



# Practice 1



## Communication Example: Introduction

New Message



To **ALL STAFF**

Subject **Our BeWell Initiative**

We are excited to announce that [Organization] is participating in a community-wide well-being project promoting health through happiness called BeWell, a project developed through Polk County Public Health.

**We care about the well-being of our employees and our work culture. That's why we're participating.**

What that means is that we're going to do fun and simple, yet impactful practices over the next year. We want everyone to participate by intentionally doing these practices. We believe that participation can **reduce burnout and increase engagement and mental well-being throughout our organization** & ultimately our community.

We believe that to participate in BeWell, you only need to devote 10 minutes a week. And we want you to have fun with it. Get creative and help us collect fun stories, or suggestions on how to participate, and increase participation.

At this time, we only ask that you **complete the questionnaire found here [web link] by [two weeks after sending communication].**

In gratitude,  
[Name]

Send



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



## Practice 2

# Communication Example: Kindness

New Message



To **ALL STAFF**

Subject **Our BeWell Initiative: Kindness**

Why are we encouraging you to practice kindness?

Kindness has been shown to increase:

- ✓ **Oxytocin:** The love hormone.
- ✓ **Energy:** Feeling stronger and more energetic after serving others.
- ✓ **Happiness:** Altruistic people are happiest of all.
- ✓ **Pleasure:** When you are kind to others, your brain reacts as though you were the one receiving the kindness.
- ✓ **Serotonin:** Kindness increases the body's production of serotonin, the same chemical in many antidepressant medications.
- ✓ **Lifespan:** People who serve others experience fewer aches and pains. In fact, people 55 and older who serve at two or more organizations have a 44% lower likelihood of dying early.

*Below are simple **Random Acts of Kindness** suggestions we'd like you to consider to carry out, as well as incorporating your creativity and ideas.*

- Practice courtesy: Holding the door and saying "please" and "thank you" are easy ways to recognize the feelings and situation of another person.
- Offer to return a supermarket cart to its rack for a busy parent or a senior.
  - Call a relative or friend to see how they're doing.
- Offer to pick up groceries or medications for someone who is ill.
  - Buy a cup of coffee for a stranger.
  - Write a check to a worthwhile charity.

*Let us know what worked and about any success stories or moments of inspiration. Thank you for your participation!*

Your BeWell Champions,  
[Name]

Send

