

Mental Wellness

Total Well-Being

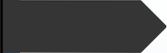
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A smile a day, keeps the doctor away



- Happiness may be one of the best medicines when it comes to physical health
- 41%..less companies pay in health-related costs for happy, healthy employees
- Optimistic people have more immune-boosting blood cells
- Lower levels of stress hormone, cortisol
- Purpose and meaning in life leads to healthy changes at the cellular level.



Five factors of Mental Wellness

- Self Appreciation
- Resilience
- Affiliation
- Negotiation
- Mental and Physical Exercise



Self-appreciation

- Encompasses more than self esteem or self respect
- Self appreciation encompasses a realistic sense of our limitations, our weaknesses or our strong points.
- Respect for ones self and for other people comes from knowledge or feeling that we possess loveable qualities within our levels and that every person has their own talents, abilities and uniqueness and value.
- Not, do we like ourselves but do we believe we are likeable to others.
- Knowledge and a balanced view of our strengths and weakness,



Resilience

- ▶ Adapting in the face of trauma, illness, change or adversity
- ▶ It is not a trait that you have or do not have, it involves behaviors, thought and actions that can be learned and developed
- ▶ Having caring and supportive relationships
- ▶ Positive view of yourself and confidence in your strength and abilities
- ▶ Skills in communication and problem solving
- ▶ Accept change as a part of living
- ▶ Avoid seeing crises as insurmountable



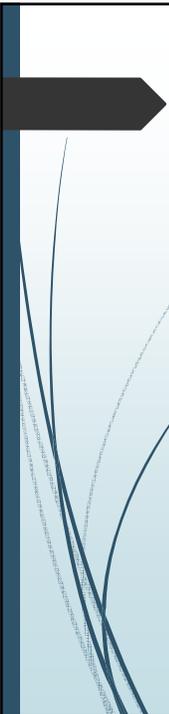
Affiliation

- ▶ The ability to allow closeness, give closeness, and construct mutually-supportive interpersonal networks in our lives
- ▶ The ability to form a connection
- ▶ Persons with more social contacts have a higher life expectancy
- ▶ Healthy affiliations



Negotiation

- Process we use to arrive at an agreement with someone about something we originally did not agree upon.
- A discussion or an exchange of ideas- a consensus of arriving about truth or reality
- Inflexible or overly flexible/ extremes
- Objective to reach a balance life with low levels of stress
- Frequent contentious and adversarial reactions lead to high blood pressure and heart ailments.
- Learn win/win



Mental and Physical Exercise

- Physical exercise releases endorphins.
- Endorphins make you feel good
- When your body is subjected to pain, the hypothalamus calls for endorphins and these lock into special receptors called opiate receptors, and they block the transmission of pain signals
- Exercising our brain; learning new skills, puzzles, playing a musical instrument, dancing, reading

Affects of Stress



- ▶ 43 % of all adults suffer adverse health effects from stress
- ▶ 75% -90% of all doctors visits are for stress-related ailments and complaints
- ▶ Stress plays a major role in headaches, blood pressure, heart problems, diabetes, skin conditions, arthritis, asthma, depression and anxiety.
- ▶ OSHA declared stress a hazard of the work[place].
- ▶ Stress costs American industry more than \$300 billion annually
- ▶ The lifetime prevalence of an emotional disorder is more than 50% often due to chronic, untreated stress reactions,

WED MD Medical Reference

Positive vs Negative

The human body is designed to experience stress and react to it

- ▶ **Positive Stress:** Can motivate, concentrate and focus
Once challenge is met, relax and enjoy
- ▶ **Negative Stress:** Constant on going cycle
Key , is to manage

Stress Management Techniques



- ▶ Deep Breathing
- ▶ Progressive Relaxation
- ▶ Creative Visualization
- ▶ Meditation

Mindfulness



- ▶ Maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment.
- ▶ Involves acceptance, meaning that we pay attention to our thoughts and feeling, with out judging them
- ▶ Our thoughts tune into the present, rather than rehashing the past or imagining the future.

Why Practice Mindfulness



- ▶ Boosts our immune system
- ▶ Increases positive emotions, while reducing negative emotions and stress
- ▶ Changes our brains, increases density of gray matter, linked to learning, memory, emotion regulation and empathy
- ▶ Fosters compassion and altruism
- ▶ Enhances relationships

Meditation



- ▶ Exercise for the brain
- ▶ Five minutes
- ▶ We all have distractions, you don't need to clear your brain to meditate
- ▶ It will teach you how to fail, get up, dust yourself off, and get back in the ring



Mediation 101

HOW TO START MEDITATING

BREATH
Don't try to "take your mind" instead, appreciate the sensation of your breath. Observe how that air is cool, warm, or moist. When your mind wanders, gently bring it back to your breath. This is not about trying to control your thoughts.

EMOTIONS
Long-term meditators often report a sense of calm, peace, and joy. These feelings are not caused by meditation itself, but rather by the changes in the brain that occur as a result of regular practice. Meditation can help you become more aware of your emotions, which can lead to greater emotional stability and joy.

ARMS/HANDS
Hold your shoulders and arms, and gently stretch them out to the right. Alternatively, place one hand on another in your lap.

EYES
Decide what you're going to do with your eyes. If you want the experience to be more focused, close your eyes. If you want to feel more grounded in the present, keep your eyes open.

Sit in chair with eyes closed...you don't have to sit crossed legged!

Focus your full attention on your breathing in and out

Every time your mind wanders (and it will) , just return your attention to your breathing.



EAP Programs for Total Well Being

- ▶ Short term counseling for employees and family member
- ▶ Choice of Providers
- ▶ Financial Counseling
- ▶ Trainings
- ▶ Management Referral Programs
- ▶ Critical Incident Response
- ▶ Mediation and Conflict Management Services
- ▶ Work-Life balance programs