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RIVER REFLECTIONS

ROTARACT CLUB
OF BRISBANE RIVERCITY

Professional and personal development for Rotaractors in Brisbane and beyond...

A new era...

Over the past few years, Rotaract Club of Brisbane Rivercity has endeavoured to support both the personal and professional development of members through a series of talks, workshops, mentoring and other opportunities. In 2019/2020, President Dean Heckscher announced a commitment to this by introducing a quarterly development newsletter.

OVERVIEW:

- Volunteering in Australia
- Just breathe...
- Upcoming opportunities

Please add the following dates to your diary:

2nd Oct - Club Meeting
12th Oct - Lift the Lid Ball
16th Oct - Club Meeting
30th Oct - Trivia

To stay up to date with the latest news and events, join the Rotaract Brisbane Rivercity Facebook page or visit the website.

The surprising benefits of Volunteering...

By El Eldridge

The 2016 Census revealed that Australia's population is 23.4 million people. Of this:
- 3.6 million people or 19.0% of the population aged 15 years and over are engaged in voluntary work through an organisation or group. This is a 1.2% increase from the 2011 Census results, where 17.8% of people responded they were engaged in voluntary work.1
- The rates of volunteering are highest among males aged 45-54 years at 302,612 people.
- The rates of volunteering are highest among women aged 35-44 at 399,889 people.
- Overall, the rates of volunteering are highest in the 45-54 year age group at 679,602 people.2

While there are many reported reasons that people volunteer, some of the commonly reported reasons include:

- Improving resume
- Making friends
- Giving back to causes
- Networking opportunities
- Learning a new skill
- Gaining confidence

Studies have shown that the health benefits of Volunteering include:
- Lower blood
- pressure
- Longer life
- Better sleep
- "Helper's High"

Find out more here: https://www.nib.com.au/the-checkup/community/national-volunteer-week-4-surprising-health-benefits-of-volunteering

Just breathe...

Did you know?

Did you know that just a few minutes of deep breathing every day can help to improve sleep, slow down your heart beat, lower blood pressure and manage stress (taking you out of "fight or flight" mode.

The **4-7-8 breathing** technique (AKA "relaxing breath,") involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. This breathing pattern can reduce anxiety and help induce sleep in as little as 1 minute.