



Cultivating Wellness

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Learning Objectives

- Review concepts of Mental Wellness, Resilience, Mindfulness, and Self Compassion
- Utilize different techniques and strategies to bring mindfulness to your work and home life
- Identify opportunities to weave in elements of self care on a daily basis

Agenda

What's your cup of tea?

Mental Wellness and Resiliency

Starting Your Day

Managing the Workday Strategies

Wrapping up the Day

Your Self-Care Plan



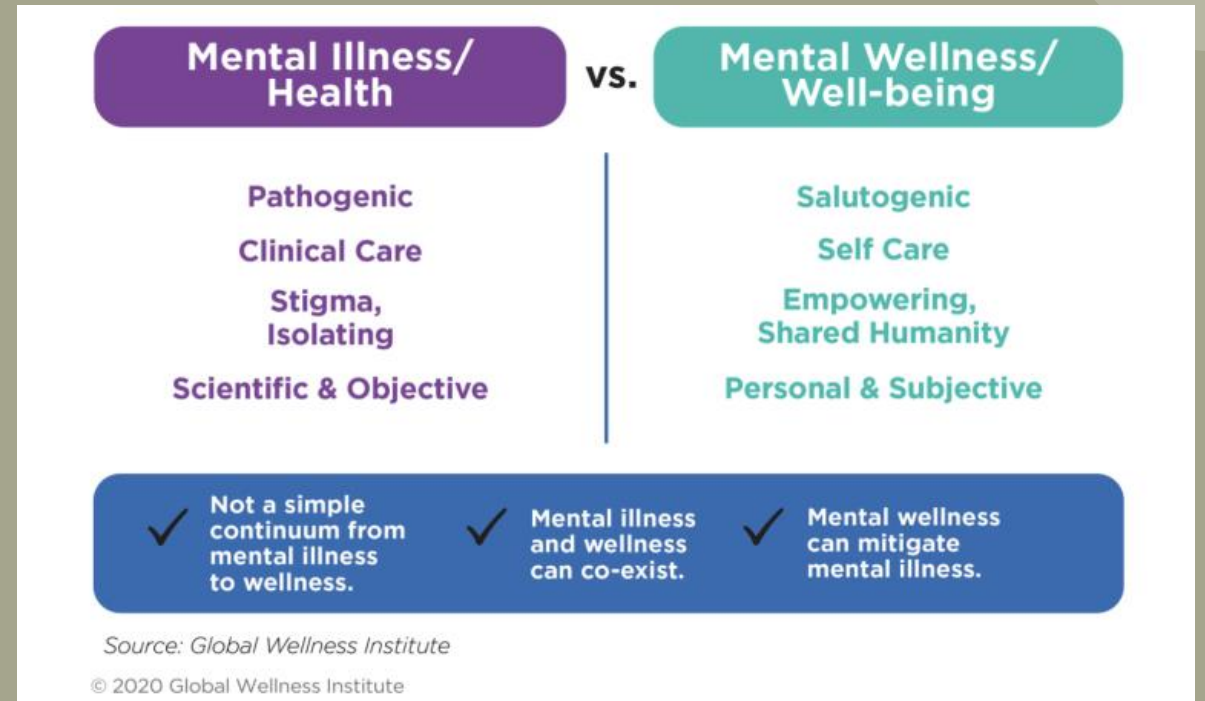
What's
your cup
of tea?



What is Mental Wellness?

An internal resource that helps us think, feel, connect & function; an *active* process that helps us to build resilience, grow and flourish.

*Global Wellness Institute



What does resiliency mean?

“I can be changed by what happens to me. But I refuse to be reduced by it”

– Maya Angelou



How can we build our resiliency?

Pathways to Mental Wellness



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Source: Global Wellness Institute

How can we build our resiliency?

Self Compassion

Self-compassion involves responding in the same supportive and understanding way you would with a good friend when you have a difficult time, fail, or notice something you don't like about yourself.




