

## LOCUS OF CONTROL

Locus of control is a sense control over circumstances in one's life rather than external events making things happen, like people making you feel bad or good, luck making you win or lose, or even God making you sick or healthy. It is important that a person feels in control of life circumstances so that they can take steps for positive change and achieve short and long term goals.

## GET VOLUNTEERING!

One way to increase internal locus of control is through the simple act of volunteering. Studies show that people that volunteer feel in control their health and feel better overall. Fortunately, today, technology makes it easier to volunteer than ever. You can volunteer online do practically anything for anyone or any non profit organization, all from home. You just need your computer and connection to the Internet.

## MANAGE HEALTH ONLINE

Online you can find information about specific health conditions, the latest health news and research, hospital and doctor reviews, health products, emotional support, and more. The World Wide Web is full of trusted, reputable resources to manage health. But, how can you know which resources are the best resources? It is important to know how to find the best health resources online and use them to your advantage. *Read more...*

## REACH OUT

Email: [contact@onlinevolunteering.net](mailto:contact@onlinevolunteering.net)  
<http://onlinevolunteering.net/>

I am Dr. Natalie Hruska.  
Contact me to discuss the results of my study, to set up a consultation, schedule a speaking event, or discuss anything about this brochure!



## VOLUNTEER ONLINE FOR YOUR HEALTH



[onlinevolunteering.net](http://onlinevolunteering.net)

## USING THE INTERNET FOR GOOD

**Locus of control** is the belief in controllability over outcomes in one's life, learned through interaction with one's physical and social environment. People with an internal locus of control perceive that they are more in control over what happens to them. People with an outward or external locus of control perceive that external factors, like the powerful people in their lives, luck, or random chance control the outcomes of situations they encounter in their lives.

### Get Volunteering

Volunteering has great benefits. Volunteers feel better mentally and physically. They are better at managing stress, and, volunteers have deeper connections with others. Volunteers also have an increased sense of independence and meaning in lives.

Today, you can volunteer online doing work like editing, translating, serving on a board, providing advice, writing, researching, designing, marketing, and more. Online volunteers can pretty much help in any way today. And volunteer jobs can be achieved 100% from a home or any other remote location. All that is needed is a computer and connection to the Internet. Check out my website to learn more [www.onlinevolunteering.net](http://www.onlinevolunteering.net).

### 'Healthy' Websites

Once you build your internal locus of control through an activity like volunteering, you are more likely to use the World Wide Web for your health, and consider it useful. But it is important to use the right resources to take control over important matters in your life, like health. The Internet has many resources, but some are better than others.

Be sure to review my checklist in this brochure to see what really makes a website credible and useful.

What makes a health website really helpful? A website for your health should not look like a sales advertisement. Instead, a good health focused website should:

- be easy to understand (written in layperson's terms) with thorough, quality information
- have credible sources and up-to-date content
- be professionally designed, clean, easy to navigate around, and user-friendly with helpful features

### Credibility Check

- The health website should:*
- list reputable, peer-reviewed references
  - end with .org, .edu, or .gov
  - be linked to a professional organization or doctor
  - be authoritative and professional with references to medical terms
  - be accurate-information should be confirmable with another health website or doctor