

GIVING SERVICE

**LEADS TO A  
LONGER LIFE**



**SERVICE  
REDUCES STRESS**



GIVING SERVICE MEANS

**GIVING BACK**



GIVING SERVICE

**INCREASES  
SELF-ESTEEM**



PARTICIPATING IN SERVICE ALLOWS FOR

**CAREER EXPLORATION**

# Benefits of Service



JUSTSERVE

| [justserve.org](http://justserve.org)



PARTICIPATING IN  
SERVICE HELPS WITH

**SKILL  
DISCOVERY AND  
DEVELOPMENT**

COMMUNITY SERVICE HELPS DEVELOP

**INTERPERSONAL  
COMMUNICATION SKILLS**



SERVICE PROVIDES  
OPPORTUNITIES FOR

**MAKING  
CONNECTIONS**

VOLUNTEERING DEVELOPS AN

INCREASED SENSE OF

**SOCIAL  
RESPONSIBILITY**



REGULARLY PARTICIPATING  
IN SERVICE OPPORTUNITIES

**COMBATS  
DEPRESSION**

