

Wellbeing and YOU

Unlocking Wellbeing: Why it Deserves Your Focus

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Who am I and why does Wellbeing matter to me?



- Family was a role model for health
- Passion drove my path forward
- Husband and I connected through fitness
- My kids
- Resilience

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Let's MOVE

Why?


Research shows the benefits of staying active throughout the day. Yet, modern life often keeps us seated rather than moving. It's time to change that!

Easy Stretches for EVERYDAY

- Shoulder stretches
- Upper back stretch
- Lateral stretches
- Leg stretches



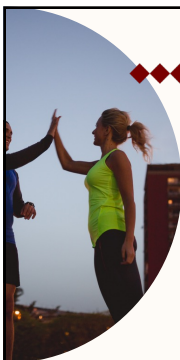
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Pillars of Wellbeing

- Physical
- Mental/Emotional
- Spiritual
- Environmental/Community
- Financial
- Occupational
- Social
- Intellectual

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Why should you care about well-being?

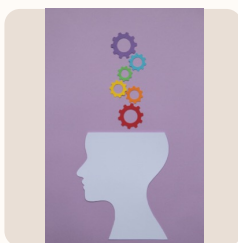
Because your well-being affects everyone in your life—your loved ones, those you serve, and most importantly, yourself

- Family
- Friends
- Clients/Patients
- YOU

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Mental Wellbeing Sources

- ◆◆ **Workplace Mental health and Wellbeing**
According to the MindShare Partners' 2021 Mental Health at Work Report, cited by the U.S. Department of Health and Human Services, 76% of U.S. workers reported experiencing at least one symptom of a mental health condition.
<https://www.mindsharepartners.com/mentalhealthatwork>
- ◆◆ **Stress and Burnout**
Workplace Stress Evaluation:
<https://www.stress.com/workplace-stress/>
- ◆◆ **OK to not be OK**
Explore what works best for you to unplug and ease your stress—whether it's a walk, a hobby, or simply some quiet time.



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Connection



Loneliness – An Epidemic

According to the WHO, loneliness is defined as a distressing feeling that arises when one's social needs are not met by the quantity or quality of their relationships.

How to Combat Loneliness:

- Reflect on the reasons behind your feelings.
- Seek professional support if needed.
- Reconnect with your social circles— family, friends, colleagues, and networks.



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Resources

www.findhelp.org
<https://www.mindandbrainhealth.org/>
www.wahealthieststate.com

So many free workouts on you-tube:

- Yoga with Adriene
• <https://www.youtube.com/user/yogawithadriene>



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Empowering YOU

Steps YOU can take

TODAY

- **Evaluate Your Wellbeing** Take a personal inventory to understand where you stand.
- **Use Helpful Tools**
 - *Life's Essential 8* from the American Heart Association (AHA).
 - Your company's wellbeing platform or resources.
 - Employee Assistance Program (EAP).
- **Start Moving** Incorporate movement like stretching, short walks, or other simple activities.

Tomorrow and Future

- **Focus on 1-2 Pillars** Choose key aspects of wellbeing to prioritize.
- **Set Personal Goals**
 - Long term (6+ months).
- **Schedule a Doctor's Appointment** Take proactive steps for your health.
- **Identify Stress Triggers** Reflect on what causes your stress and how to manage it.
 - Practice breathing techniques.
 - Engage in regular exercise.
 - Unwind with activities like reading, walking, or solving puzzles.
 - Connect by talking to someone.



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