

## Creating a Culture of Wellness

<b>Component</b>	<b>Definitions</b>
<b>Values</b>	Link between emotion and behavior, the connection between what we feel and what we do
<b>Norms</b>	Expected and accepted behavior within a group: "the way we do things around here." Norms are sometimes visible and often unconscious standards for how people are expected to behave. You often don't know about a norm until pushback from the culture indicates you have gone against a norm
<b>Peer support</b>	Behavior directed at assisting members of one's social group
<b>Organizational Support</b>	Formal and informal mechanisms that define and perpetuate culture within the organization/school (e.g. policies and protocols)
<b>Climate: Shared vision</b>	Members have common view, and know and are enthusiastic about what the school is trying to accomplish
<b>Climate: Positive Outlook</b>	Founded on the belief that goals can and will be accomplished when people work together
<b>Climate: Sense of Community</b>	People feel as if they belong to and are part of the culture change process.

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