

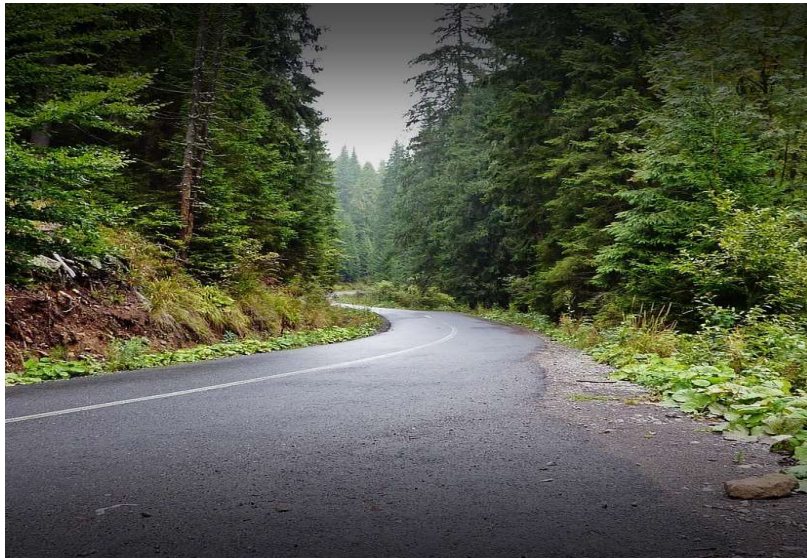
# Workplace Wellness

*(and what about the other 16 hours?)*

With Dina Savvenas & Barry Floyd

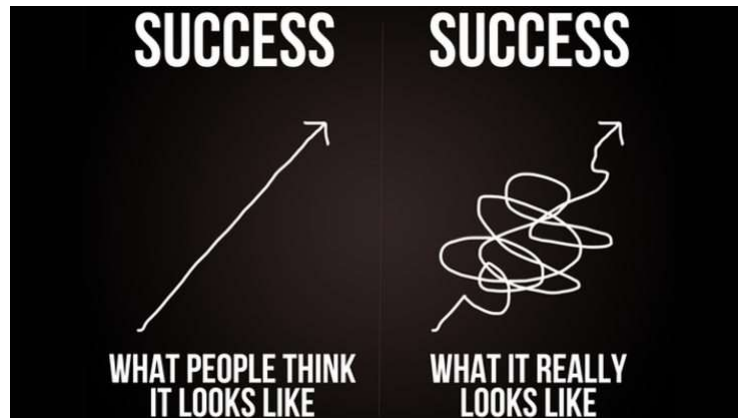


Your Wellness  
Journey Begins  
Today



"Wellness is  
a Journey –  
Not a  
Destination."  
"

