participating in a shared activity with others, you have the ability to grow your social circle by your desire to help others.

Creates valuable moments

What volunteers do are important, but it also creates an environment where you can teach valuable skills to the people around you. This can create a sense of community and purpose when engaging with people. Volunteering can also be a great way to build professional skills and leadership opportunities.

I hope reading these benefits invites you to want to give volunteering a try while also helping your community.

Hopper, E., How Volunteering Can Help Your Mental Health
(greatergood.berkeley.edu/article/item/how_volunteering_can_help_your_mental_health)

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13) learn coping skills and build confidence
- Anxiety & Depression Group for (14-15)
- Teen Anxiety & Depression Group (16-18)
- SOCIAL SKILLS GROUP-Practice and learn new skills in a safe environment
- PARENTING TEENS SUPPORT GROUP-learn Healthy skills and strategies, leading to a better relationship with your teen
- Teen IOP Program
- LGBTQ-Our group provides support, acceptance and a safe space.

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

LGBTQ+ GROUP

LGBTQ+ teens are more likely to experience bullying and mental health challenges. Our education & processing group provides them with support, acceptance and a safe space to work through their unique life challenges.

Thursdays 3:30 - 4:30
457 Keisler Drive, Suite 202

Contact Audrey:
(919) 893-9444 x-532
audrey@ncpsychologist.com

Krippa Family Psychological & Wellness Services

PARENTING GROUP

Wednesdays @ 7pm

SKILLS TO HELP YOUR TEEN
MANAGE INTENSE EMOTIONS.

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group For more info:
\$200 deposit (919) 893-9444
\$50/ week info@ncpsychologist.com

DEPRESSION & ANXIETY GROUP (16-18)

IN PERSON
THURSDAY FROM 6-7:00 PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us

at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Website](#)

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

