

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 do not sign up, you will stop receiving content beginning in February of 2024. **EVERYONE** must re-enroll for 2024. Thank you!!



#### **PART 1 Subject of the email "Where do I belong?"**

Belonging is an important component of being the truest version of yourself, both in work and personal situations. We care about creating belonging because we know that in order for people to be the healthiest versions of themselves, they must have a sense of belonging.

When it comes to building belonging in the workplace, we can create stronger teams and relationships, which in turn will benefit our people, teams, and the organization as a whole. Here are a few themes to consider when looking for belonging in the workplace.

- **Seen**—When you are seen at work, you are recognized, rewarded, and respected by your colleagues.
- **Connected**—When you are connected at work, you have positive, authentic social interactions with peers, managers, and senior leaders.
- **Supported**—When you are supported at work, those around you give you what you need to get your work done and live a full life. These people may be peers and senior leaders.
- **Proud**—When you are proud of your work and your organization, you feel aligned with its purpose, vision, and values.

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on creating belonging.

**JUST ONE THING:** Ask a friend or co-worker what makes them feel like they belong.



### 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, Anne Hale, VP of Learning and Development, talks about the Bellin Health value of Belonging and how it can benefit all of us. **NOW AVAILABLE IN VIDEO.** Listen

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

### PART 2 Subject of the email “What if I don’t feel like I belong?”



Sometimes we are in situations and we feel like we don’t belong or we wonder if there is something we can change in ourselves to fit in. While no human being feels perfect all the time, we can take some steps to connect and that will lead to a better feeling of belonging.

1. **Seek out shared experiences.** Is there someone you work with who loves the same music or has an interest in gardening, just like you? Strike up a conversation with that person.

2. **Raise your hand.** One way to connect with additional people in your world is to volunteer. While we want to make sure we are managing life's obligations and work requirements, you may find a new passion when you volunteer for a project and or a cause that you have interest in.
3. **Show up and speak up.** Being there in person helps form connections and foster relationships, both at work and in your personal life. This can greatly enhance your feeling of belonging.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Mental Health Registered Nurse Case Manager, Amanda Abegglen. Amanda shares with us how setting boundaries can benefit our mental health and that of those we care about. 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 **January 9<sup>th</sup> at noon** for the special event. Feel free to pass along to your co-workers, family, and friends.

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## Microsoft Teams meeting

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

Meeting ID: 280 848 831 73

Passcode: 6zxRzS

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**Join with a video conferencing device**

[bellinmemorialhospital@m.webex.com](mailto:bellinmemorialhospital@m.webex.com)

Video Conference ID: 112 385 108 9

[Alternate VTC instructions](#)

**Or call in (audio only)**

[+1 312-667-5979](tel:+13126675979), [155928246#](tel:+13126675979) United States, Chicago

Phone Conference ID: 155 928 246#

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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](mailto: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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**human care**

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