Here are 10 benefits of lending a hand to others.

Helping others feels good

There is some evidence to suggest that when you help others, it can promote physiological changes in the brain linked with happiness. This heightened sense of well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active.

It creates a sense of belonging

Helping others can help us to make new friends and connect with our community. Face-to-face activities such as volunteering at a food bank can also help reduce loneliness and isolation.

It gives you a sense of purpose

Studies show that volunteering enhances an individual's overall sense of purpose and identity. This is because helping others can make you feel rewarded, fulfilled and empowered.

Giving helps keep things in perspective

Helping others, especially those who are less fortunate than yourself, can help to put things into perspective and make you feel more positive about your own circumstances.

It's contagious

One study found that people are more likely to perform feats of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

Helping others can help you
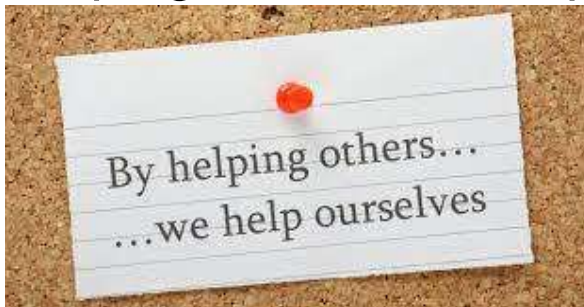
Regular volunteering can improve your ability to manage stress and stave off disease as well as increasing your sense of life satisfaction. This might be because volunteering alleviates loneliness and enhances our social lives.

It will give you a sense of renewal
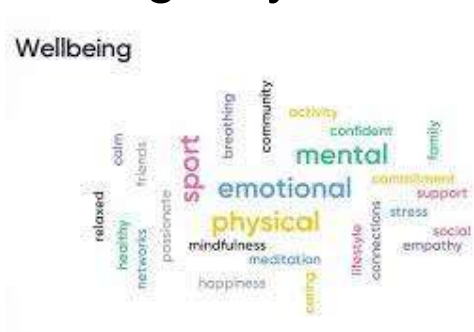
Helping others can teach you to help yourself. If you've been through a tough experience or just have a case of the blues, the "activism cure" is a great way get back to feeling like yourself.

You'll boost your self-esteem

People who volunteer have been found to have higher self-esteem and overall wellbeing. The benefits of volunteering also depend on your consistency. So, the more regularly you volunteer, the more confidence you'll gain.

You'll create stronger friendships.

When you help others, you give off positive vibes, which can rub off on peers and improve your friendships. Being a force for good in a friend's life can help build a lasting bond.

You become a glass half-full type person.
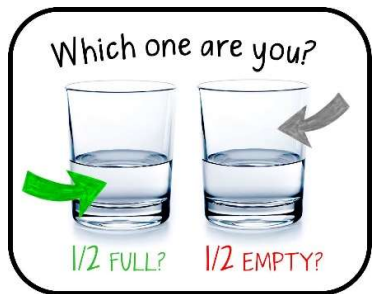
Having a positive impact on someone else could help you change your own outlook and attitude. Experts say that performing acts of kindness boosts your mood and ultimately makes you more optimistic and positive