

# Share How You're Doing with Your Supervisor



## Communication is key in any relationship

A healthy relationship with your supervisor improves your mood at work. This makes you a more motivated worker and a productive contributor to your organization.

It may not feel natural at first but try to have a conversation with your supervisor about your personal life. You'll likely find something you have in common, share a laugh, or at the very least relax for a few moments instead of worrying about the status of your current project.

## Reasons to share

- Encourages collaboration
- Allows for motivation
- Enhances problem solving.

Join the "Share How You're doing with your Supervisor" activity in **SmartHealth** April 1, 2022. You will earn 150 points for completing this activity.

### What is SmartHealth?

SmartHealth is a voluntary wellness program that supports your whole person well-being. It's included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the **SmartHealth wellness incentive**.

### Prefer mobile?



Download the Limeade mobile app (**iOS** or **Android**) and enter the code SmartHealth.