

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1** and **PART 2** are where we recommend separating the content if you wish.

DON'T MISS OUT IN 2024!!

To avoid disruption in receiving 2024 Lifesaver Wellbeing content, please **[SIGN UP HERE](#)** to re-enroll in the program. If you have already signed up, **THANK YOU!** If you do not sign up, you will stop receiving content beginning in February of 2024. **EVERYONE** must re-enroll for 2024. Thank you!!

Do I MATTER ?
YES you do!



PART 1 Subject of the email “Do I matter? YES you do!”

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.

- Encourage engagement in the workplace. Employers can ensure equitably opportunities for engaging and empowering all workers to improve their workplaces. Employee engagement is the extent to which employers involve workers in organizational goals and objectives, as well as the level of commitment and enthusiasm that workers have in their work and workplace.
- Participate in gratitude and recognition. An extremely powerful tool that may be overlooked is gratitude. By showing gratitude to others in your environments and practicing gratitude in your own life, you can engage yourself and others to see what is good in any situation. This is not say that everything will magically be perfect, but gratitude can build a sense of purpose in employees therefore leaders to better engagement and health and wellbeing in the workplace.
- Connect individual work with organizational mission. Shared purpose is a collective sense of working toward a common goal. This assigns further meaning to work, generates pride, and fuels motivation all while reducing stress. Organizations can help workers see the connection between their day-to-day work and the organizational purpose and mission. Leaders can also reinforce these connections by acknowledging

the different roles of individuals, teams, and departments in achieving organizational goals.

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on mattering in the workplace.


JUST ONE THING: Recognize at least 3 co-workers or friends this week on something you appreciate about them.



PODCAST – Prescription for Life

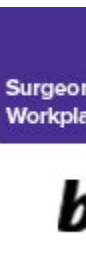
The Prescription for Life Podcast features Bellin Health experts sharing content on ways to improve your health and wellbeing in a variety of ways.

This month, Randy Van Straten, VP of Business & Community Health, talks about how his workplace and personal experiences with helping people feel like they matter can benefit the person, the team and any organization. **NOW AVAILABLE IN VIDEO.** Listen

and watch on  ,  or  and subscribe, like and share!

PART 2 Subject of the email “Change starts with you”

Do I MATTER ?
YES you do!



Sometimes we are in situations and we feel like we don't feel like we matter. This feeling can lead to lack of engagement and caring in whatever situation you may be in, and although we can't make others do anything specific, we can act on our own and voice our needs as appropriate.

1. **Ask for what is important to you.** If you find your role containing a lot of work that does not feel purposeful, have a chat with your leader and voice what would make your work more meaningful to you.
2. **Raise someone else up.** When we compliment others or show gratitude or recognition, we also increase our own healthy endorphins making both ourselves and others feel like we are playing a key role in making a better day for us all.
3. **Seek out causes that you are passionate about.** Whether it be at work or in your personal life, seek out causes that you feel like matter. Being a part of those teams or projects will positively impact both you and the cause you are serving.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Bellin Health Licensed Behavior Health Therapist, Hannah Bauer. Hannah shares with us how the Winter season can affect our mental health and what we can do about it. Listen now and pass along to others who may need help setting boundaries in their lives.

ALSO AVAILABLE IN PODCAST FORMAT. [LISTEN HERE](#)

Mental Health Moments podcasts are posted monthly, featuring mental health experts from Bellin.

NEW FOR 2024! Group Coaching

Join Linda Golik, National Board Certified Health and Wellness Coach, into a deeper dive on this month's topic. Learn how you can apply the material to yourself, you co-workers, and those you care about. Join us **February 15th at noon** for the special event. Feel free to pass along to your co-workers, family, and friends.

Microsoft Teams meeting

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Let us know how we can help you or your organization integrate these healthy living tips. You can reach me at wellnessconsultant@bellin.org or at **920.436.8668**. Also, please follow our social media pages for more content throughout the month.



Looking for ways to engage your teams in wellbeing? Reach out to me for a personalized presentation.

Linda Golik, NBC-HWC

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Where health care starts as

human care

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