



Community Wellbeing

Community Wellbeing is feeling acceptance, security and equity in one's environments. Sharing one's strengths, passions and resources with others contributes to community wellbeing.

Why is community wellbeing important?

When we are thriving in this area, we feel a stronger sense of belonging, which is a protective factor for mental and physical health. It's also vital that we feel safe and secure in our community--otherwise, our other dimensions of wellbeing can suffer.

12 Actions to Give Back to Your Community

Pick up trash while on a walk

Donate blood or plasma

Donate a canned goods to the Store

Register to be an organ donor

Declutter your closet and donate any unwanted clothes

Recycle plastic bags - many grocery stores have receptacles for these

Shop local when possible

Write to your elected officials

Vote in local elections, which directly affect your community

Volunteer for your local park system or plant trees

Write letters to military

Visit animals at a local animal shelter

