

Giving Has Its Rewards



Increases Purpose

Volunteering is a way to engage in a truly life-changing experience that leads to meaning and purpose.



Promotes Health

Research shows that focusing on helping others can reduce stress and tension.

Builds Relationships

Friendships often emerge and neighborhoods can grow closer. Every person counts, and each volunteer makes a difference.

Makes Us Happy

After performing an act of kindness, our bodies release feel-good endorphins that reward us for our actions.

Deepens Values

The experience of volunteering is enough to reshape, redirect or further deepen core values, perspectives and life goals. It may even lead to spiritual or emotional growth.

Tennessee Serves

<https://www.tn.gov/firstlady/tennessee-serves.html>

Get Involved



Volunteer Tennessee

<https://www.tn.gov/content/tn/volunteer-tennessee.html/>

