Objectives for Today

Goals:

- Participants will be able to identify six components of staff wellness
- Participants will be able to articulate why staff wellness is important
- Participants will leave with practical tips to improve their OWN wellness
- Participants should leave with practical tips to improve wellness IN programs.

Key Focus areas

- Understanding and Learning to Manage Stress

Wellness...

- What does it mean to you?
Wellness...

What is wellness?

- A conscious, self-directed and evolving process of achieving full potential.
- Multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.
- Positive and affirming

Wellness is an active process. It requires awareness and directed, thoughtful attention to the choices we make.

Today’s workplace is impacted by

- A larger number of workers with sedentary lifestyles and fast food habits potentially resulting in increased use of health services at an earlier age
- The Baby Boomers coming of age, experiencing more health needs and increasing use of health care services
- The Graying of America—people are living longer, utilizing more health care
- Workplace stress is at its highest level and getting higher; stress is a contributing factor/cause of many life illnesses
- Hospital and pharmaceutical costs are rising
- The Obesity Epidemic is at a national all time high; obesity often results from poor nutrition and inactivity
We all have stress. Yet, too much stress can take a toll on your health.

Common Sources of Stress

- Financial stress
- Parenting
- Meeting basic needs
- Exposure to violence
- Loss or separation from a loved one
- Illness
- Demands of work or school
- Discrimination/Prejudice
- Conflict with family or friends
- Childhood trauma
## Common Symptoms

<table>
<thead>
<tr>
<th>Thinking (Cognitive)</th>
<th>Feeling (Emotional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Memory problems</td>
<td>a. Feeling down</td>
</tr>
<tr>
<td>b. Inability to concentrate</td>
<td>b. Feeling overwhelmed</td>
</tr>
<tr>
<td>c. Continuous worry</td>
<td>c. Irritability (short temper)</td>
</tr>
<tr>
<td>d. Racing thoughts</td>
<td>d. Inability to relax</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How Your Body Feels (Physical)</th>
<th>Doing (Behavior)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Excessive perspiration/sweating</td>
<td>a. Increase/decrease appetite</td>
</tr>
<tr>
<td>b. Chest pains/heart rate racing or rapid</td>
<td>b. Nervous habits</td>
</tr>
<tr>
<td>c. Frequent colds/illness</td>
<td>c. Difficulty/irregular sleeping</td>
</tr>
<tr>
<td>d. Nausea, dizziness or headaches</td>
<td>d. Excessive use of alcohol, cigarettes or drugs</td>
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<td></td>
<td>e. Often losing your temper</td>
</tr>
</tbody>
</table>

## Pair and Share

- What causes you stress?
- How do you know when you are experiencing stress?
My role in Stress

- Recognize the link between thoughts, behavior, and emotion
- Recognize your role in stress creation and reduction

The link between thoughts, behavior and emotion

Your thoughts impact your behavior:

- Stress comes from the way we see or think about a situation

Thought-Behavior-Emotion Cycle

Thought, Behavior, Emotion: Feedback cycle

Thought: 
- All or nothing (rational)
- There is no part in even thing

Behavior (rational):
- Feel anxious, overwhelmed

Emotion: 
- Feel relaxed, stressless

Thought: 
- All or nothing (rational)
- There is no part in even thing

Behavior (rational):
- Feel anxious, overwhelmed

Emotion: 
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Thought: 
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Behavior (rational):
- Feel anxious, overwhelmed

Emotion: 
- Feel relaxed, stressless
Unhelpful Patterns of Thinking

• All or nothing thinking
  – “I am a total failure”
• Should Statements
  – “I should exercise. I shouldn’t be so lazy.”
• Predicting the Future/ Catastrophizing
  – “I’m going to get fired and then my whole life will be ruined forever.”

Thought Stopping

“There is no point in trying”
(negative)
STOP

“This situation could be easier if I...”
(positive)
GO!

Strategies

• Focus on what is in your control
  a. Your reactions to events and people
  b. Your thoughts
• Put aside what is out of your control
  a. How people respond to you
  b. Other people’s feelings
  c. Substance use of others

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It Is All About Balance

To Reduce Stress

Notice your thoughts and feelings
Avoid judging your thoughts and feelings

Every Day Strategies to Reduce Stress

• Eat well
• Drink plenty of water
• Sleep well
• Exercise
• Create time each day to relax
• Play with your children
Relaxation Techniques
Controlled or Deep Breathing

- Focus on your breath
- Imagine your other thoughts floating away in a balloon or cloud

Progressive Muscle Relaxation

- Tensing a group of muscles
- Hold in a state of extreme tension for a few seconds
- Relax the muscles

Positive Self-statements

- I work hard
- I am smart
- I try my best
- I am a good parent
Activity: What are Your Tools?

Remember

- Your thoughts impact your behavior and emotions
- You can “Talk Back” to your unhelpful thoughts
- Focus on what is in your control
- Try different activities to reduce stress

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