

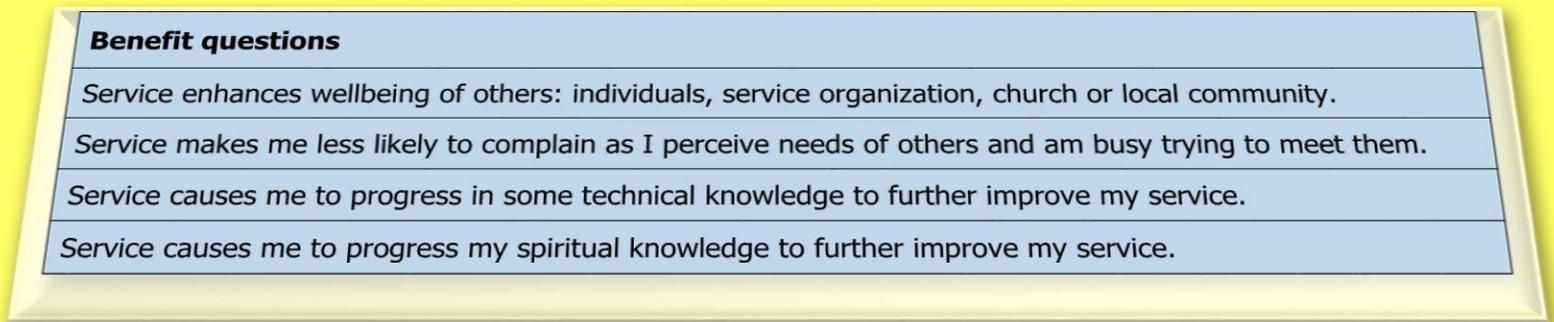
Serving Others Helps Wellbeing!



Teleios surveyed mid-western, Bible-believing church members to assess the impact of community service on personal wellbeing.¹

WHAT WE DID

- ❖ We asked about adherence to the Christian faith, Scriptural knowledge and benefit from service
- ❖ Survey questions were classified as follows:



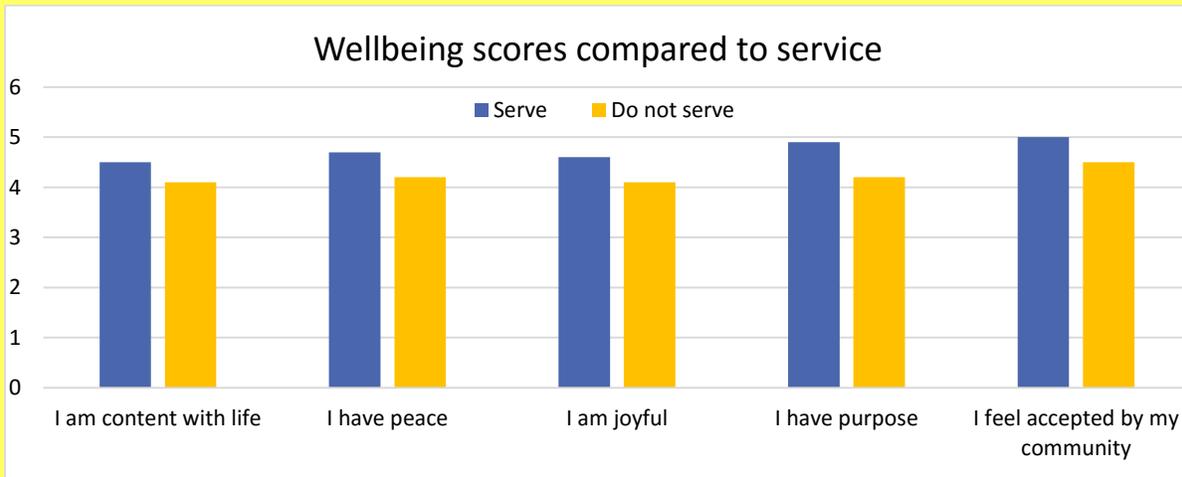
WHAT IT SHOWED

Participants

- ❖ 309 subjects participated.
- ❖ For all participants wellbeing was generally good with the best scores noted for questions:
 - I have good mental health
 - I feel accepted by my community