~Dr. Peggy  
Swarbrick



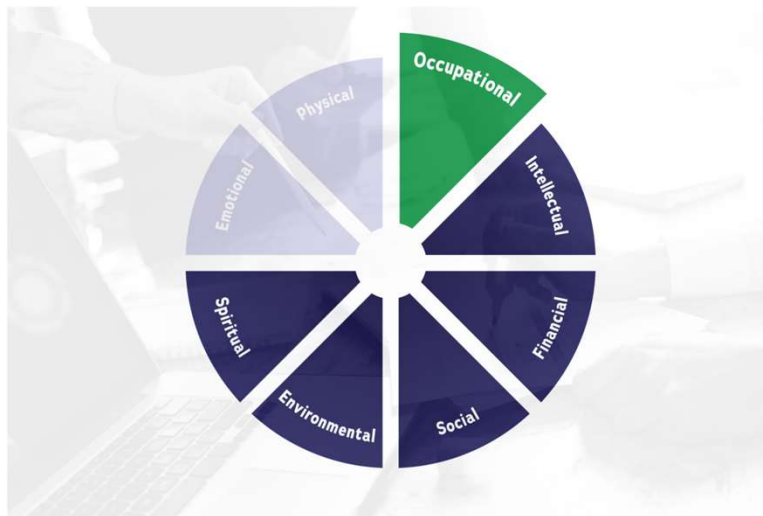
Focused  
Breathing



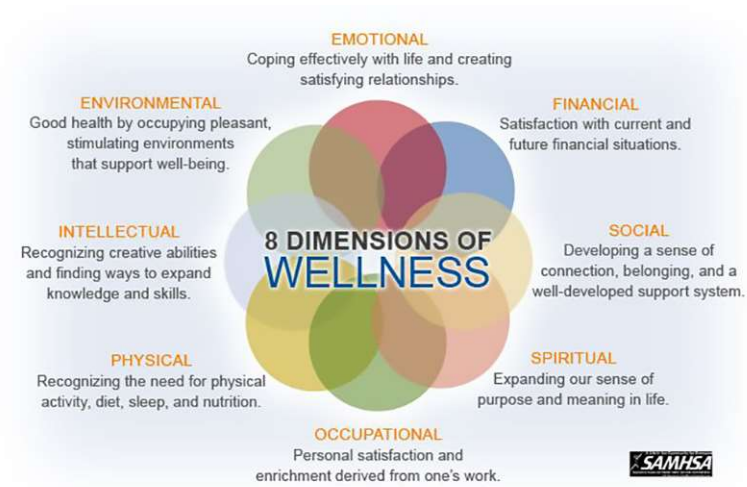
We are Multi-Dimensional Beings



What are some ways we can increase Occupational Wellness at work?



## SAMHSA's Definition...



## Physical Wellness, at work..?



### Intentional Physical Activity

Being physically active means that you intentionally set aside time to move and be active during the day. It is best to engage in moderate activities. Moderate means you should be able to talk comfortably while doing the activity. There are three types of physical activities:

#### ➤ Flexibility

Flexibility activities stretch or loosen muscles and joints; help to improve balance and coordination, and prepare your body for other exercise or activities such as gardening, shopping, and cleaning.

#### **Goal: 10 minutes without stopping**

*Do these slowly, holding each stretch for a few seconds and breathing to relax as you stretch. These can be done daily and as a warm-up for endurance or aerobic activities.*

#### ➤ Strengthening

Strengthening activities make your muscles stronger by working them harder. They are usually performed with some type of weight or against resistance. They also help improve balance and coordination.

#### **Goal: 8-10 strengthening exercises 2-3 days a week**

*Choose 8-10 exercises and start with no more than 5 repetitions of each and slowly increase over 2 weeks to 10 repetitions. It's best not to do strengthening exercise every day—a day between gives your muscles and joints time to adapt and strengthen.*

