Stay well... Personal Approaches to a Healthy Workday
Move Your Body
Nourish Your Body
Get Adequate Sleep
Improve your Mental Vitality
Who am I?

I am NOT

I am NOT
How do you feel at work?

• Exhausted
• Depleted
• Run down
• Stretched thin
• Stressed
• Tired
• Overwhelmed
• Dull
• Blah

• 'Ridden hard and put away wet'
Vital and Nurtured at Work

• Strong
• Alive
• Think clearly
• Contribute
• Problem Solve
• Brilliant
• Affirmed
• Fulfilled

• Elevated
• Energetic
• Contented
• Mindful
• Feel good
• Balanced
• HAPPY!
Who's responsible?
“... You’re constantly interrupted and pulled in a dozen different directions, you feel responsible for everything, things keep changing each day...
Chronic stress is more than an unpleasant experience

Over time it relentlessly disturbs:

• Your gastrointestinal system
• Your nervous system
• Your endocrine system
• Your immune system

It can add up over time...so what to do?
Nurturing You
Relevant to work...
Move Your Body

a morning cup of yoga
one 15-minute routine for a lifetime of health & wellness

OFFICE YOGA
Simple Stretches for Busy People
By Darrin Zeer, Illustrations by Michael Klein

Women's Qigong for Health & Longevity
A Practical Guide for Women Forty and Older
Deborah Davis, LAc, MAOM
How to move the body at work?
Nourish Your Body
Replace With
Replace  With
Replace

With

[Image of a vending machine with a Coca-Cola can]

[Image of a glass of water with ice, and a scenic view of a body of water with clouds in the sky]
Fooducate
eat a bit better™

Make better, healthier food choices with this amazing app!
@getfitnicole
facebook.com/getfitnicole
twitter.com/getfitnicole

This protein bar only got a ’D+’ on Fooducate?!
CHUCK IT.

SCAN
a product barcode

SEE
what’s really inside

SELECT
healthier alternatives
Adequate Sleep
Mental Vitality

“... no matter how bad it gets, there is always something you can do to soothe your nerves and boost your spirits.”
Stress Relief

Attitude

Back to YOU
One-Minute Soothers

Two-Minute Soothers

Five-Minute Soothers
Long-term Stress Relief

Let go of what you can't change.
Beliefs that Help you Cope

• The real problem here is just... It’s a hassle but not life or death
• Things could have gone worse
• It’s not permanent
• I have handled this in the past and I can handle this again
• I will figure something out
• I have resources all around me
• I am a good person
• I am doing my best
Taking in the Good
Happiness is an attitude.

We either make ourselves miserable, or happy and strong.

The amount of work is the same.

Francesca Reigler
Other ideas to nurture you
Daily Motivation

- Joel Osteen: Daily Readings from Your Best Life Now
- Mary Engelbreit: Laughing Matters! 2015 Calendar
- 365 Ways to Manage Better by Bob Nelson, Ph.D.
Surround yourself with beauty
Appreciate Yourself,
it makes it much easier for others to appreciate you.
In summary...

be proactive,
not reactive
50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- REST your legs up on a wall
- Let out a sigh
- Fly a kite
- Watch the stars
- Write a letter
- New
- Learn something
- Light a candle
- Read a book
- Call a friend
- Move twice as slow
- Go for a run
- Notice your body
- Buy some flowers
- Meander around town
- Meditate
- Take deep belly breaths
- Write in a journal
- Walk outside
- Eat a meal in silence
- Examine an everyday object with fresh eyes
- Drive somewhere new
- Go to a park
- Pet a furry creature
- Create your own coffee break
- View some art
- Turn off all electronics
- Go to a farmer's market
- Forgive someone
- Go to a library
- Read or watch something funny
- Color with crayons
- Make some music
- Climb a tree
- Let go of something
- Put on some music and dance
- Give Thanks
- Engage in small acts of kindness
Thank you