

# Six pillars of well-being



Find resources for the six pillars of well-being

[lcmchealth.org/about-us/commitments-to-our-employees/wellness/](https://lcmchealth.org/about-us/commitments-to-our-employees/wellness/)

## PHYSICAL



Taking care of your body helps take care of your mind. Stand up from your desk and stretch, take a five-minute walk, eat a balanced snack, and drink some water. LCMC Health offers free and discounted access to a variety of gyms for LCMC Health employees. Learn more by visiting [the Be Well Center](#) on the intranet.

## FINANCIAL

Financial stress can play a part in your ability to live well. Take control of your finances by utilizing all of our Fidelity and VITAL WorkLife resources like financial counseling, financial wellbeing education courses, and additional digital resources. Benefits Hub also offers savings and discounts for various goods and services.



## EMOTIONAL

Finding a balance between work and personal life can be challenging. It's crucial to recognize that emotional shifts are a normal part of life, and prioritizing your wellbeing is essential. In the midst of the daily hustle, pause, try a brief meditation, step away from screens, and take a deep breath. Remember, it's perfectly okay to reach out to a friend, a peer, or utilize resources like the Be Well Center for support.



## PROFESSIONAL



Investing in your professional growth is an important part of your mental well-being and helps keep you motivated and inspired at work. At LCMC Health, we champion your growth and progress your career. Learn more about available professional development opportunities by visiting [Organizational Development](#) on the LCMC Health intranet.

## SOCIAL

Having social interactions and good communication at work is key to reducing stress. Try and make a new friend or catch up with a colleague from another department. [The Heart Beat](#) also offers opportunities to digitally connect with colleagues across the organization.



## SPIRITUAL



Spiritual health impacts our overall mental health. Take a minute to pray or set intentions, connect with your spirituality during a stressful moment, or plug into our spiritual resources [here](#).

# Six pillars of well-being continued

## CHECK IN WITH YOURSELF

**Q: Does my stress feel manageable?**



**Q: Do I have a strong support system?**



**Q: Have I felt more overwhelmed than usual?**



**Q: Do I have more bad days than good?**



If you answered no to any of these questions, the Be Well Center is here to help.

504.896. 9379 | [LCMC-WellBeing@LCMCHHealth.org](mailto:LCMC-WellBeing@LCMCHHealth.org)

For in the moment support, call 800.383.1908 or text HOME to 741.741

## RESOURCE LINKS

 [VITAL WorkLife](#)

 [Virtual Care visits](#)

 [Free coaching](#)

 [Peer support](#)

 [Spiritual Care](#)

## IT'S OKAY TO NOT BE OKAY

Your mental health is just as important as your physical health! Having a plan in place is important and can look like:



Checking in with friends regularly

Scheduling mental health breaks



Working with a licensed counselor

Maintaining healthy habits for your body



## IF YOU ARE EXPERIENCING A CRISIS

Dial **911** or **988** to reach the National Suicide and Crisis Lifeline.