

How do I make myself and others feel like they **matter in the workplace?**

Surgeon General
Workplace Wellbeing

Psychological
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There may not be a better feeling in the world than to know that **“You Matter!”**

Therefore, we can see how this very feeling can transform the experience that someone has in the workplace when it occurs.

Here are some ideas to create a sense of purpose and fulfillment in your workplace. **You can be the change that you want to create.**

- **NOTICE:** Start by showing interest in what others are doing and saying. When we remember personal details about someone or a project they are involved in, it shows we care.
- **AFFIRM:** Point out people’s unique skills and talents. You can say something like, “Mary, you are so good at sorting out the details of meetings. Thanks for guiding us with your expertise.”
- **RECOGNIZE:** Help people see that they are a necessary part of the team or organization. You can do this by pointing out how they contribute and that you really rely on their abilities and contributions.

People often reflect what they see as examples, so we can start to change the environment we are in just by changing ourselves.



COMMUNITY RESOURCES

Want to build better feelings of mattering in your team or your organization? Explore these community resources:

JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact wellnessconsultant@bellin.org.

LEARN about CIVILITAS®, a FREE program to grow and build your team’s culture, reach out by emailing civilitas@bellin.org.



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