

Wellness

IN THE WORKPLACE



Welcome!



Agenda

- Grounding Meditation
- About Us
- Our sessions
- FB Group
- Circle of Life
- Wellness in the Workplace



Disclaimer

Participants understands that the role of the Health Coach is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes.

Participants understands that the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals.

If you are under the care of a health care professional or currently use prescription medications, please discuss any dietary changes or potential dietary supplements use with your doctor and do not discontinue any prescription medications without first consulting with your doctor.

Participants understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.



Meditation

Benefits

- Gaining a new perspective on stressful situations.
- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination and creativity.
- Increasing patience and tolerance.

More details and information can be found at

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



Channel Meditation

- Find a comfortable seat and start to connect with your breath
- Picture a white light at the top / crown of your head. As you breath in, picture that ball of light as it travels to your navel center
- As you breath in, fill up that breath in your abdomen.
- Pause, if you can, for 2 seconds and exhale, feeling your belly contract and allow that breath to travel back to the crown of your head.
- Repeat this process 6 more times
- After the 6th breath, allow the white light to stop at your heart center. This time, on the inhalation allow the white light to expand to the sides of your chest.
- Pause, if you can, for 2 seconds and exhale, feeling your chest contract and allow that breath to travel back towards your heart center.
- Repeat this process 6 more times.
- Slowly bring your awareness back to the room. Open your eyes slightly and allow the light to reenter the room.



About Norma Powers

- Health Coach and Owner of Mind, Body, Vitality, LLC
- Married 25 yrs to my husband Michael
- Mom of two grown boys (24 and 20)
- Live in Doylestown, PA (1 hr north of Phili)
- Worked in Pharma/Biotech for 30+ yrs
- Struggled with work/life balance myself
- Always had a passion of health and wellness
- My mission is to empower you and offer you strategies to live the best version of yourself and feel more inspired.



About Dawn Greenly

- Single mom of two boys ages 20 & 13
- 500 E CRYT credentialed with Yoga Alliance.
- Undergrad in psychology from Temple University and a masters in neuropsychology from Saint Joseph's University
- Owner and developer of Namaste Baby & Black Coffee Yoga. Yoga & Pilates for all ages and stages of life specializing in wellness practices, meditation, trauma sensitive yoga and mom and infant yoga.
- Born & raised in Bucks County PA



Our Sessions

- Friday's noon PST
- Sessions will include a mix of:
 - Presentations
 - Yoga and mindfulness practices
- All information will be posted on Group Facebook Page: "CalTimes Wellness Group"