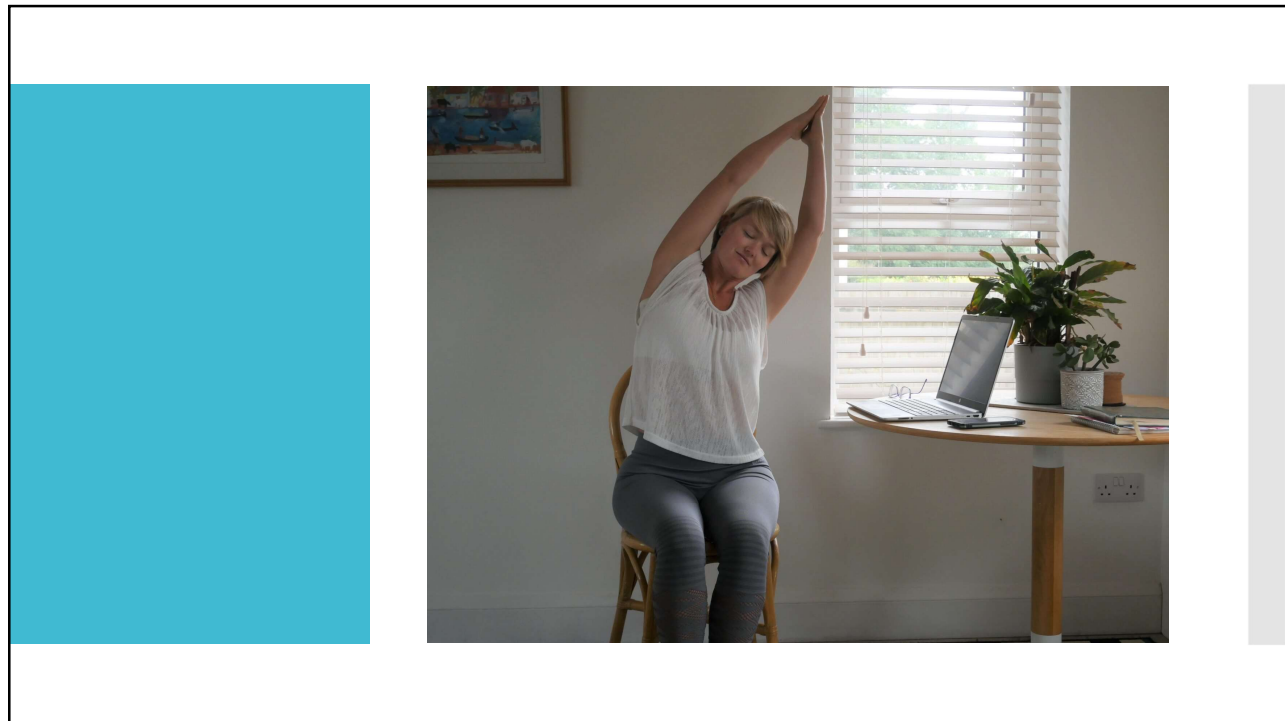
#### ➤ Endurance or Aerobic

Endurance or aerobic activities are also called cardiovascular exercise, such as walking, biking, swimming, and dancing. These exercises work most of the body and are designed to increase heart rate.

#### **Goal: Moderate aerobic activities 30-40 minutes, 3-5 days a week**

*The goal is 150 minutes per week total. When exercising at a moderate level, you should be able to talk comfortably while doing the activity.*

Adapted from: Long, Kate, et al. The Chronic Disease Self-Management Workshop Leader's Manual. Palo Alto: The Board of Trustees, Stanford University, 2020. Print.



## Healthy Eating, at work?

## Healthy Eating Guidelines



1. **Work toward 7 servings of fruit and/or vegetables a day**
  - 5 a day is a recommended minimum.
  - These are a good source of fiber and vitamins and minerals.
  - They help to avoid constipation.
  - They have no cholesterol, and are a healthy source of carbohydrates.
  - Depending on how they are prepared, they have little or no fat.
  - If 7 servings seem like a lot, then work at gradually adding a serving or two each day.
2. **Choose foods lower in fat**
  - Choose leaner cuts of meat, eat more fish.
  - Eat combinations of plant proteins, like rice with beans.
  - Use unsaturated fat. These fats are liquid at room temperature like olive oil.
  - Avoid saturated fats that are solid at room temperature like butter.
  - As you read labels, it is best to eat foods with no more than 5 grams of fat per portion.
3. **Limit foods that can raise cholesterol**
  - This is important for maintaining good blood pressure and for preventing heart attacks and stroke. Two things determine our cholesterol, heredity and diet. We cannot change heredity but we can change what we eat.
  - Eat less meat and dairy products as cholesterol is only found in animal products.
  - Avoid or limit saturated and trans fats because they cause our bodies to make cholesterol. Trans fats are solid at room temperature, but do not come from animals. Solid shortening, "partially hydrogenated" ingredients are trans fats.
4. **If you have diabetes or pre-diabetes, watch carbohydrates**
  - The recommended amount of carbohydrates for most people with diabetes is 45- 60 grams per meal.
  - Most of the time, choose carbohydrates that come from healthier sources such as breads, grains, pastas, vegetables and fruits, rather than sweets like pastries, candies, sugars, jellies, and so on, which also tend to be higher in fat.
5. **Reduce the amount of salt or other sources of sodium**
  - These can increase blood pressure, kidney and heart disease. Sodium is often hidden, so be sure to read labels. Reduce the amount of salt added to food or do not add at all.
6. **Maintain a healthy weight**

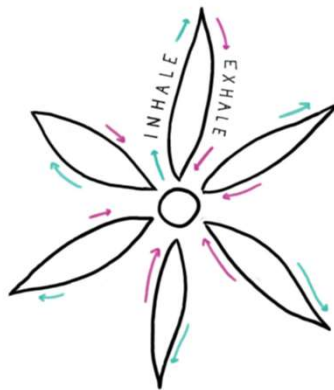
Adapted from: Lorig, Kate, et al. *The Chronic Disease Self-Management Workshop Leader's Manual*. Palo Alto: The board of Trustees, Leland Stanford Junior University, 2020. Print.

