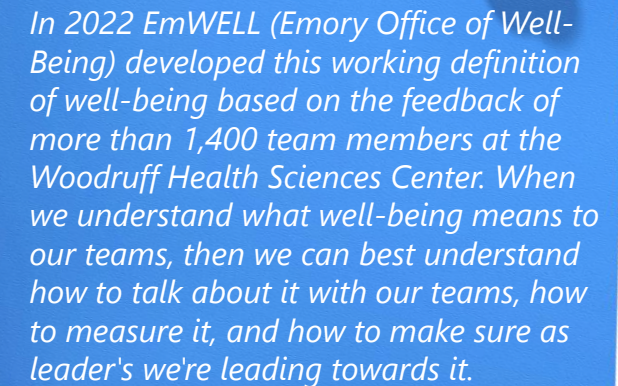


Well-Being Definition



The optimal state of health and fulfillment experienced by people and teams when they feel

- *Safe*
- *Balanced*
- *Respected*
- *Supported in their efforts*
- *Connected to their communities*
- *Satisfied by being able to function at their best, and*
- *Joyful from engaging in meaningful activities*



In 2022 EmWELL (Emory Office of Well-Being) developed this working definition of well-being based on the feedback of more than 1,400 team members at the Woodruff Health Sciences Center. When we understand what well-being means to our teams, then we can best understand how to talk about it with our teams, how to measure it, and how to make sure as leader's we're leading towards it.