

Do **I MATTER** ?

YES you do!



Our workplace plays a significant role in our lives affecting both our physical and mental well-being. In fact, you will spend more time at work on average than anywhere else in your life. Therefore, it is important to have the feeling of “Mattering at Work.” By finding purpose and encouraging your own engagement, as well as reaching out to others, you will find extra fulfillment and happiness in the workplace.



Contact **Linda G.** at wellnessconsultant@bellin.org or **920.436.8668** for more resources. For 24/7 health system access, go to bellin.org/contact or call **800.528.7883**.



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