



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | February 2023

- Volunteering: A Natural Boost to Your Mental Health
- App Review | *Schmoody: Improve Your Mood*

## Volunteering: A Natural Boost to Your Mental Health

Whether volunteering with colleagues or on your own, donating time at a soup kitchen or teaching English language classes, volunteering is an opportunity to give back to your community.

Research shows volunteering is also an investment in your mental health and well-being.

Here are a few of the [mental health benefits](#) that result from volunteering:

### 1. Provides a sense of purpose.

Volunteering connects you with a cause bigger than yourself. And many individuals feel that where they volunteer says something about who they are. Volunteering can offer a sense of direction in what can feel like an unstable world.

### 2. Increases feelings of happiness.

It is common to leave a volunteer assignment feeling better than when you arrived. The Journal of Happiness Studies published a [study](#) showing a correlation between volunteerism and increased happiness. During activities such as contributing to a meaningful cause, your body produces dopamine, which boosts well-being. Volunteering is also linked to lower rates of depression, anxiety, and stress.

### 3. Expands your social network.

Loneliness has been described as an epidemic in the U.S. and making friends as an adult can be difficult. Volunteering is a remedy to this problem because it brings new people with a shared interest into your social circle.

There are many organizations seeking volunteers. If you need help figuring out where to start, groups like [VolunteerMatch](#), the [United Way](#), and [Volunteer.gov](#) can help you match your interests and talents to organizations that need help. Getting involved will boost your well-being and make a big difference in the community.

## App: Schmoody: Improve Your Mood

[Schmoody](#) is an app that uses a fun, science-backed approach to building healthy habits. “Be the best version of you.” This app is like a gym for your mental health, including options ranging from action plans to daily challenges.

### Google Play Store Average Rating

4.6 (704 reviews)

#### Pros

Subscribers give positive reviews on free features like white noise and daily meditations. Users enjoy the playful tone of the app that can feel like “talking to a close friend.” Reviewers praise the daily planning and community chat options. Fans also rave about how responsive the development team is to app feedback.

#### Cons

The biggest complaints are loading delays and audio issues. Reviewers wish navigation was slightly easier.

### Is this app right for you?

You want to increase your motivation on challenging days. You are excited by taking positive real-world steps to lift your mood and expand your personal development. You like to laugh.