

Volunteer Online

for your health!

Internal or External Locus of Control

Locus of control is the sense that you can control outcomes in your life rather than things happening to you, like people making you feel bad, luck making you lose, or even God making you sick or healthy. It is important that you feel that you are in control of your life circumstances so that you can take steps for positive change and achieve goals.

Get Volunteering!

One way to increase your internal locus of control is by volunteering. People that volunteer feel in control their health and feel better overall. Fortunately, today, technology makes it easy to volunteer. You can volunteer online do practically anything for anyone or any non profit organization *all from home.*

Manage your health online too...

The World Wide Web is full of great resources to manage your health. Online you can find information about health conditions, the latest health news and research, hospital and doctor reviews, health products, emotional support, and more. But, how do 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 on...



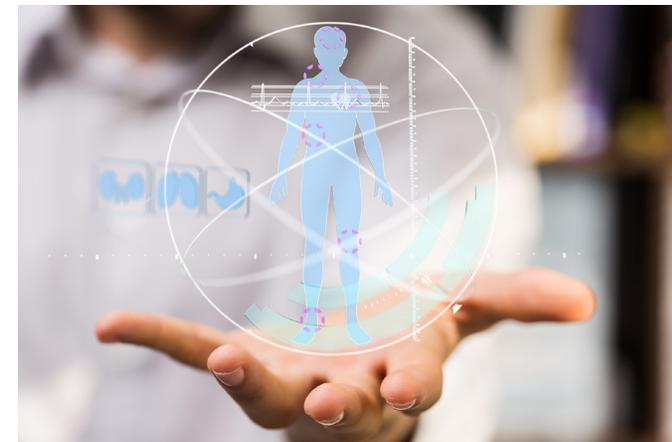
Reach Out

Email: *Dr. Natalie* at

contact@onlinevolunteering.net

<http://onlinevolunteering.net/>

Contact me to discuss the results of my study, to set up a consultation, schedule a speaking event, or discuss anything you see in this brochure!



“You can use the Internet to get healthy and do good at the same time.”

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

A good 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

Locus of Control and using the Internet for Good

Locus of Control

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 focus 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.

Volunteering has great benefits. Volunteers

Volunteer Online!

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

'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.

www.onlinevolunteering.net