

# BEING A PARTNER

## Benefits of being a BeWell Partner

- Increase **happiness** and **well-being** of your team.
- **Enhance relationships** at home, work, and community.
- Identify greater **purpose** and **meaning**.
- Improve **health** and **quality of life**.
- **Foster and renew relationships** with your family, friends, employees, customers, and members.
- Greater **employee productivity, satisfaction** and **decreased absenteeism**.
- Receive **BeWell** Toolkit, Pre & Post Survey, Random of Acts of Kindness Cards, 3 Good Things Post It Notes, **BeWell** Partner Window Cling, and **access to templates to print your own resources**.



+ a listing of your support on Polk County Public Health and Norman Mahnomen Public Health Facebook pages.



**You can commit to being a BeWell partner by:**

- ✓ Executing **Random Acts of Kindness** regularly and empowering individuals to do the same.
- ✓ Encouraging individuals to “**Pay it Forward**”.
- ✓ Promoting the **3 Good Things** initiative and inviting others to participate.
- ✓ Writing **Gratitude Letters** to someone who has had an impact on your life.
- ✓ Creating a relationship with others and asking them about their **Social Connectedness**.
- ✓ Identifying greater **Meaning and Purpose** while serving others.
- ✓ Promoting the importance of **Values** and **Accomplishment**.
- ✓ Committing to **Promote and Model** the evidence-based resiliency tools.
- ✓ **Sharing** lessons learned & inspiring stories on Polk County Public Health (@pcphhealth) and Norman Mahnomen Public Health (@nmpublichealth) Facebook pages. Use the hashtags #BeWell and #BeWellPartner.

**TOGETHER WE CAN** *build a better future!*