



Volunteer Wellbeing

Whilst it is fantastic that so many people bring their passion and commitment to volunteering, it is essential to look after your own wellbeing as it can be easy to fall into the trap of giving too much of yourself.

Take an honest look at your time and work out how much time you can give in a voluntary capacity. It may help to create a visual picture of an average week and record all of your other essential commitments so you can see what time is left for your volunteer project. Don't forget if you carry out this exercise to include time for your own wellbeing, health, relaxation, family, leisure time and so on, as this is essential to find a healthy balance.

If you also have paid work – check with your employer as some organisations give 'paid' volunteer leave on top of holiday / annual leave entitlement.

Once you know how much time you can 'safely' give to your volunteer project (without over committing) you can start to work out what you can achieve with that time.

If there are more tasks than you have time for, you may need to scale back your project plans, or recruit other volunteers to help.

It is important to stick to your 'time commitments.' Avoid falling into the trap of volunteering more time to keep on top of the project demands, which will result in less time for the other essential areas of your life. Ultimately, it's important to remember if you give too much of yourself, you risk becoming burnt out.

If you are finding the volunteer project demands are becoming problematic:

- Contact Consortium for support – our engagement team are here to help.
- Consider reaching out to other similar projects to see if collaboration may be possible.
- Make use of our free opportunities page and advertise for more volunteers.

Head over to our [wellbeing resources page](#) for information and guidance on ways to look after your wellbeing.

- Watch this webinar on [selfcare – avoiding burnout](#)