How can we build our resiliency?

Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.



A vibrant landscape at sunrise or sunset. The foreground is filled with a field of purple flowers, likely lupines, in full bloom. The middle ground shows a line of trees and a misty or hazy atmosphere. The sun is low on the horizon, creating a bright, golden glow that illuminates the sky and the scene. The sky is a mix of blue and orange, with some light clouds.

“How you start your day is how you live your day”.

- Louise Hay

Starting Your Day



Breakfast/ Coffee or tea



Exercise



Take care of pets



Time to yourself



Get kids ready



Other routines



Music/podcasts/news



Meditate/pray/mindfulness



Good mornings & Goodbyes for the day

How do *you* start your day?

5 People in Your Life

Be of gratitude for five people in your life



Mayo Clinic Mind Body Initiative

Dr. Amit Sood

Setting A Daily Intention

"A well-crafted intention starts with your values and becomes a statement about how you want to show up in the world."

Christie Inge

Here are some other things to think about:

- What kind of person do you want to be today?
- What attitude do you want to have towards other people?
- What do you need to commit to in order to live a meaningful life?
- What do you need to focus on to achieve your goals?

Here are a few tips to help remember your intention:

- Write your intention in your planner or notebook at your desk where you'll be reminded of it.
- Write it on a sticky note and stick it to your computer screen or mirror.
- Set an alarm on your phone with your intention as the alarm name. You could do this at times during the day when you most lose focus.
- Meditate on the intention before you start your day. Take 5 minutes a day and repeat the intention in your head as you sit in stillness.



Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health. – Julia Child



What's one thing you might like to try?



5 Minute Stretch

Managing the Workday



What's working for you?

Strategies for a Healthier, Happier YOU

- Implement a Morning Ritual when getting to the office
- Avoid Back-to-Back Meetings... Say NO to Stacking!
- Normalize 50 Minute Meetings
- Move, Water, Stretch
- Breathing Techniques
- Making sense of scents...citrus, lavender, peppermint
- Your work space/environment: pictures, art work, de-clutter

rockhopper
OSTEOPATHIC CLINIC

Desk Stretches

Take a break, move your body!

1 Interlock your fingers, sit up straight and reach for the roof. Try to imagine someone lengthening your spine

2 Drop one hand and reach overhead to the opposite side. Use your other hand to support yourself on the chair. Swap sides!

Use one hand to gently pull your head to the opposite side, then repeat on the other side. Next, turn your head 45° and drop your chin to your chest, hand on the back of your head. Repeat on the other side

3 Reach down behind your head running your opposite hand up along your spine, try touching your fingers

4

5 Brace your hands on your knees, arch back towards the chair then push your chest forward

6 Reach across your body rotating your shoulders, keep your hips forward. Hold, then repeat the other way

7 Sitting up straight bring one knee towards your chest and hold, then repeat with the other knee

8 Bring one ankle up onto your knee and lean forward from your hips, swap your legs over

9 Lean forward and let your head and shoulders drop. For an extra stretch, try lifting one heel at a time

10 Arm out, use one hand to gently pull the other back so that your fingers pointing up, then down. Hold each then swap hands

11 Stand behind your chair, bring one foot up behind you and pull your foot towards your bum. Hold, then swap legs. Use the chair as support

Hold each stretch for 20-30 sec (per side). Try once or twice a day to run through these stretches and see how you feel

