Thank you for joining:

360° WELLNESS:
Achieving Wellness At Work And At Home

The webinar will begin shortly.

If you are experiencing technical difficulties with Adobe Connect, please call 1-800-422-3623.
360° WELLNESS:
Achieving Wellness At Work And At Home

Presented by: Joe Rosenlicht, CCAS CERT ‘02
March 22, 2012
12 pm – 1pm ET
360° WELLNESS: Achieving Wellness At Work And At Home

Workshop & Self-Assessment

© Joe Rosenlicht, Certified Coach
Wellness Helps Improve…

- mood
- morale

which helps improve...

- productivity
- job satisfaction
- employee retention
Nutrition
Foods Shown to Help Improve Mood and Lower Stress

© Joe Rosenlicht, Certified Coach
Poll Question

- Which vitamin helps to stabilize our mood?
  - A. Vitamin A
  - B. Vitamin B
  - C. Vitamin C
  - D. Vitamin D
  - E. Vitamin E
  - F. None of the above
Foods Rich in B Vitamins Help Stabilize our Moods
Brain Power

How can we increase it?

© Joe Rosenlicht, Certified Coach
Foods Shown to Help Improve Brain Function

© Joe Rosenlicht, Certified Coach
Your brain, just brighter.

Improve brain health and performance.

- Brain training produces real world benefits
- Enhance memory, attention and creativity
- Easy, web-based brain training program

Learn how we can help you.

Start Training
Do a Crossword Daily
What Else Helps Brain Power?

- Physical Activity
- Getting Enough Sleep
Fitness
Exercising...

- Increases strength and stamina
- Lifts mood by the release of endorphins
What releases Endorphins?
Invest in One of These!

Strive for 10,000 steps a day!

© Joe Rosenlicht, Certified Coach
Poll Question:
About how many miles does 10,000 steps equal?

A. 1 mile
B. 3 miles
C. 5 miles
D. 10 miles
E. None of the Above
Sitting Too Long?
Get Up and Move Around!
Physical Activity: Employee Benefit

- Improves circulation
- Increases energy levels
- Lose weight
- Enhances mood/morale
- Higher productivity/creativity

© Joe Rosenlicht, Certified Coach
Physical Activity: Organizational Benefit

- Higher Employee Morale
- Less Turnover/Less Absenteeism
- Helps Recruitment Efforts
- Higher Productivity
- Potentially Lower Health Care Costs
Getting Enough Sleep?
Benefits

- Helps repair our bodies
- Helps protect immune system
- Keeps the heart healthy
- Reduces stress
- Improves memory and alertness
- Helps control body weight
- Reduces mood swings

How much sleep do we need?

© Joe Rosenlicht, Certified Coach
Poll Questions:
How much sleep does the average adult need each night?

A. 5-6 hours
B. 7-9 hours
C. 9 + hours

On average, how many hours of sleep do you ACTUALLY get per night?

A. 6 hours or less
B. 7-9 hours
C. more than 9 hours

© Joe Rosenlicht, Certified Coach
Time Management
Time Management Considerations

- **Goal-Setting**
  - When you know where you're going, you can then figure out what exactly needs to be done, in what order.

- **Priorities**
  - Complete most important, highest value, most time-sensitive tasks first.

- **Managing Interruptions**
  - Do what you can to minimize them, but make sure you don't scare people away from interrupting you with matters that need immediate attention.
Time Management Considerations

- **Procrastination**
  - Reward yourself for getting jobs done, and remind yourself regularly of the negative consequences of not doing the more mundane tasks.

- **Scheduling**
  - Knowing our goals and priorities will help us create a schedule that keeps us on track, balanced and stress-free.
  - Schedule priority tasks, leave enough room for interruptions, and contingency time for unexpected events.
Time Management

Better Time Management

Lower Stress Levels

© Joe Rosenlicht, Certified Coach
Stress Management
"Don’t Sweat the Small Stuff”

- Accept the fact there’s almost always going to be someone mad at you
- Stop procrastinating
- Confront gently
- Spend 10 minutes a day doing absolutely nothing/breathe
- Take advantage of your commute
- Don’t let negative co-workers get you down
- Meditation/Yoga/Exercise
- Use effective listening as a stress-reducing tool (be fully present)
Connecting
• join social and professional groups
• keep lines of communication open with family and friends
• And last but not least...
Volunteer

Benefits:

- Can cause a healthy shift in your outlook and perspective
- Creates potential opportunities to network and make connections
- Helps other in need
- Combine your vacation with volunteering (globalvolunteers.org)

© Joe Rosenlicht, Certified Coach
Laughing
Did You Know…

Children laugh about 400 times a day while the average adult laughs only about 25 times a day?
Laughter Can Do It All!

- reduce stress
- lower blood pressure
- elevate your mood
- boost your immune system
- improve brain function
- protect the heart
- connect you to others
- foster instant relaxation
Resources

Overall:

livestrong.com

Nutrition:

blog.healthyeats.com (Food Network)

Fitness:

www.thewalkingsite.com

Instant Recess: Building a Fit Nation 10 Minutes at a Time, by Toni Yancey


© Joe Rosenlicht, Certified Coach
Resources

Brain Power:

www.lumosity.com

Time Management:

Getting Things Done: The Art of Stress-Free Productivity, by David Allen

www.rememberthemilk.com

© Joe Rosenlicht, Certified Coach
Resources

Stress Management:
Don’t Sweat The Small Stuff at Work, by Richard Carlson

Connecting:
Volunteermatch.org
Meetup.com

© Joe Rosenlicht, Certified Coach
Questions?