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Retirement is something a lot of people look forward to experiencing. Whether it's traveling, starting a long-desired hobby, or spending more time with the grandkids, your retirement will likely be spent doing the things you never had the time for when you were still working. However, without a career to structure your days, you may find you have an abundance of time on your hands. Many choose to fill that void by volunteering. Not only is it a great way to give back to your community, but it may also offer you many personal benefits.

1. Improve your health

As you get older, physical activity becomes very important to help keep your body healthy. Volunteering gives you a chance to get out and move, which can help you maintain your physical health. The National Institute on Aging has stated that participating in meaningful social activities, like volunteering, can improve longevity and your quality of life.

2. Bolster your emotional well-being

Volunteering isn't just good for your body, it's good for your mind. Many retirees often feel a lack of social companionship after leaving their jobs and co-workers, which can lead to loneliness, and in some cases, depression. Volunteering is one way to help combat this. By giving back, retirees can get a greater sense of community, build relationships with others, and gain a sense of purpose for what they are doing.

3. Help build intergenerational relationships

While participating in community support, you'll be around folks of all ages. Diversifying your social circle can help you connect with others you may not have been close to in the past. Think of it as being mutually beneficial-- you'll be able to share knowledge with those who are younger and may learn a thing or two yourself. Connecting with people from different generations is a great way to build connections and respect.

4. Help your community

Volunteering can have a positive effect on your community, especially if you offer your help in the areas of health, education, and the environment. Committing your time will also help make your neighborhood stronger and more cohesive. By making friends with other volunteers and with the people you assist, you can help build stronger connections within the place you call home.

5. Leave a legacy

Taking the time to help do something that matters to you and others will likely lead to you having a lasting impact. As a volunteer, the good deeds you do may also inspire your children, grandchildren, friends, and others in your community. Not only that, but your efforts could help improve the lives of those in need.