4-7-8 Breathing



**Inhale for 4 seconds
through nose**

Hold for 7 seconds



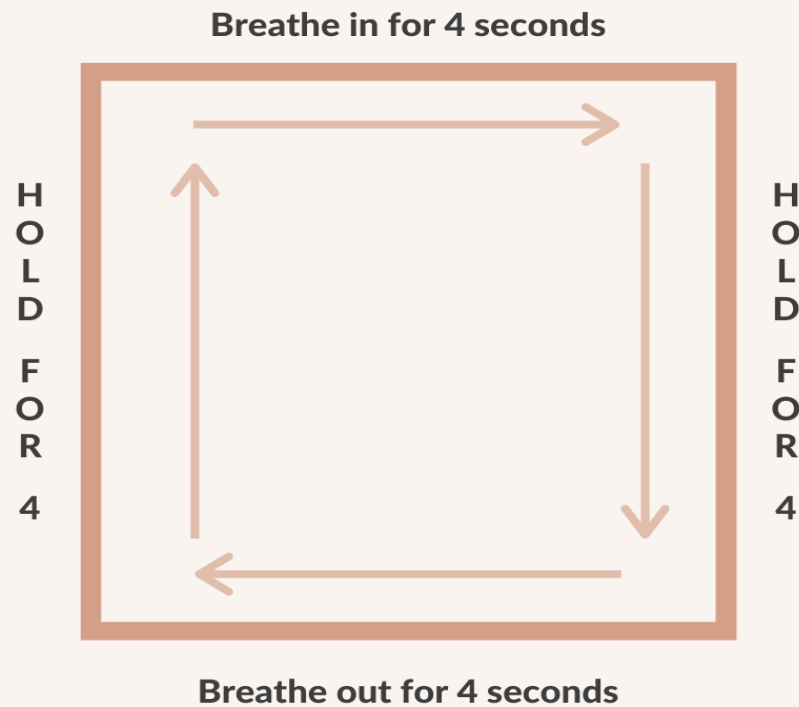
**Exhale for 8 seconds
through mouth**



RELIEVE STRESS NATURALLY

BOX BREATHING

Ground yourself, calm your mind, and arrive into greater balance with this simple and powerful breathing technique.



Strategies for a Healthier, Happier YOU

- Connect with Colleagues
 - 21 Day Challenge
 - Self Care Bingo
 - 2 second intention
 - Walking/Yoga/Cooking Club
- Take a Break - Take Your Lunch
- Block *Intentional* Time on your Calendar

CATTS, YELS, SFW Self-Care BINGO (10/29/20 - 11/5/20)		
Went outside for a walk	Connected with a Friend	Listened to music during the day
Spent time with my pet(s)	Kept <u>my</u> to-do list short	Prepared a healthy meal
Binged a favorite TV show	Journalled or colored	Unplugged! Took a break from electronics, social media, or the news
_____ _____ (fill in the blank)	Took a long shower or soaked in a bubble bath	Practiced Yoga (or another favorite exercise)

Self-compassion is simply giving the same kindness to ourselves that we would give to others.

Christopher Germer

21 One Minute Mindfulness Exercises

1. Yawn and stretch

One of the easiest ways to bring yourself back to your body.

2. Sit and observe

Sit down somewhere outside and simply watch the world around you.

3. Wash your hands

Every time you wash your hands, use it as a reminder to come back to the present.

4. The STOP method

Stand up, Tune in to your body, Observe physical sensations, imagine new Possibilities

5. Transition moments

Take advantage of "transition moments," like walking across a parking lot. Do it with care.

6. Mindful breathing

Take 60 seconds to notice your breathing. When your mind wanders, bring it back.

7. Loving kindness

Loving kindness meditation is a practice to send warmth, kindness and peace to others.

8. Set an intention

Take a one-minute pause in your day to decide how you want to move through the day

9. Self-compassion

Remind yourself that it's common to be hard on yourself, but you need to be nurturing instead.

10. Mindful hug

Ask a partner or friend for a hug. Take three deep breaths together. (Releases oxytocin!)

11. Mindful eating

When you catch yourself eating on autopilot, take 60 seconds to slow down and eat mindfully.

12. Morning meditation

Take one minute right when you wake up to meditate before you begin your day.

13. Chair meditation

When you're at your desk in the middle of your workday, take 60 seconds to meditate.

14. 4-7-8 breathing

Breathe through your nose for 4 seconds, hold for 7 seconds, then breath out for 8 seconds.

