

# MN Well-being

We are all part of a community, living in a shared environment. Well-being encompasses the physical, mental, and social dimensions of these interactions. To build and sustain optimal well-being for everyone, SHIP supports projects where people can feel that they belong, that they are safe, seen, and valued.

What does your community need?



Connect with your local SHIP coordinator.  
[Health.OSHII@state.mn.us](mailto:Health.OSHII@state.mn.us)

## Social Connection

More opportunities to connect means resiliency throughout our lives

## Trauma Informed Practice

Understanding each other's background stories and community challenges leads to positive interactions

