



## 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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