

# Wellness at Work



Presented by *Anna Meiners, MA*




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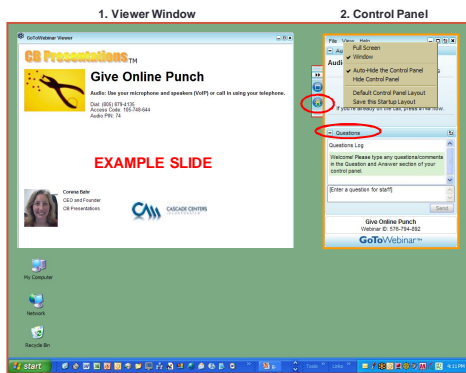
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## GoToWebinar Attendee Interface




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## Housekeeping

- A copy of the slides will be posted to our website: [www.cascadecenters.com](http://www.cascadecenters.com)
- A recording of the webinar will be available on our YouTube page <https://www.youtube.com/user/cascadeeap>
- Please fill out the evaluation that will be emailed to you following the webinar
- We will take questions at the end of the presentation




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## Training Objectives

- Identify multiple components of wellness
- Define why wellness is important, particularly in the workplace.
- Tips on how to achieve wellness goals during your workday
- Discuss ways to increase and sustain motivation for your wellness goals.




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## Poll Question: What is Wellness?

- A lifelong process of making healthy choices
- Being free from illness
- Eating healthy foods and getting enough exercise
- Optimizing your general wellbeing




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## Wellness Defined

- Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.
- Wellness is a state of complete physical, mental and social well-being and not merely the absence of disease.
- Wellness a life-long process of moving towards enhancing your physical, intellectual, emotional, social, spiritual well-being.




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## Multiple Components of Wellness

- Physical
- Intellectual
- Emotional
- Social
- Spiritual

*Being healthy is not about punishing or depriving yourself, being healthy is about feeling good in your body and your life.*




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## Why is Wellness at Work Important?

- The work week is expanding. In the U.S. the average person spends 44 hours (at least) per week at work.
- We spend a lot of time with technology. This has contributed to feelings of information overload, more sedentary lifestyles, and feeling disconnected socially.
- The Mayo Clinic reports that 50 to 70% of people spend six or more hours sitting a day.
- 78% of Americans describe their jobs as stressful. This impacts us not only at work, but in all other areas of our life.




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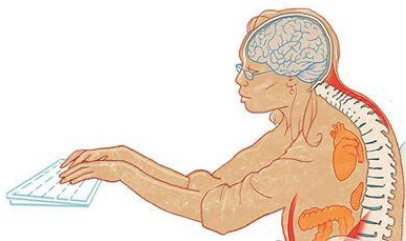
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## Hazards of Sitting




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## Poll Question: What Are Barriers To You Incorporating Wellness Into Your Workday?

- Not sure what to do
- Act on impulse – stress, hunger, fatigue
- Don't have the time
- Difficulty maintaining healthy choices




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## Incorporating Wellness: Get to Know Yourself

- The same things will not work for everyone.
- Think about how you've been successful in the past
- Think about what you'd like your future to look like
- Set SMART goals
- Get support




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## Take Breaks

Remember to:

- Get up and move
- Get a drink of water
- Relax your eyes

<http://www.techrepublic.com/blog/five-apps/five-free-apps-to-help-remind-you-to-take-a-break/>




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## Mental Breaks

- Escape from media
- Read for fun
- Make a social connection
- Doodle
- Listen to music
- Do a crossword puzzle
- Study a different language ([www.duolingo.com](http://www.duolingo.com))




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## Get Moving

- 150 minutes of moderate or 75 minutes of vigorous activity each week.
- Aim to walk at least 30 minutes a day.




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## Poll Question: What is the Dress Code in your Workplace?

- Business dress
- Business casual
- Jeans and sneakers
- Casual




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## Get Moving

- Consider bringing clothes to change into or asking about wearing more comfortable footwear that is conducive to movement.
- Use 10 minute intervals to move
  - Stretch
  - Walk
  - Get creative!
- There are a lot of ways you can stretch and move without leaving your workspace:

[http://www.youtube.com/watch?v=4kt9sp2qL2c&list=UULqvL3aGzMByecNYtMcyK\\_g](http://www.youtube.com/watch?v=4kt9sp2qL2c&list=UULqvL3aGzMByecNYtMcyK_g)




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## Keep Moving

- Find a partner
- Build it into your routine
- Use a pedometer or activity tracker
- Track your results
- Consider a friendly workplace competition
  - Steps
  - Weight loss
  - Water consumption




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## Tools

- American Heart Association:
  - Free wellness walking tool [www.startwalkingnow.org](http://www.startwalkingnow.org)
  - Free fitness tracking website
- Use tools that incorporate social media
  - Nike Fuel Band
  - Fit Bit
- Cascade Centers- Cascade Personal Wellness
  - [www.my-cpw.com](http://www.my-cpw.com)
  - Health coaching
  - Trackers
  - Self-Guided tutorials




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## Poll Question: What Best Describes Your Eating Style At Work?