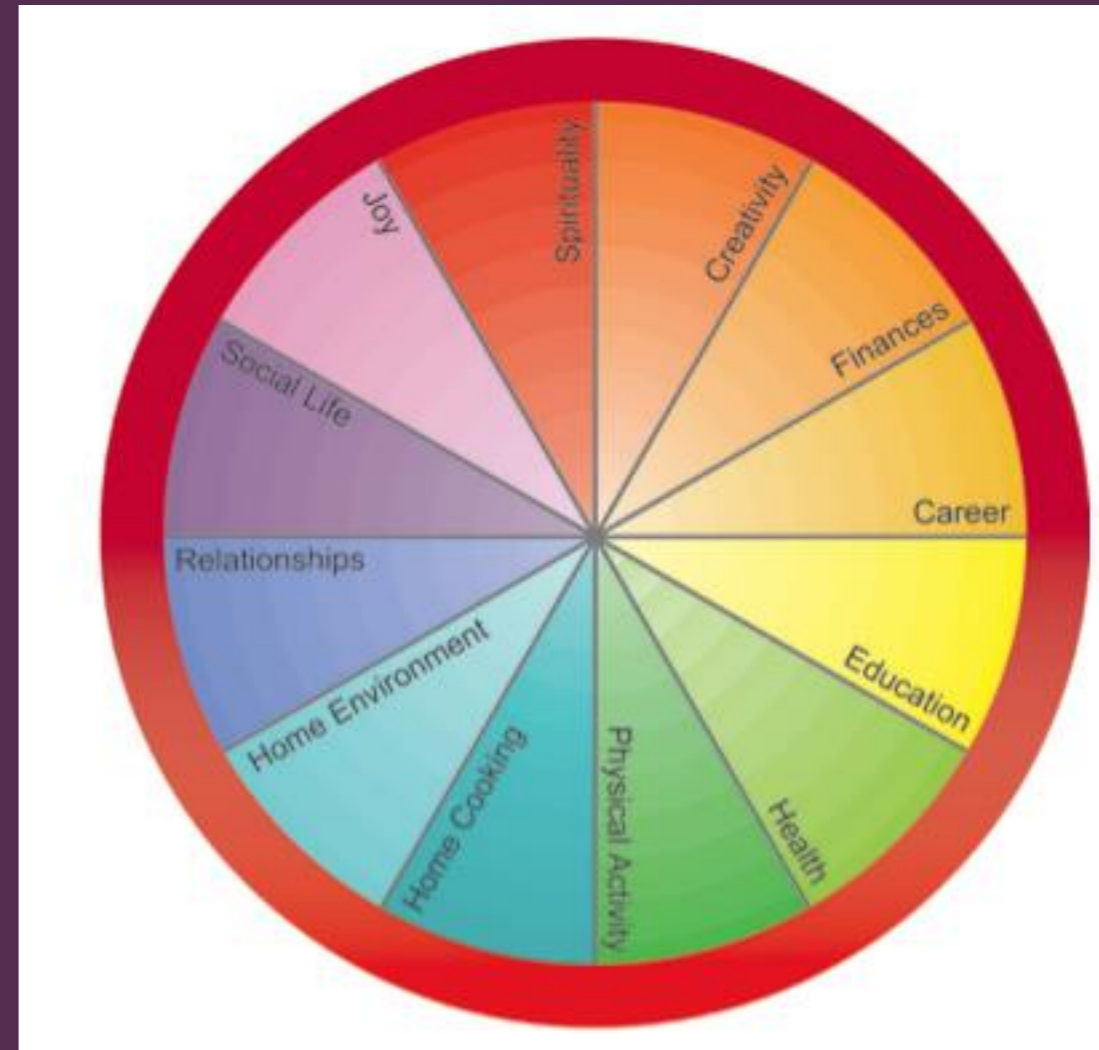
Facebook Group

- CalTimes Wellness Group
- 3 questions when you register
 - Organization
 - Role
 - Acknowledge FB Rules
- FB Rules: creating a safe space
 - Be kind and Courteous
 - No Hate Speech or Bullying
 - Respect Everyone's Privacy
- Post discussions, questions, materials from our sessions, upcoming events, newsletters...etc



Circle of Life

- Circle of Life represents the 12 areas which we call our “Primary Foods” – these are the areas that nourish us off the plate.
- The thought is that when your primary food is balanced and satisfying, your life feeds you, making what you eat secondary.
- We will check-in and repeat this exercise in April, July, Oct and at the end of our program in Dec.



Remember: Health is a journey and not a destination.

What New & Good

- Looking for 3 volunteers to share with the group anything that is “New and Good” with them.



Why A Wellness Program

Since the Pandemic Outbreak:

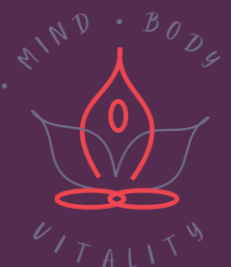
- 75% of people say they feel socially isolated
- 67% of people report higher stress
- 53% of people feel more emotionally exhausted

Harvard Business Review 01May2020

“How CEOs Can Support Employee Mental Health in a Crisis”



A typical WORKDAY



The five areas

OF WELL-BEING



5 Areas of Well Being

1. Purpose- liking what you do each day and being motivated to achieve your goals
2. Social- having supportive relationships and love in your life
3. Financial- managing your economic life to reduce stress and increase security
4. Community- liking where you live, feeling safe and having pride in your community
5. Physical- having good health and enough energy to get things done daily





BE
strategic





Drink more WATER!



Drink More Water

On average each day:

- men should drink about 3.7 liters
 - ~16 cups
- women about 2.7 liters of water
 - ~11 cups

This may seem like a lot, but this number includes water that we get from our food, which accounts for an estimated 20% of water consumed daily.



TAKE A
**walking
lunch**



EAT
better!



Healthy Options

- Healthy Lunch Ideas

<http://www.eatingwell.com/recipes/22371/mealtimes/lunch/budget/for-work/slideshow/cheap-healthy-lunch-ideas-for-work/>

- Some healthy snacks to consider:

- Nuts and dried fruit
- Bell peppers and guacamole
- Brown rice cakes and avocado
- Roasted chickpeas
- Apples and peanut butter
- Homemade granola



A photograph of a potluck lunch. In the foreground, a person's hand is using a black spoon to serve pulled pork onto a white plate with a blue floral pattern. The plate already has some red salsa and yellow corn. In the background, other people are serving themselves from various dishes, including a burger and some green vegetables. The scene is set on a table with various food containers and plates.

Facilitate a healthy recipe exchange

& POTLUCK LUNCH



Join a CSA





STAND UP &
stretch
often



Stand Up and Stretch

Benefits of Standing

- improves blood pressure and circulation,
- helps digestion,
- encourages muscle development,
- Improves range of motion in ankles, spine and hips.

Benefits of Stretching

- Improves your posture, balance, mobility,
- Flexibility helps reduce injuries,
- Decrease back pain,
- Prevents loss of range of motion,
- Decrease muscle soreness,
- Provide an overall feeling of well-being.



Stretch BREAK





Desk

STRETCHES





PRACTICE
**smart
computer
habits**



Smart Computer Habits

- Your monitor should be an arm's length away and at eye level. Your hands should be at elbow level, and knees should be level with hips.
- For more useful tips on setting up your desk ergonomically, check out <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>



SET THE TONE FOR A

happy environment



Plants

Benefits of Plants

- Indoor plants may help reduce stress levels
- Sharpen attention and better concentration
- Therapeutic – increase feeling of well-being
- May help recover from illness faster
- Boost Productivity
- Improve your whole outlook on work
- Improve the quality of indoor air

<https://www.healthline.com/health/healthy-home-guide/benefits-of-indoor-plants#7-benefits>



Intentional BREATHING





EVENT
resources



Additional Material

- <https://www.forbes.com/sites/alankohl/2017/12/13/8-trends-that-will-impact-worksite-wellness-in-2018/#15e4fce227ad>
- <https://blog.hubspot.com/marketing/workplace-wellness>
- <https://www.wellsteps.com/blog/2018/06/30/employee-wellness-program-ideas/>
- <https://www.webmd.com/women/features/10-tips-to-improve-your-health-at-work#2>
- <https://www.themuse.com/advice/19-crazy-easy-ways-you-can-be-healthier-in-the-office>
- <http://www.eatingwell.com/recipes/22371/mealtimes/lunch/budget/for-work/slide-show/cheap-healthy-lunch-ideas-for-work/>
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>
- <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



Great JOB!



Homework

- Register on the group Facebook Page (CalTimes Wellness Group)
- Complete the Circle of Life
- Prior to our next session try to incorporate 1 or 2 suggestions mentioned and we will discuss them during the call.





Thanks
AGAIN!

