

Nourish your mind, body and spirit

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Today's presenters



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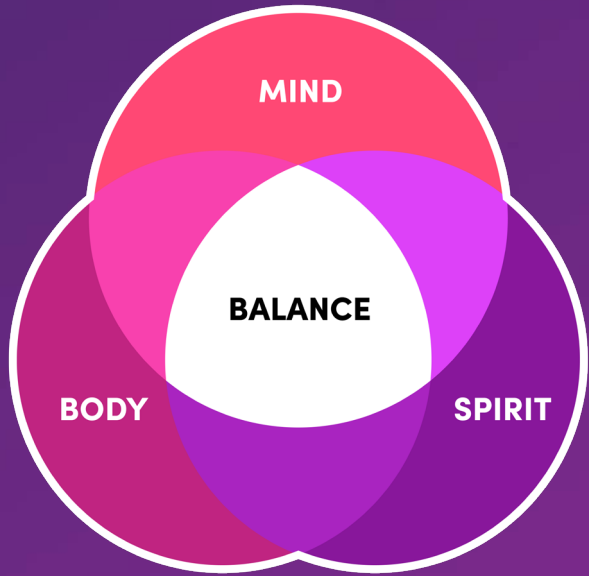
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Health & Wellness Program Administrator | GEHA



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Agenda

- Mind-Body-Spirit connection
- Well-being
- Physical wellness
- Emotional wellness
- Intellectual wellness
- Intellectual wellness
- Social wellness
- Spiritual wellness
- Resources
- Questions



The brain and the body

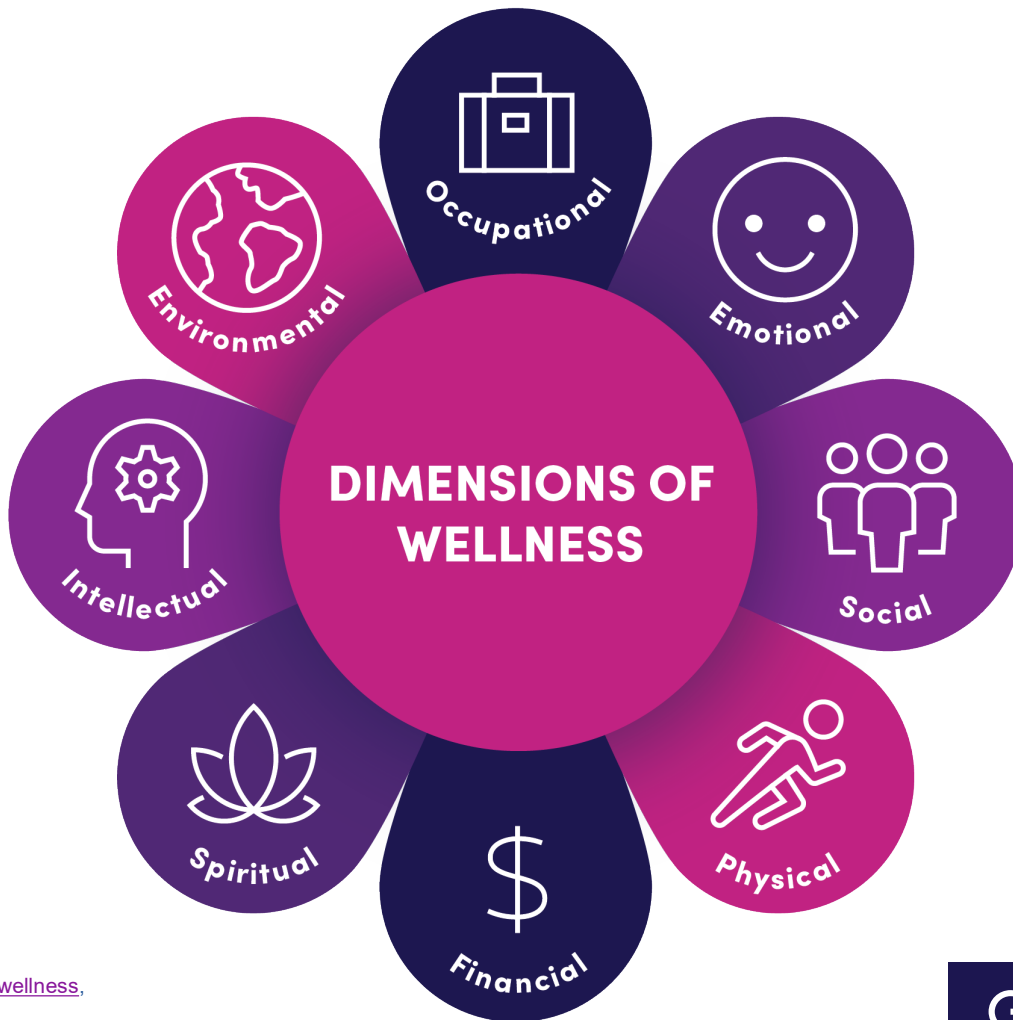
Connections

- Mental stress can cause headaches
- Lack of exercise can affect depression
- Stress eating impacts your body
- Faith uplifts and provides focus
- Volunteering and kind acts promote positivity and connected relationships

