



December feature – Giving Back

“Be the change you want to see in the world.” – Mahatma Gandhi

Millions of Canadians give of their time to communities, charities, and meaningful causes, donating more than two billion hours each year! Many studies show that volunteering is good for the mind, body, and soul. Giving back is its own reward, adding to quality of life, rather than taking from it -- even for busy people. Volunteering can improve well-being, lower stress levels, foster a deeper sense of purpose, and strengthen connections to other people. And there's no better time to think about giving to others than during the festive season.

If you'd like to expand your horizons while making a difference in the world around you, **inConfidence** can help! Contact us any time, 24/7, to connect with a consultant who can help you consider your passions and goals, as well as your abilities, and identify opportunities that match.

Log in any time to www.myinconfidence.ca to listen to an inspirational, **NEW** podcast, **Giving Back**, featuring Jenny Lawson of Points of Light, the world's largest organization dedicated to volunteer service. Or, access resources such as:

- Articles: [Choosing Volunteer Work](#), [Making the World a Better Place](#), and [Finding Strength in Family and Community](#)
- Online toolkits: [Retire, Rewire, Renew: Planning Your Life After 50](#) and [Becoming You: Finding Yourself in Your 20s and 30s](#)
- Podcasts: [Practicing Gratitude](#), and our [Pillars of Happiness](#) series

Volunteers are at the heart of so many valuable organizations, and make a difference in the lives of so many. Get involved, give back, and you may find yourself getting so much in return.

Call inConfidence at 1-877-418-2181 anytime. TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca

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