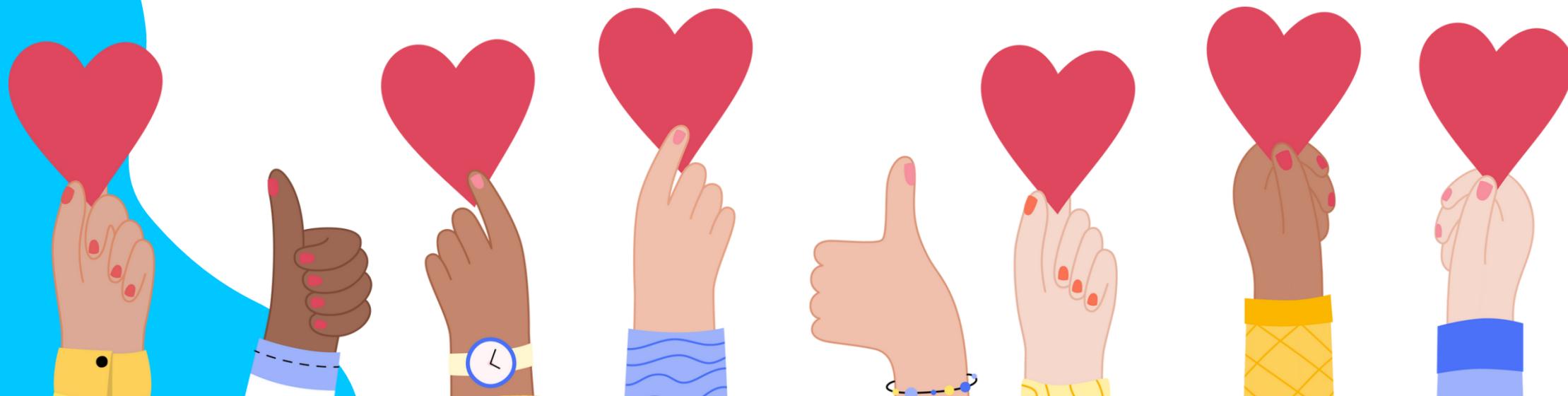


THE MENTAL HEALTH BENEFITS OF VOLUNTEERING

Presented by:
Puneet Sidhu, Moneeza Sami, & Emily Rowe



AGENDA



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About Us

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Puneet's experience at UBC

03

Moneeza's experience at
Anxiety Canada

04

Emily's experience as a mental
health professional

05

Conclusion

Who am I?

