

VOLUNTEER WELLBEING

Tips for promoting volunteer wellbeing, and reducing stress and burnout



Boundaries and triggers

Setting boundaries and knowing things that may trigger an emotional response can help avoid difficult situations and help plan for ways to handle them.



Building trust

Building trust in each other and in the way we work can develop confidence and reassurance and reduce negative feelings like worry and stress.

Brief and debrief

Having briefs and debriefs before and after activities helps ensure volunteers feel equipped, expectations are communicated, and any issues can be noted and later addressed.



Regular check-ins

Planning regular in-person or online meetings, get togethers or phone calls ensures there are opportunities to ask volunteers how they are doing, address problems, and acknowledge successes and positive experiences.



Opportunities

Opportunities to take on other responsibilities and progress into different roles builds a sense of value and worth, gives something to look forward to when things become challenging, and instills a level of commitment.

Planning and development

Allowing time to plan and review operations and the volunteers' experience means we can avoid difficulties, ensure things are in place to support volunteers, and identify opportunities for growth and improvement.

Mindfulness

Being mindful means to experience what is happening with a broader awareness, noticing things outside our usual sphere of focus with a non-judgemental perspective. This can help us see things