## Social Wellness, at work..?



## Stress Management, at work..?

BREATHE & DRAW



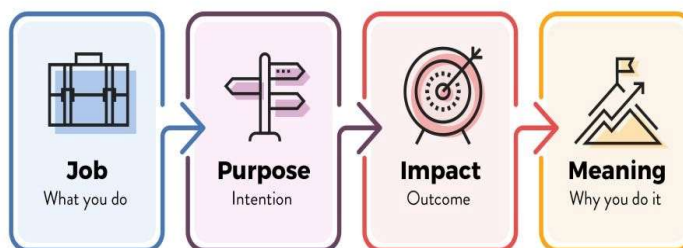


## Environmental Wellness, at work..?



## Spiritual Wellness, at work?

### Creating Meaningful Work



JACOB MORGAN  
© thefutureorganization.com

Intellectual  
Wellness, at  
work..?



Financial  
Wellness, at  
work..?

- *"Satisfaction with current and future financial situations"*



## Emotional Wellness, at work..?

- *Laugh.*
- *Pause.*
- *Take a Break.*
- *Boundaries.*
- *Exercise.*
- *Journal.*
- *Celebrate.*
- *Ask for help when you need it.*
- *Teamwork.*

## Sleep, at work...? (just kidding)



What about  
the other 16  
hours..?



Which  
Dimension  
stands out to  
you in this  
moment?



ICR

### Thinking About Change

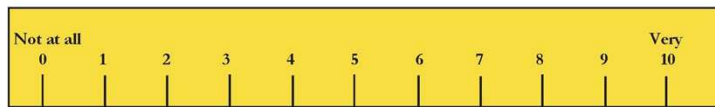
What change(s) are you considering?

How important is it that you make this change?

How confident are you that you are able to make this change?

How ready are you to make this change?

### Readiness Ruler



## Weekly Action Plan

MY OVERALL GOAL: \_\_\_\_\_

In writing your action plan, be sure it includes:

1. What you are going to do;
2. How much you are going to do;
3. When you are going to do it; and
4. How often are you going to do it (how many days of the week)?

*For example: This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).*

This week I will \_\_\_\_\_ (what)  
 \_\_\_\_\_ (how much)  
 \_\_\_\_\_ (when)  
 \_\_\_\_\_ (how often)

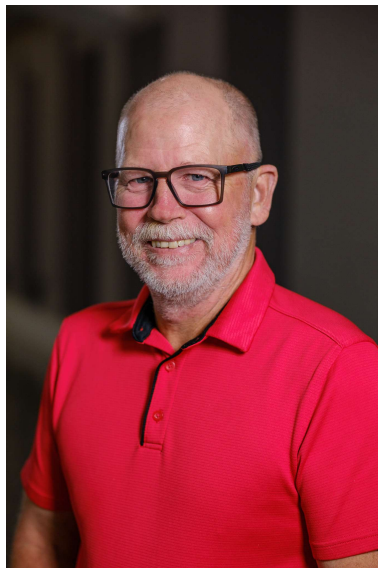
My Confidence Level is a \_\_\_\_\_ (on a scale of 1 to 10)

Day	Check Off	Comments
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Questions,  
thoughts?

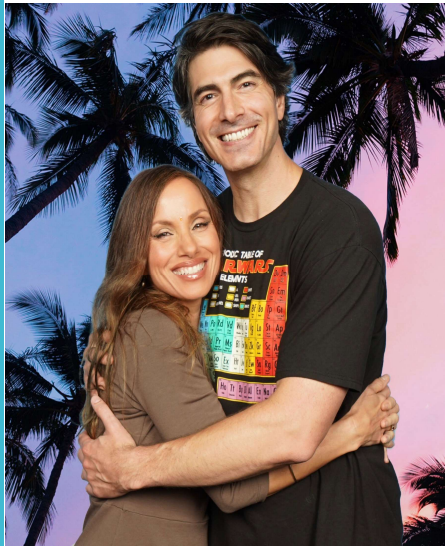


Thank you!!



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Dance to  
Music

