

Serve



You've almost come full circle! After observations, evaluations, and starting to take some strategic action steps, it's time to circle back to that all-important "why?" question. What is the whole point of investing in employee wellness?

The first reason to invest in employee wellness is because of the issue of stewardship. Stewardship of your people and stewardship of your business and/or mission. We discussed that in the very first component of our employee wellness model.

The second reason to invest in employee wellness is because of service. A workforce that stays well is better able to serve well. And for that reason, it's important to make service a part of your employee wellness program.

When you include opportunities for volunteer service into your employee wellness program, you accomplish two things:

Volunteer service is associated with positive health outcomes!

A generous person will prosper; whoever refreshes others will be refreshed.

Proverbs 11:25

Consider the following statistics shown in research studies on volunteering:

- 76% of people who volunteer say that it made them feel healthier
- 80% of people who volunteer say that they have control over their mental health and depression
- 78% of people who volunteer say that it lowers their stress levels
- 25% of people who volunteer say that it has helped them to manage a chronic illness such as depression

Volunteer service reminds employees of the purpose of pursuing good health in the first place!

Sometimes it's easy to conform to the values of our culture and forget the best reason to stay healthy. In the world, we are encouraged through advertising to pursue positive health habits so we can be fit, attractive, and accomplished. While there is nothing inherently wrong with any of these things, they were never meant to be the primary reason for pursuing good health.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ.

To him be the glory and the power for ever and ever. Amen.

1 Peter 4:10-11

As Christians, our primary reasons to pursue good health are so that we can be functional, available, and enjoy the promised abundant life! When we are functional and available, we can respond positively when God says to us what He said to Moses, "*So now, go. I am sending you...*" (Exodus 3:10). We are to serve with the strength God provides and one of many ways that God gives us the strength to serve is through the gift of a healthy and functional body that we can make available for service. And when we are functional and available, we are better able to fully enjoy the abundant blessings given to us by our Father.

Here are a few ideas on how you can incorporate opportunities for volunteer service into your employee wellness program for the benefit of your employees and your community:

1. Arrange for group volunteer sessions where employees can work together to further a community need or a good cause. Examples include working at a food bank, soup kitchen, animal rescue organization, church project, or helping a local family in need. Volunteering provides employees with opportunities to get some physical activity and get to know their team members better.
2. Host a special event at your workplace to support a good cause, such as packing backpacks with school supplies for local children.
3. Encourage employees to be a part of local sports events that support a good cause (such as a 5k walk or run). Employees can enter as a participant or volunteer as an event assistant.

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Including volunteer service opportunities as part of your employee wellness program helps your employees to both stay healthy and be reminded why staying healthy is important in the first place.

Sources:

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