



Stress Relief Through Service to Others by award-winning author / stress-relief expert Susie Mantell

"I do not know what path in life you will take, but those among you who will be truly happy are those who will have sought and found a way to serve." - Albert Schweitzer

Do you volunteer in some way? Below are some of the results of a survey in which our readers shared some of the ways they help out.

- Youth Group Advisor
- Board of Directors - Local Festival
- Tutor Children in the Summer
- Professional Organizations
- Pro Bono or Reduced-Fee Work
- Coaching Sports
- Always - Both Of My Parents Did
- Ambulance Corps
- Scouting
- Retiree: I Mentor
- Legal Aid for Homeless
- Food Kitchen Each Thanksgiving
- I Wish I did - Thinking About It
- Ecological Study in the Amazon
- Teach Adults to Read at the Library
- Read to the Blind
- Deliver Meals to Shut-Ins
- Baby-sit for Friend Undergoing Chemo
- Hold HIV Babies
- Visit Nursing Homes with My Dog
- Hospital Fundraising
- On the Board of a Symphony
- Volunteer Firefighter
- Play Piano for Alzheimer's Patients
- At school - I love it, but also do it as an example for my children
- Industry Association - I actually began in order to network. 9 years later, I find myself their Board President!

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