

# HOW MIGHT YOU PROMOTE THESE TOOLS?

**GOAL:** CREATE A COMMUNITY THAT FLOURISHES.

**HOW?** FOSTER A CULTURE COMMITTED TO LONG-TERM SUSTAINABLE CHANGE AROUND WELL-BEING.

*Policies, systems, and environment need to support healthy behavior. A few examples of sustainable change that may lead to a culture that better supports mental health may include:*

- Ask others to share one good thing that has happened to them professionally or personally recently. (Systems change)
- Provide staff with gratitude cards and encourage them to write a note to someone that has made an impact on them. (Policy, System or Environmental Change)
- Host an appreciation event. (Social Support)
- Start each day by sending a gratitude email/text to someone. (Personal Policy)
- Create a gratitude board. (Environmental Change)



Example: Polk County Public Health created gratitude boards where individuals are encouraged to share something they are grateful for.

**What are other effective ways to communicate in your organization and what strategies might work best?**

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**TOGETHER WE CAN**

*build a better future!*