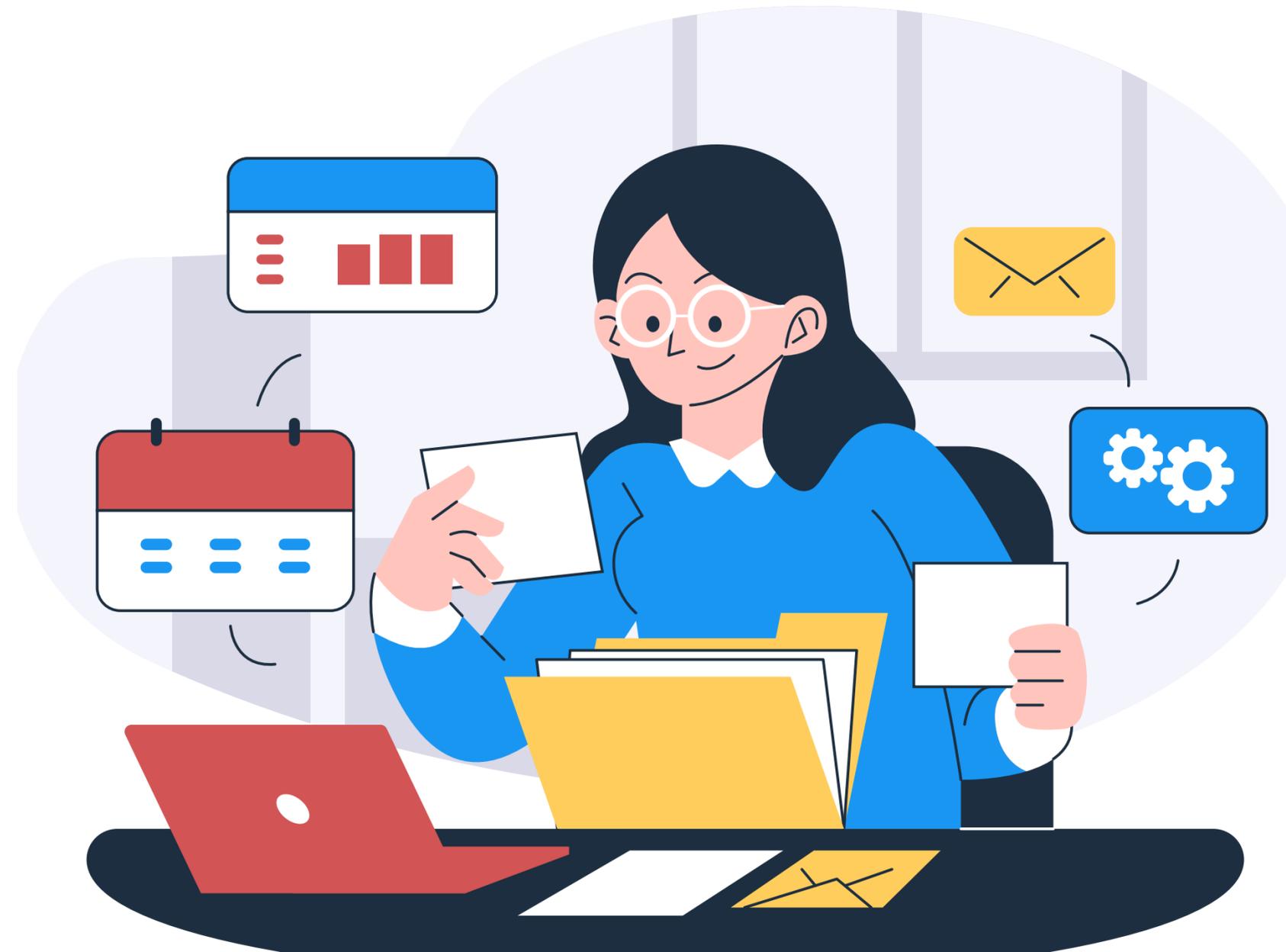
- ✦ Education
- ✦ Professional experience
- ✦ Personal goals



Puneet Sidhu - Youth Ambassador

Projects I've worked on

- ✦ Kumon Educator for students with unique challenges
- ✦ Fraser Health Crisis Line
- ✦ AMS of UBC Peer Support
- ✦ Mental Health Page on IG: Friends Who Flourish



AMS of UBC Peer Support

- ◆ Purpose within the largest student society in Canada
- ◆ Process
- ◆ What I observed (self-disclosure)
- ◆ Why it matters



Volunteering at Anxiety Canada

How has this helped my mental health?

- ✦ Increased my mental health knowledge through projects
- ✦ Connected me with a group of supportive peers



Moneeza Sami - Marketing Lead

Did you know?

