Volunteer Burnout? Are you a Candidate?

Volunteers donate their time to organizations for specific (often very personal) reasons. Burnout is a sign that volunteers may be over-committed or over-scheduled. Making time for the things you love in addition to volunteering may help you stay a healthy and balanced volunteer for years to come. Here are some helpful tips:

1. **Only take on new projects when/if you desire them:** Assess your availability and desires before committing yourself to new projects. Your Volunteer Coordinator and fellow volunteers will appreciate your honesty and pragmatism. If you’re happy with your schedule and projects, don’t change a thing.

2. **Make sure your volunteer opportunity is a good fit for you:** Volunteerism is supposed to be enjoyable and satisfying. While not every part of your overall tasks will be exciting, you know your expectations and should only volunteer doing things that bring feelings of contentment and personal satisfaction. Never feel “obligated” to volunteer someplace where you know you’ll be unhappy or unfulfilled.

3. **Take a break:** If you feel you’re getting run down or burned out perhaps it’s time to scale back volunteer activities. Take time to work on personal projects that you’ve put aside in pursuit of your volunteer activities. In your time away you may find renewed interest in your primary volunteer activity and return refreshed and ready to start anew!

4. **Speak Up:** If you’re a volunteer of long standing and see a volunteer process that you feel can be improved (examples are training or volunteer appreciation activities) share your ideas with your Volunteer Coordinator. Organizations benefit from listening to new ideas and feedback from committed volunteers. You may end up feeling like a bigger part of the team!

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**Dates to Remember**

(All dates are subject to Volunteer availability)

<table>
<thead>
<tr>
<th>Neighborhood Leaders Group</th>
<th>4/26/14</th>
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<tbody>
<tr>
<td>Landscape Contract Assessment</td>
<td>4/17/14</td>
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**In 2013 Our Volunteers…**

- Donated 1,150 volunteer hours with a cost savings of $26,335 for Prince William County
- Removed 1,192 roadside advertising signs
- Removed 21 sites of graffiti throughout the County

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**Spring Things to Remember**

As we move into Spring, the days are getting longer and many of you may be ready to resume your volunteer activities. If you are in need of new safety vests or gloves, send us a note so we can replenish your supply.

- Are you planning a neighborhood clean up? Don’t forget that Neighborhood Services can provide you with trash bags and gloves for your event. If you need assistance removing bags of trash and debris from your neighborhood after your clean up, please contact Neighborhood Services two weeks in advance to schedule pick up by the Litter Crew.
- Do you need informational materials to distribute in your neighborhood? We can compile Neighborhood Services brochures and fliers for you to pick up and distribute in your neighborhood.
- Have you submitted your volunteer waiver? If not, kindly take a few moments to complete the form and review your emergency contacts as well as phone and email information so that we may update our files accordingly.

Our Neighborhood Specialist is available to help assess your needs and to ensure your volunteer experience with Neighborhood Services is a positive one.

Contact our Neighborhood Specialist at trome@pwcgov.org or call 703-792-7018.
Did you know that informational materials are available for distribution in your neighborhood?

If you would like to have PCE information on hand to give to neighbors or friends, email the Neighborhood Specialist at trome@pwcgov.org to schedule pick up.

As a vocal community advocate and volunteer you can spur change in your community, one brochure at a time.

DID YOU KNOW?

Field Safety Tips:
“An ounce of prevention is worth a pound of cure” ~ Ben Franklin

Volunteering with Neighborhood Services allows neighbors to connect to one another while addressing issues in their communities. We look forward to adding more volunteers to our program, and want to pass along safety tips you may find helpful when volunteering in and around your neighborhood:

Dress for the weather: Check your local weather forecast and wear layers instead of a bulky coat to help ensure ease of movement as well as all-weather closed toe shoes to minimize slip, trip & fall hazards; Curtail volunteer activities during inclement weather

Wear reflective gear (especially vests): Be mindful of sunrise and sunset times and plan your volunteer activities accordingly. Wear safety gear at all times and contact Neighborhood Services if you or your group need additional safety gear

Volunteer as a group: Bring a friend or community group members along on volunteer activities. Going as a group may encourage ongoing participation; Neighborhood Services can plan a training for your next group meeting

Tell someone where you’re going and for how long: Inform friends, loved ones, your Volunteer Coordinator, or fellow volunteers of your planned volunteer activities. You can reduce risk by ensuring someone knows your whereabouts as well as the time you’ll return

Be safe out there!

No Time to Volunteer?
You can still help your community!

Share Code Enforcement information with neighbors

Report Code Enforcement Issues you may see to Neighborhood Services at 703-792-7018 or nsd@pwcgov.org

Prince William County Department of Public Works
Neighborhood Services Division
5 County Complex Ct, Suite 280
703-792-7018 or nsd@pwcgov.org