Source: blogs.cooperhealth.org/ehealth/2020/03/24/the-importance-of-the-mind-body-spirit-connection-during-times-of-stress-and-anxiety

Well-being

The state of being happy, healthy or prosperous



Source: nationalwellness.org/resources/six-dimensions-of-wellness,
ncbi.nlm.nih.gov/pmc/articles/PMC5508938



Physical wellness

- Combination of exercise and good eating habits
- Additional considerations:
 - Avoid drugs, alcohol and tobacco
 - Medical self-care and use of medical system
- Learning to listen to your body and what it needs

Source: nationalwellness.org/resources/six-dimensions-of-wellness



Decreasing your risk

Know your risk

- Family history
- Race and gender

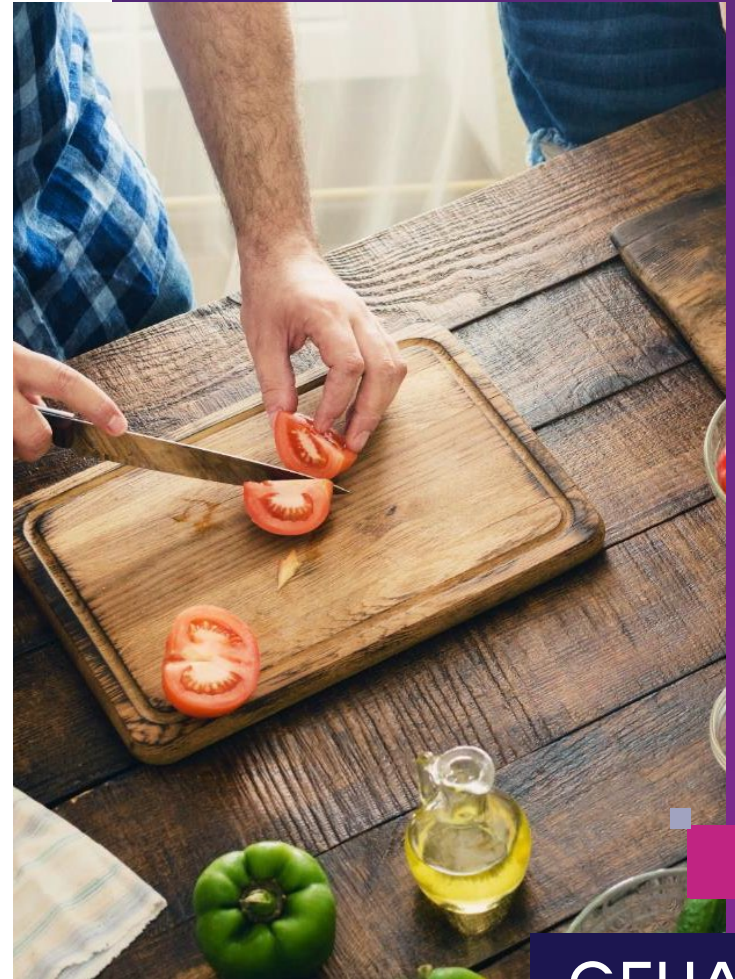
Know your numbers

- Blood pressure (less than 120/80)
- Hemoglobin A1C
- Cholesterol
 - Total (less than 200)
 - LDL (less than 130)
 - HDL (50 and higher)
 - Triglycerides (less than 200)
- BMI (18.5–24.9)

Source: [cdc.gov/heartdisease/risk_factors.htm](https://www.cdc.gov/heartdisease/risk_factors.htm)