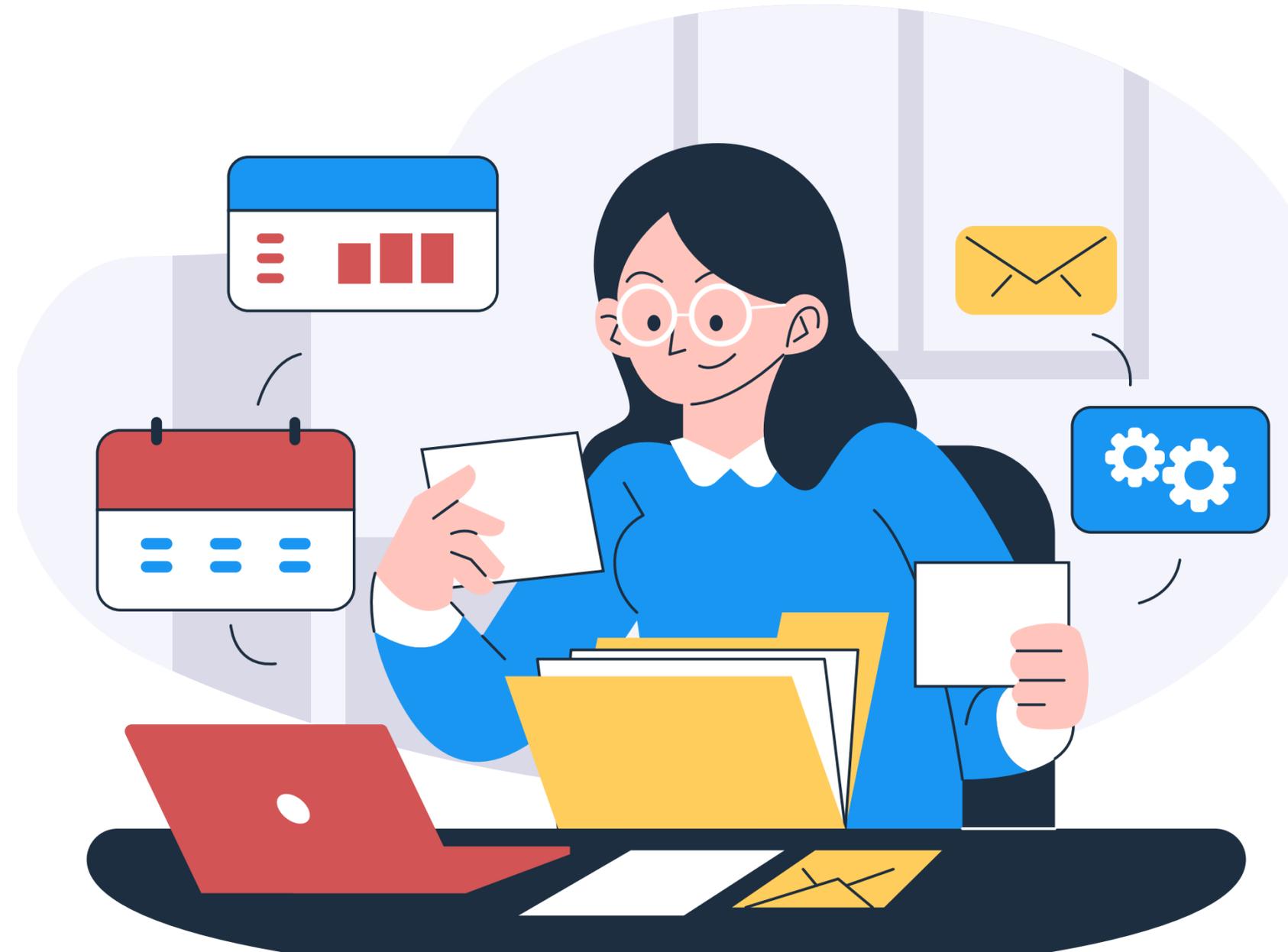
Research has found volunteering is significantly predictive of better mental and physical health.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5504679/#CR2>



1. Projects I've worked on

- ◆ Guest Speaker Event
- ◆ Resources for Immigrant Communities
- ◆ Resources for Elementary School-Aged Children
- ◆ Podcast Transcription



How did these projects increase my knowledge?



Resource creation - researching anxiety symptoms

- "Bad behaviour" vs anxiety
- Validation
- Impacted me to be aware when working with kids



How did these projects increase my knowledge?