- Eat whatever is convenient when I'm hungry
- Snack throughout the day
- Forget to eat, and then overeat when I finally have the time
- Plan what I eat ahead of time and stick to my schedule




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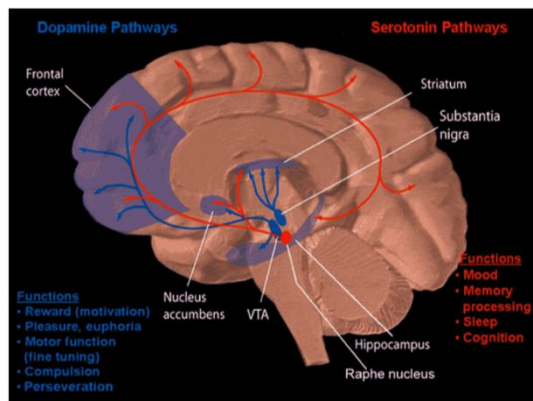
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## What You Eat Matters

- Know your style of eating:
  - Convenience – Have healthy snacks available
  - Snacker- Portion out snacks
  - Forgetful- Set a reminder
- Keep portion sizes in mind
- Be aware of liquid calories
- Look out for hidden sugars
- Minimize trans fats
- Reduce excess salt intake




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## Simple Things to Keep In Mind

- Drink more water
- Eat more plants
- Would someone would have recognized the ingredients as food 100 years ago?




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## Help Staying On Track

WebMD – Portion Size Plate

<http://www.webmd.com/diet/healthtool-portion-size-plate>

Harvard School of Public Health

[www.thenutritionsource.org](http://www.thenutritionsource.org)

USDA

[www.choosemyplate.gov](http://www.choosemyplate.gov)




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## Poll Question: How Do You Know When You Are Stressed?

- Changes in my Body  
Ex: Headaches, Muscle Aches, Sleep Interruption, Upset Stomach
- Shift in Mood  
Ex: Irritable, Depressed, Anxious, Loss of Motivation
- Changes in my Behavior  
Ex: Eat more or less, Increase Alcohol/Substance Consumption, Use Tobacco, Withdraw Socially, Etc.
- All of the Above




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## Stress

- Not all stress is bad, but excessive stress has serious consequences on your health
- Stress often influences high blood pressure and cholesterol levels, smoking, substance use, physical inactivity and overeating.
- Over time, elevated levels of stress hormone cortisol can contribute to:
  - Decreased immune function
  - Development of obesity
  - More vulnerable to conditions like heart attacks and strokes




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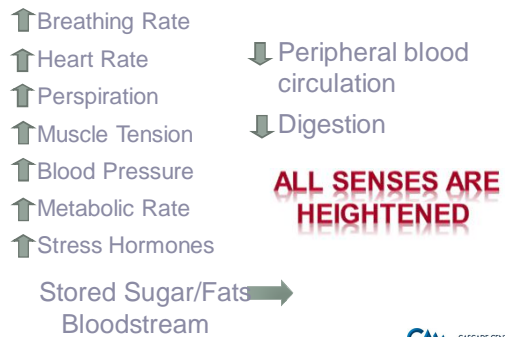
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## Flight or Fight Response




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## Stress

### Physical signs and symptoms

Fatigue, sleep disruption, Sleep too much or too little muscle tension, headache, gastrointestinal problems

### Thoughts and feelings

Irritability, anxiety, lack of focus, worry, forgetfulness, low self esteem, depression, feel overwhelmed, feel unproductive



### Behavioral signs and symptoms

Procrastination, negativity, alcohol/drug use, Overeating Work long hours, Rush through meals, conversations, daily tasks




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## Managing Stress... Breathe!

"Belly breathing" v. "Chest breathing"

- Increases the amount of oxygen in the lungs
- Activates the parasympathetic nervous system
- Challenges the "fight or flight" response
- Decreases cortisol levels




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## Stress: Prevention and Management

- Practice meditation, progressive muscle relaxation, guided imagery, or yoga
- Make social connections
  - Seek out supportive, encouraging, positive people
  - Minimize contact with "stress carriers"
- Reduce clutter
- Take a media break




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## Free Your Mind

- If your tendency is to ignore signs choose not to ignore it.



- Focus on what you can (and cannot) control
- Pay attention to your inner voice
  - Exaggerated or catastrophic scenarios
  - Perfectionism




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## Other Ways To Take Care of Yourself

Use technology to help manage stress, not add to it!

- Calm.com [www.calm.com](http://www.calm.com)
- Mood Journals
- Stress Check
- <http://www.healthline.com/health-slideshow/top-anxiety-iphone-android-apps>




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## Poll Question: What Gets In The Way of Behavior Change?

- Do not recognize current behavior as a problem
- The pros outweigh the cons
- This is not a good time to change
- Unsure about what changes are realistic or achievable




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## Increasing Motivation

- Only you can decide if now is the right time for you to make behavior changes
- Consider your options:
  - Weigh Pros and Cons of Change
  - Think about what strategy might work for you
  - There is no absolute right way




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## Taking Action

- Set specific short term goals
- Think about how you've been successful in the past
- Think about what you'd like your future to look like




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## Staying Motivated

- Set goals that motivate you
- Make sure it is a SMART goal
  - Chunk into smaller goals if need to
  - Make an action plan
- Create Visual Reminders of Goals
  - Make a note
  - Desktop picture
  - Set reminder on calendar
  - Strategically place inspirational pictures




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## Staying Motivated

Track your progress

Find Ways to Hold Self Accountable

- Public notice
- Use social networking
- The buddy-system
- Get support



Celebrate successes

- Progress is progress no matter how small
- Everyone experiences results differently, remember the focus should be on healthy behavior change




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## Keep Going!

- Wellness has multiple components, you get to decide what it means for you
- Cascade Centers offers multiple resources to help with all of your goals – wellness, personal, professional
- A copy of the slides will be posted to our website:  
[www.cascadecenters.com](http://www.cascadecenters.com)
- A recording of the webinar will be available on our YouTube page <https://www.youtube.com/user/cascadeeap>




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## Questions?




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## Thank you!

For more information on Cascade's services please contact us at:



CASCADE CENTERS  
INCORPORATED

800-433-2320  
or visit our website at:  
[www.cascadecenters.com](http://www.cascadecenters.com)




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