

TAKE THE LEAD

4 WAYS TO PROMOTE WELL-BEING

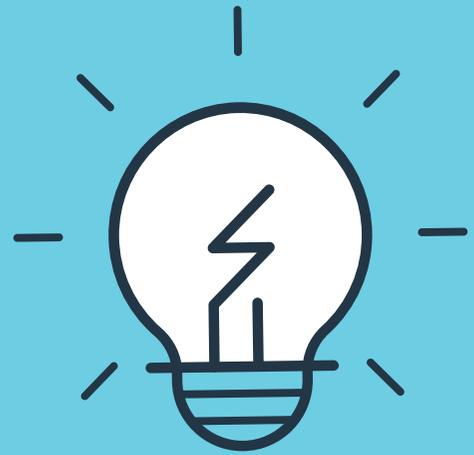
Simple paths to strengthen your own practice and support your team

EXPLORE WELL-BEING RESOURCES

Explore the five dimensions that comprise our individual sense of purpose and satisfaction, allowing us to thrive.

WELL-BEING
CONNECT TODAY

LEADER CONNECT
SKILL MAP



OFFER GRATITUDE

Studies of gratitude in the workplace have yielded more positive emotions, less perceived stress, fewer sick days and higher satisfaction with our jobs and co-workers.

GRATITUDE
STATIONS / TOOLS

KUDO
BOARD

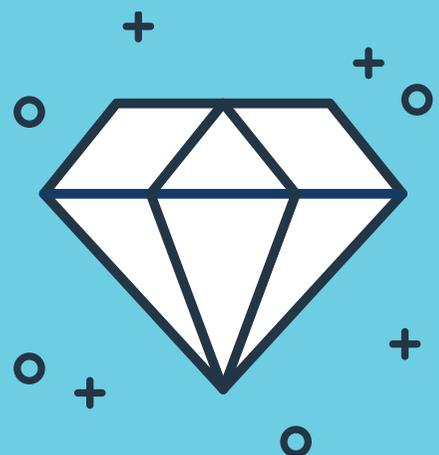
DISCOVER BENEFITS & REWARDS

There are many perks, resources, and well-being supports available here. Be sure to dive into Total Rewards for discounts on financial services, travel, theme parks, and much more!

ONE HR

HEALTH PLAN

CARING FOR CAREGIVERS



GIVE RECOGNITION

Research suggests that helping employees feel more valued and supported is important not just for those individual employees' wellbeing, but also for the organization as a whole.



CAREGIVER
CELEBRATIONS

- RECOGNITION TOOLKIT
- CAREGIVER AWARDS
- EXCELLENCE AWARDS

DON'T FORGET!

Whenever possible, make your efforts visible to others, involve your team by sharing opportunities and resources. Download this tip sheet for more ideas.

LEADER
WELL-BEING TIP SHEET