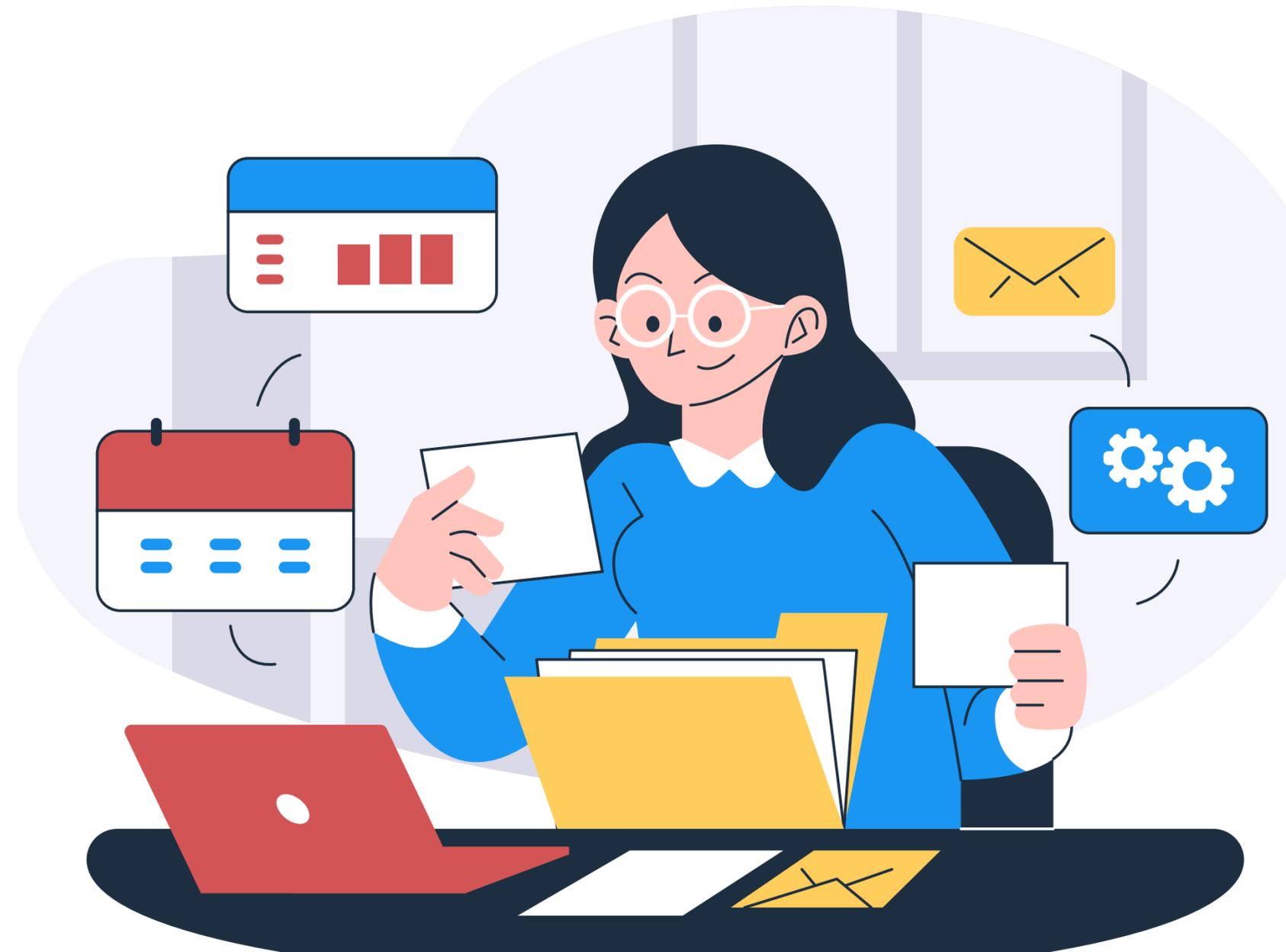


Podcast transcription - ways anxiety affects people

- Chronic Regional Pain Syndrome
- Wheelchair + no diagnosis
- Anxiety is serious!

2. Community of Peers

- ◆ Meet new people
- ◆ Collaborate on projects
- ◆ Sense of belonging
- ◆ Ambassadors United





Did you know?



Research shows that having a feeling of community belonging is highly correlated with physical and mental health.

<https://www150.statcan.gc.ca/n1/pub/82-229-x/2009001/envir/cob-eng.htm>



Who am I?