15. Box breathing

Visualize a square. Move along each side of the square, breathing, holding, and exhaling.

16. Do a door reset

When you pass a door and enter a new space, use that as a chance to do a mindful reset.

17. Guided meditation

Find a one-minute guided meditation for a quick mental reset.

18. Cloud watching

Pick a cloud, or anything in your environment, and watch it for one minute.

19. Mindful listening

Choose a piece of music you've never heard before. Listen to every element of it carefully.

20. Gratitude

Carve out one minute of your day for a moment of gratitude.

21. Focus

When you catch yourself multitasking, slow down and work on just one thing for one minute.

Grounding Techniques



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

2 Seconds

When you meet another person, send a private intention...

I wish you well



Strategies for a Healthier, Happier YOU

Investigate Agency's Resources

- Professional Development Opportunities
- ERGs – Employee Resource Groups
- Mentoring? Coaches? Fellowships?
- Learn about and access your EAP (*Employee Assistance Program*)

Your employer's Employee Assistance Program

Allegheny County:

LifeSolutions:
www.lifesolutionsforyou.com or call
1-800-647-3327.

Great Lakes/DCM:

Lincoln Financial EmployeeConnect
program: www.Lincoln4Benefits.com or
www.GuidanceResources.com, or talk
with a specialist at 888-628-4824.

Donnelly Boland:

Worklife Matters www.ibhworklife.com
or 1-800-386-7055
LIFE Solutions
www.lifesolutionsforyou.com or call
1-800-647-3327.

What's one thing you might like to try?





Wrapping up the Day

What's working for you?

Strategies to Wind Down & Wrap up

Gratitude

Journaling

Hobbies

Reflect on daily intention

Meditation

Exercise

Connection



3 Minutes

For the first 3 minutes you meet your family, meet them like a long lost friend and resolve not to improve or judge anyone.



Loving Kindness Meditation

May You/I Be Happy

May You/I Be Peaceful

May You/I Be Healthy

May You/I Live With Ease



Guided Meditation

- Self-Compassion Break Meditation by Kristin Neff
- Soles of your Feet Meditation by Kristin Neff
- Others on YouTube, App Store, etc.
- Let's practice!



What's one thing you might like to try?



Putting it all together

SELF-CARE PLAN

Area of Self-Care	Current Practices	Practices to Try
Physical (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)		
Emotional (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)		
Spiritual (e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections, etc.)		
Professional (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)		
Social (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)		
Financial (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt, etc.)		
Psychological (e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, access psychotherapy, life coaching, counselling support through your EAP if needed, etc.)		

VS

Take care of your mental health



Talk about your feelings



Keep active



Eat an potato



Recite a dark spell



Throw your phone in the lake



Kiss a bird gently



Scowl



Make fun of someone you don't like



Lie down in the dirt and let the earth slowly reclaim you



I HONOR MYSELF BY
FILLING MY CUP:



IT ENABLES ME TO
EXTEND THE SAME CARE
TOWARD OTHERS.

Resources

- 5-3-2 Program, Mayo Clinic Mind Body Initiative, Dr. Amit Sood
- Global Wellness Institute
- *Center for Mindful Self Compassion*: Dr. Kristin Neff & Dr. Christopher Germer. <https://centerformsc.org/>
- Sharon Salzberg: Loving Kindness Meditation
- Daily Intentions: Blissfulmind.com
- Mindful.org
- <https://www.berkeleywellbeing.com/grounding-techniques.html>



MY MISSION IN LIFE
IS NOT MERELY TO SURVIVE
BUT TO THRIVE & TO DO SO
WITH SOME PASSION,
SOME COMPASSION,
SOME HUMOUR
AND SOME STYLE.
- MAYA ANGELOU

Thank you!

Allegheny County Department of Human Services
Collaborative for Applied Learning, Trauma, and
Technical Support



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