

Wellness at Work



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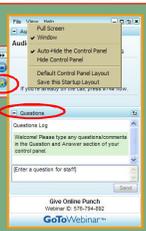

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1. Viewer Window



2. Control Panel



Housekeeping

- A copy of the slides will be posted to our website: 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



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.



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



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.



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.

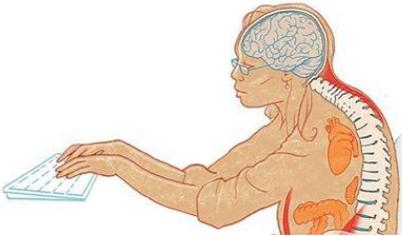


Why is Wellness at Work Important?

- 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.



Hazards of Sitting



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



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



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/>



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)



Get Moving

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



Go to www.EveryDayWalk.com

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

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



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=4kI9sp2qL2c&list=UULqvL3aGzMBvecNYtMcyK_g



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



Tools

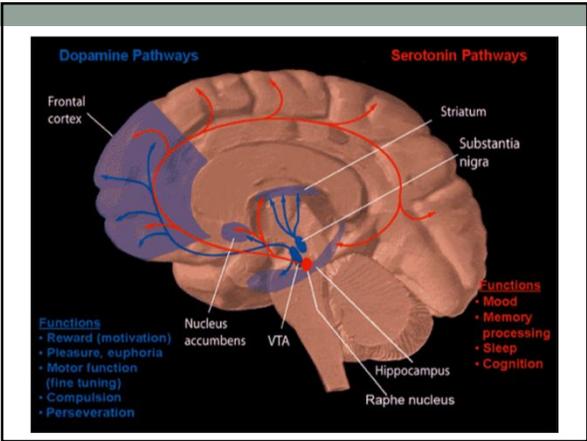
- American Heart Association:
 - Free wellness walking tool www.startwalkingnow.org
 - Free fitness tracking website
- Use tools that incorporate social media
 - Nike Fuel Band
 - Fit Bit
- Cascade Centers- Cascade Personal Wellness
 - www.my-cpw.com
 - Health coaching
 - Trackers
 - Self-Guided tutorials



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





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



Simple Things to Keep In Mind

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



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

USDA
www.choosemyplate.gov



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



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



Flight or Fight Response

↑ Breathing Rate	↓ Peripheral blood circulation
↑ Heart Rate	↓ Digestion
↑ Perspiration	
↑ Muscle Tension	
↑ Blood Pressure	ALL SENSES ARE HEIGHTENED
↑ Metabolic Rate	
↑ Stress Hormones	
Stored Sugar/Fats → Bloodstream	



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



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






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



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





Other Ways To Take Care of Yourself

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

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



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



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



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



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



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



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
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Questions?



Thank you!

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



800-433-2320
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