Education

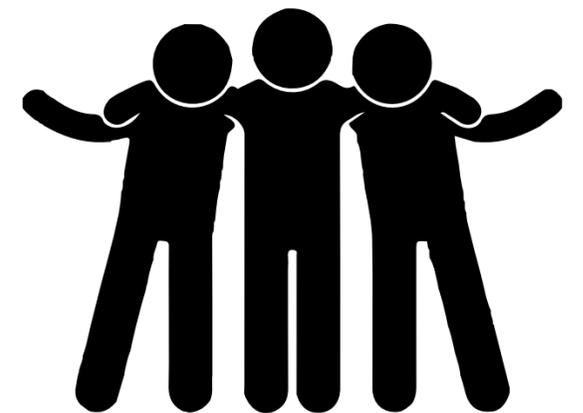


Goals



Emily Rowe - Youth Ambassador

Growing up



Working with youth

◆ Coaching

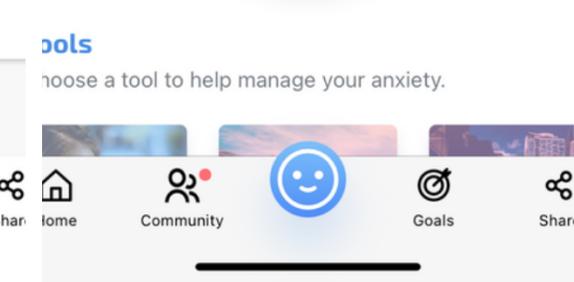
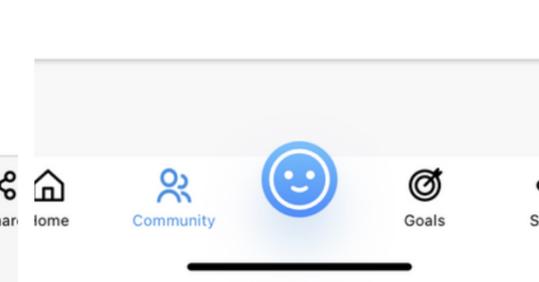
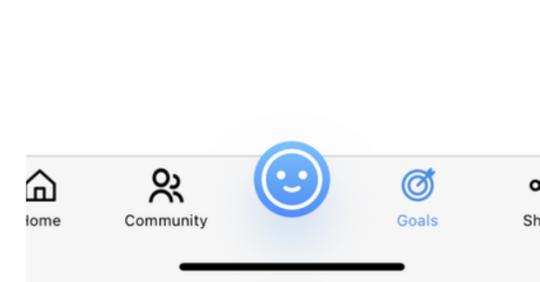
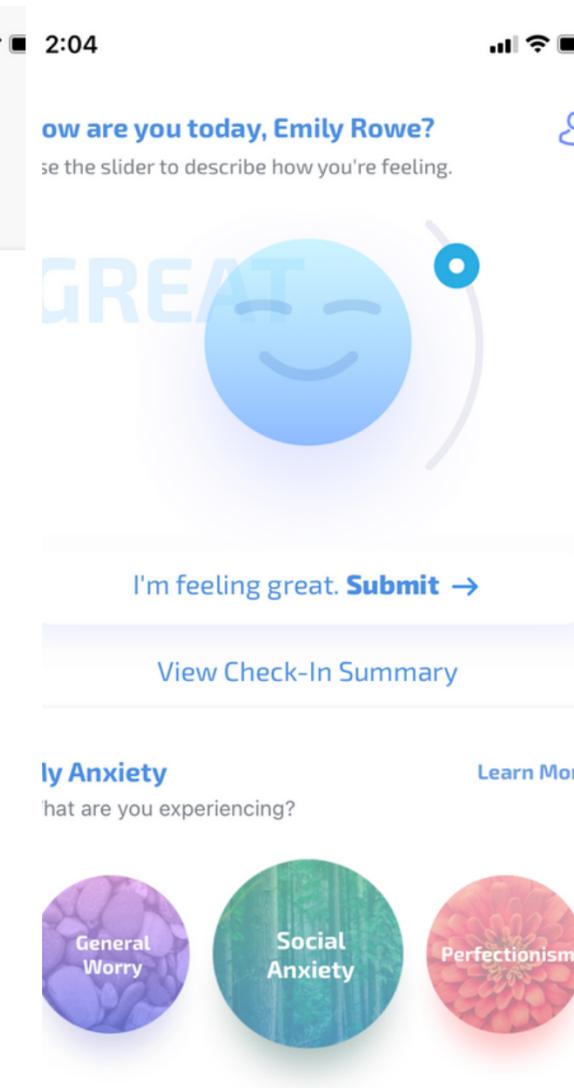
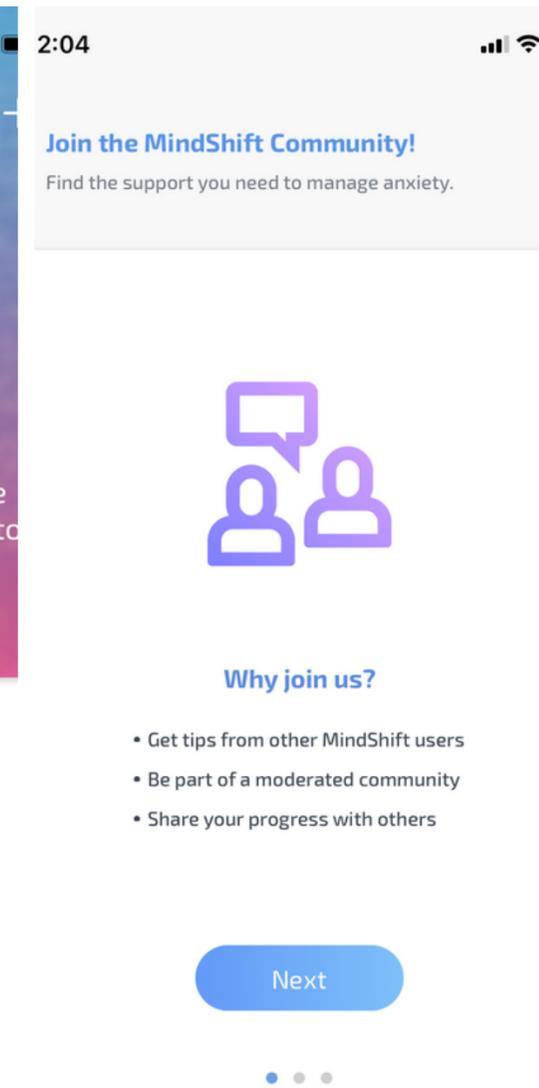
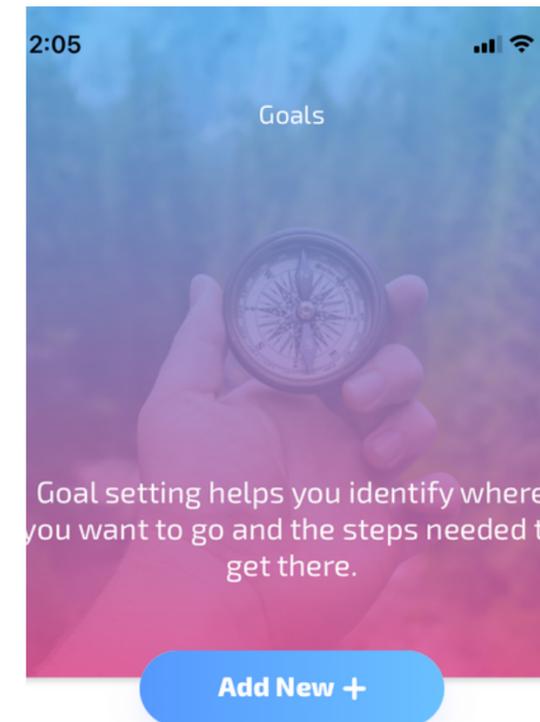
◆ Underprivileged youth

