



## UNDERSTANDING YOUR WELLBEING SOCIAL & EMOTIONAL WELLBEING



Imagine feeling stressed and struggling with an important relationship in your life. If your employer sent out a challenge to complete 10,000 steps every day for the next six weeks, do you think that would help you? Probably not. In fact, it might just add to your worries. Wellbeing is so much more than physical.

While social and emotional wellbeing is 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 ensuring your employees are where they need to be both socially and emotionally.

### SOCIAL & EMOTIONAL WELLBEING AREAS OF EXPERTISE

Rewards & Recognition

EAP

Condition Management

Self-Efficacy

Mindfulness & Stress Management

Social Activities

Team Building

Vacation / PTO

### WHAT IS SOCIAL & EMOTIONAL WELLBEING?

Social and emotional wellbeing is defined as having strong relationships and love in your life and having enough mental energy to get important things done every day.

### WHY IS SOCIAL & EMOTIONAL WELLBEING IMPORTANT?

The one dimension of wellbeing that employers have been afraid to talk about is social and emotional wellbeing. What are you doing to foster social and emotional wellbeing within your organization?

According to a study conducted by professors from the University of Pennsylvania and the University of Minnesota, having a friend at work makes you more productive. The facts are undeniable that friendships in the workplace have a positive effect on the company culture and the work that gets done.

Employees are significantly less inclined to quit a job at which they have a friend. This means less turnover for employers and more productivity in the long run.

**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!**

