

Connect Care

Well-Being in the Workplace

BY DR. ROGER HABER

Well-being in the workplace is certainly a welcome emphasis in the culture of the marketplace during these days.

The CDC Workplace Health Resource Center, in their work site health card states, "Well-being is the ability of individuals to address normal stresses, work productively, and realize one's highest potential."

This is exactly why your company has provided a chaplain for you, your co-workers, and your family members as well.

Your chaplain is there for you and your family. Remember, this is voluntary. Everything you share with your chaplain is confidential (unless you are going to harm yourself, or someone else). Whether you or someone in your family needs a hospital visit, grief care, or simply a listening ear, your chaplain is there for you—24/7. If you have family members in other parts of the continent, we can provide care for them as well. Just let your chaplain know and your chaplain will see to meeting the needs of your family member.

So, as you can see, well-being in the workplace is both a benefit to you, your family, your co-workers, and your company—a win/win for everyone.

Your chaplain is also familiar with other workplace wellness provisions your company provides for you.



**“TAKE CARE
OF YOUR
BODY, IT’S
THE ONLY
PLACE YOU
HAVE TO
LIVE.”**

JIM ROHN



Every month we encourage you to connect with your chaplain. You might consider connecting with your company leader or HR director this month and thank him or her for providing chaplain care for you in order to create a "culture of well-being."

Studies continue to show that mental health plays a critical role for success at work. In 2020, 30% of Americans showed symptoms of anxiety, depression, or both. And only 20% of employees felt their needs were met.

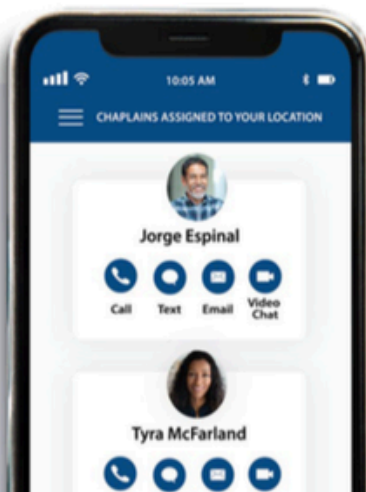
If you are struggling in these areas, please speak with your chaplain. No one needs to shoulder these kind of burdens by himself or herself. Your chaplain is familiar with resources that might be helpful and beneficial to you.

According to the Society for Human Resource Management, many companies with wellness programs say that less than 10% of employees use their benefits.

Your company is providing you with chaplain care as part of their desire to see to your well-being. Many company leaders are moving from this being a "nice-to-have" benefit to an essential benefit.

Your chaplain is an integral part of your company's concern for your well-being. Have you connected with your chaplain yet? If you haven't downloaded the MyChap app yet, please look at the instructions below. Then, we encourage you to use the app to text, call, or email your chaplain today. You can share a joy or a struggle or simply let him or her know something about yourself or your family.

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



24/7 access to your Chaplain Team via MyChap App

*free in your app store



How It Works



Enter your company's Location ID



Select a Chaplain to call, text, email, or video chat directly from the app.



Browse additional resources