◆ Youth with exceptionalities

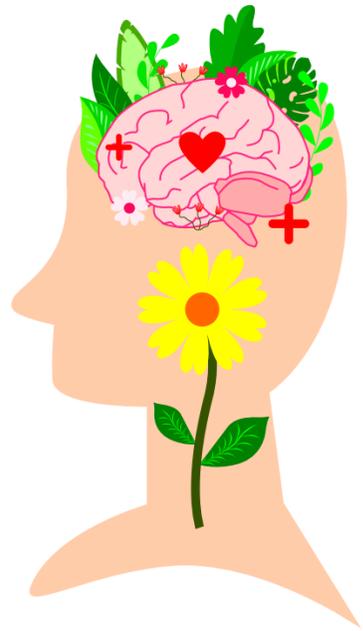


Anxiety Canada

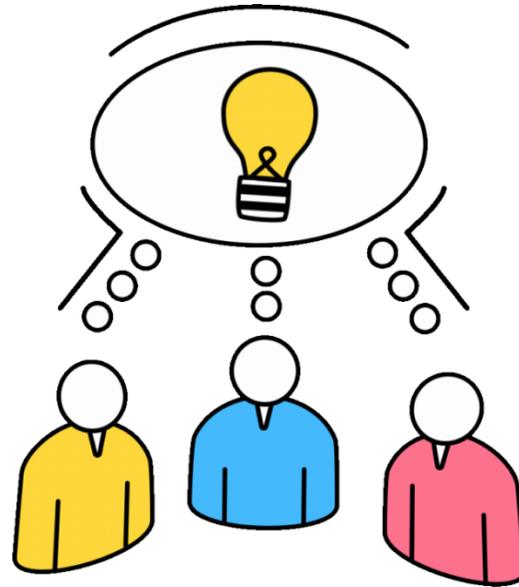
- ◆ Anxiety Canada Resources
- ◆ MindShift App
- ◆ Anxiety Canada to MUN



Volunteering in Mental health



Mental
Health
Knowledge



Connecting
with other
Ambassadors



Finding
Solutions

Conclusion

Thank you for your time and attention!

