



## UNDERSTANDING YOUR WELLBEING COMMUNITY WELLBEING



People often get a sense of joy from giving a meaningful gift, but perhaps no gift is as valuable as our time. Often times, the greatest contribution anyone can make is donating their time and making an impact on another person, group, or community.

This is where community wellbeing comes in. While it's just one aspect of the greater concept of organizational wellbeing, it's an important one.

We strongly believe the **WHOLE** person comes to work every day and each employee's wellbeing and engagement influences individual and organizational performance...this includes how they're feeling when it comes to giving of their time, talents, and treasures to their community.

**COMMUNITY WELLBEING  
AREAS OF EXPERTISE**

- Community Involvement Programs
- Giving Campaigns
- Sustainability Initiatives
- Charitable Giving / Matching Programs

### WHAT IS COMMUNITY WELLBEING?

Community wellbeing is defined as the sense of engagement and involvement you have with the area where you live.

### WHY IS COMMUNITY WELLBEING IMPORTANT?

Studies have shown that community volunteers are less likely to report feeling daily stress and worry, and Americans who actively work to better their communities have higher overall wellbeing than those who do not.

Volunteering to improve your community can foster a sense of purpose and belonging and helps build social relationships and connections. Looking beyond the day-to-day struggles of your own life and focusing externally can help decrease stress, worry, and other negative emotions.

Let's talk about ways you can enhance your overall employees' sense of community wellbeing!

EthOs works with organizations to **enhance** the employee experience by **empowering** your people to bring their best self to work every day and fully **engage** in your organizational purpose.

Are you interested in enhancing your culture and employee experience? Reach out to us today!



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