Giving thanks by giving back through volunteering

The benefits of volunteering can provide an emotional and professional boost

It’s Thanksgiving week: A time to express gratitude and reflect on all of the people, experiences and opportunities that our lives have granted us.

Giving thanks has shown to make us happier and provides numerous benefits. If this evidence is not enough to convince us to show more gratitude, it can also help us to establish relationships and connections with others that can help us improve our own lives, including our careers.

One of the easiest and most recognizable ways to show our thanks is to give back. We can choose to give our money, our time, or anything else of value we may want to donate to worthy causes.

While we all may not have much money or items of value to give, we can all make time to give back to a worthy cause. And there are so many great causes out there that may speak specifically to something you care deeply about, whether that be the environment or social justice.

Volunteering your time to a cause that resonates with your personal values is a great way to meet likeminded people who share your same values. In the process, you expand your professional network with some potential lifelong friends.

Volunteer work also makes a great addition to your resume. Employers are always interested in what you are doing outside the classroom and the workplace and like seeing community involvement.

Some employers even offer paid time off for you to volunteer.

We all have busy schedules. It’s not that we don’t have the time. We just have to make the time. With all of the benefits that volunteering provides, it’s a great way to give back and give thanks.