



**SUMMMER OF GIVING**



# Confidence and mental health

It's official, helping other people makes you happier. It connects you to your community, provides a feeling of wellbeing and improves self esteem. For a young person who has been unemployed or out of education for a long time, a lack of purpose can quickly turn into a lack of identity and confidence.

There's a range of research which demonstrates that if you're feeling low, focusing on another's health is the best way to go. A study by Join In found that participants in sport volunteering programmes had 10 percent higher levels of self esteem, emotional wellbeing and resilience than non-volunteers, and were 15 per cent less likely to worry or feel anxious.



Sharing a skill improves wellbeing.

The results weren't limited to sport. Becoming more aware of politics and civil society yields similar benefits.

The Citizenship Foundation Programme found that participants in their Citizenship Programme had a more positive outlook on life and had 22 percent less anxiety than those in the control group.

The 2014 and 2015 National Survey of Youth Social Action in the UK found that young people who had taken part in social action rated 8.6 out of 10 for life satisfaction, while those who had not rated 8 out of 10.



As well as improving mental health, volunteering raises confidence. Whether you're teaching skills to a group, or sharing an experience with others, interacting with people from different backgrounds changes perspectives whilst preparing you for the world of work.

Meeting people with diverse opinions has a demonstrable impact on empathy. Envision encouraged young people to lead projects that addressed local concerns. Those that took part reported 11 per cent higher cooperation skills and improvements to their ability to persevere and solve problems.

## HOW PARTICIPANTS IN MEANINGFUL SOCIAL ACTION FELT THEY HAD BENEFITTED