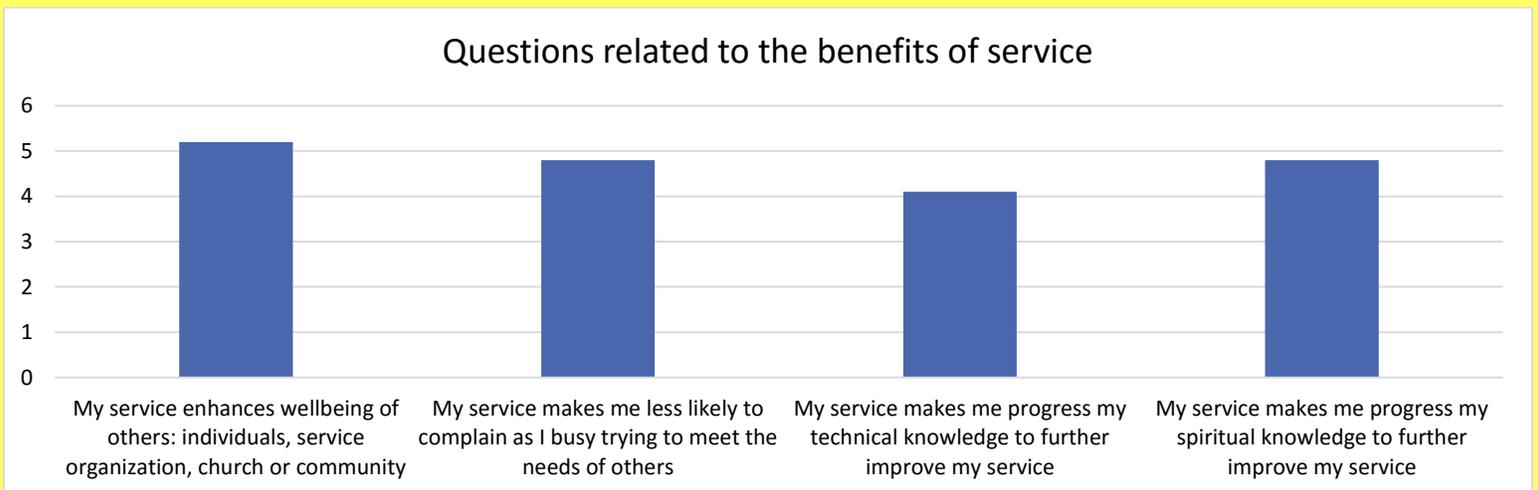
Effect of Service on Wellbeing

- ❖ People who served in some capacity in or outside church demonstrated better wellbeing scores than those who did not ($P \leq 0.02$), including (scale: low 0-6 high):
 - Contentment
 - Peace
 - Joy
 - Purpose
 - Community acceptance



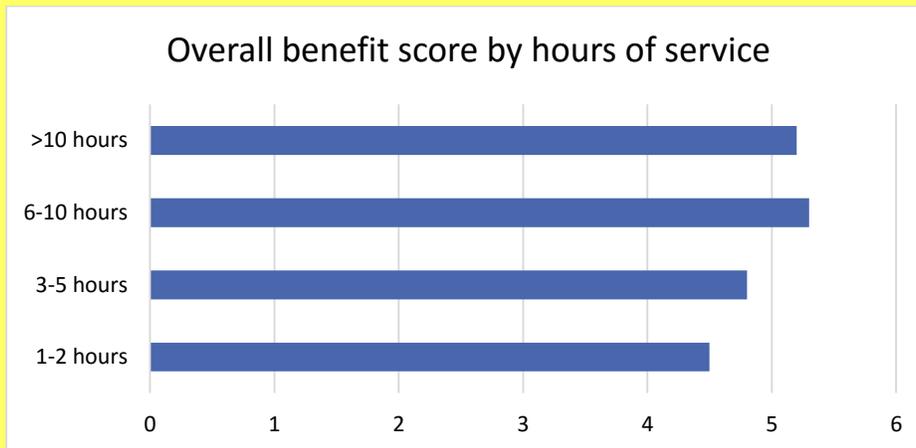
Perceived Benefit of Service

- ❖ When asked about the benefits of service, the greatest perceived benefit was related to 'enhancing wellbeing of others' (column 1), but all four questions had high scores (scale: low 0-6 high)!



More service gives more wellbeing

- ❖ A greater number of hours served per week increased the benefit of service up to 6 hours (P=0.0012, scale: low 0-6 high).



WHAT IT MEANS

- ❖ **Those who routinely participate in community or church-based service have better wellbeing, as shown by greater:**

- Contentment
- Peace
- Joy
- Purpose
- Community acceptance

Wow! Who wouldn't want that?

- ❖ **People who serve:**

- Have better overall wellbeing
- Derive a benefit from service with as little as just 1 hour/week
- Find the benefit is even greater serving up to 6 hours/week
- Obtain a benefit independent of the type of service (church vs. non-church sponsored community service)

- ❖ **Why does service help wellbeing? We don't know for certain, but there are several potentials:**

- Serving others provides a sense of purpose
- Serving tells us our lives are useful
- When we serve we are being obedient to God
- Serving focuses us on others instead of ourselves

Summary: serving others helps our wellbeing!

1. MacIvaine WR, Nelson LA, Stewart JA, Stewart WC. Association of strength of community service to personal wellbeing. Community Ment Health J 2014;50:577-582.

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