



CULTURAL WELLNESS

QUICK FACT SHEET

Culture shapes how we think, feel, communicate and take care of our well being

What is cultural wellness?



Cultural wellness is the ability to create and maintain a positive, inclusive environment that values belonging, mutual respect, and diversity .It also involves accepting and celebrating different cultures, treating people with respect, and building positive relationships with people of different backgrounds, genders, ages, and lifestyles .

Why it matters?



Cultural wellness helps people feel included, respected, and connected in their workplace and community . It supports fairness by encouraging awareness of bias, reducing stereotypes, and promoting more inclusive and equitable environments .

What does cultural wellness include ?



- *Understanding and appreciating your own culture as well as the cultures and identities of others .*
- *Building relationships across differences and creating spaces where people feel a sense of belonging .*
- *Treating people with respect regardless of race, ethnicity, gender, age, or lifestyle .*
- *Avoiding damaging stereotypes and supporting others in times of injustice .*
- *Encouraging positive relationships with people from different backgrounds .*