Nutrition tips

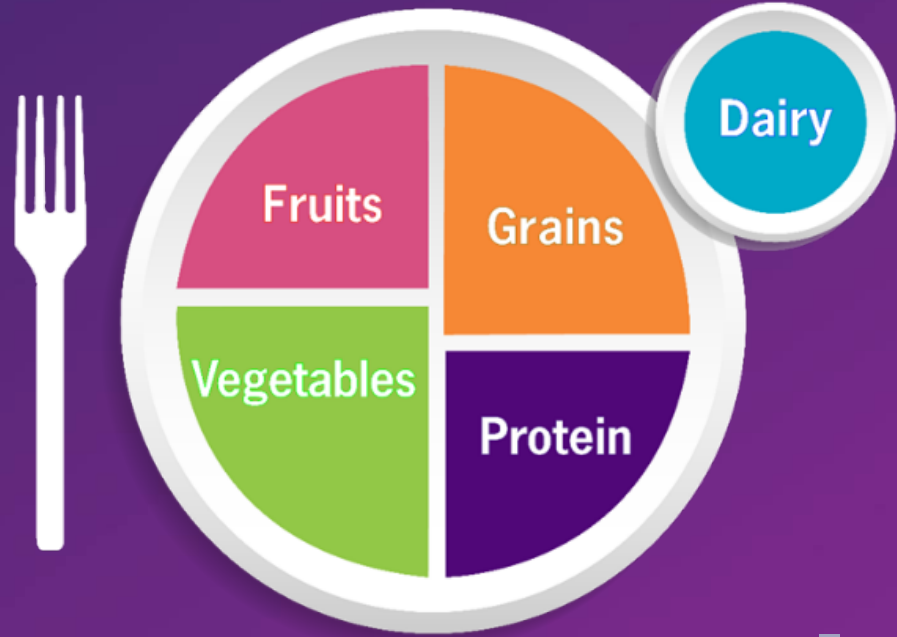
- Eat healthy, well-balanced meals
 - Eat more vegetables
 - Fiber and protein
- Eat real food (not processed)
 - Food from air, land and sea
- Plan meals and snacks
- Mindful eating
 - External factors
 - Internal factors
- Stay hydrated
 - Water



MyPlate method

Use the USDA MyPlate plan to help create balance for all meals

- $\frac{1}{2}$ fruits and vegetables
- $\frac{1}{4}$ whole grains
- $\frac{1}{4}$ lean protein
- Low-fat dairy options



Source: choosemyplate.gov



Remember 80/20

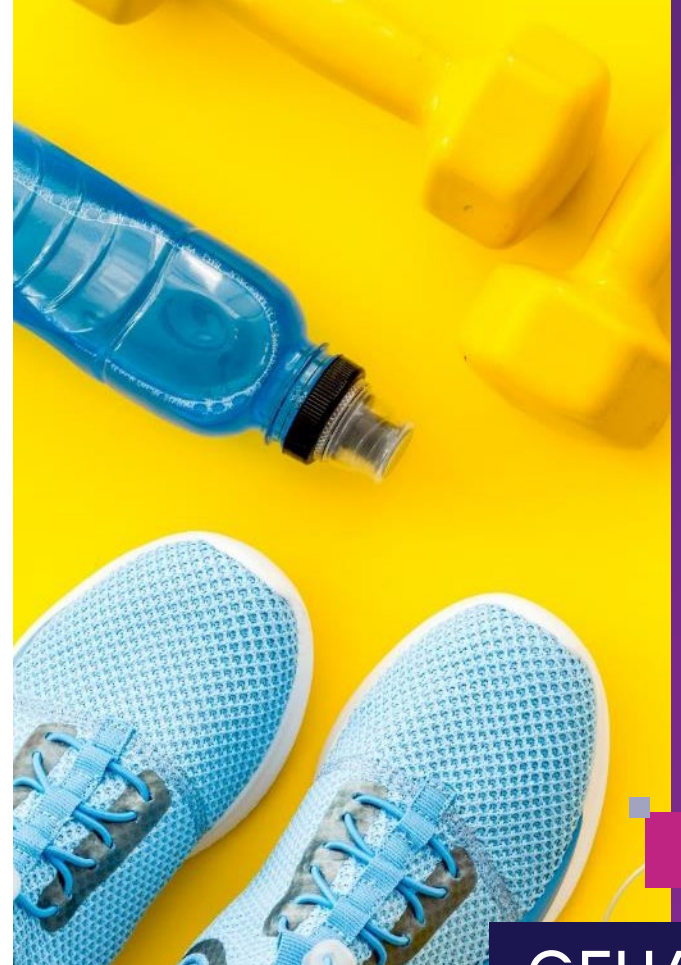
- **80%** meeting your personal goals
- **20%** enjoying special occasions
- Equals **100%** balanced eating

Physical activity vs. exercise

What's the difference?

- Physical activity
 - Movement that requires energy
- Exercise
 - Planned, repetitive and with intention to improve health

Source: Welcoa's News views: Getting Active by Dr. Steven Aldana, former professor of lifestyle medicine at Brigham Young University.





Physical activity recommendations

- All people can benefit
- Move more and sit less
- Some is better than none
- Add exercise into your week

Source: [health.gov/PAGuidelines](https://www.health.gov/PAGuidelines)

American College of Sports Medicine's exercise recommendations

Cardiorespiratory exercise

- At least 150 minutes of moderate-intensity exercise per week
- 30 to 60 minutes of moderate-intensity exercise (5 days per week) or 20 to 60 minutes of vigorous-intensity exercise (3 days per week)

Resistance exercise

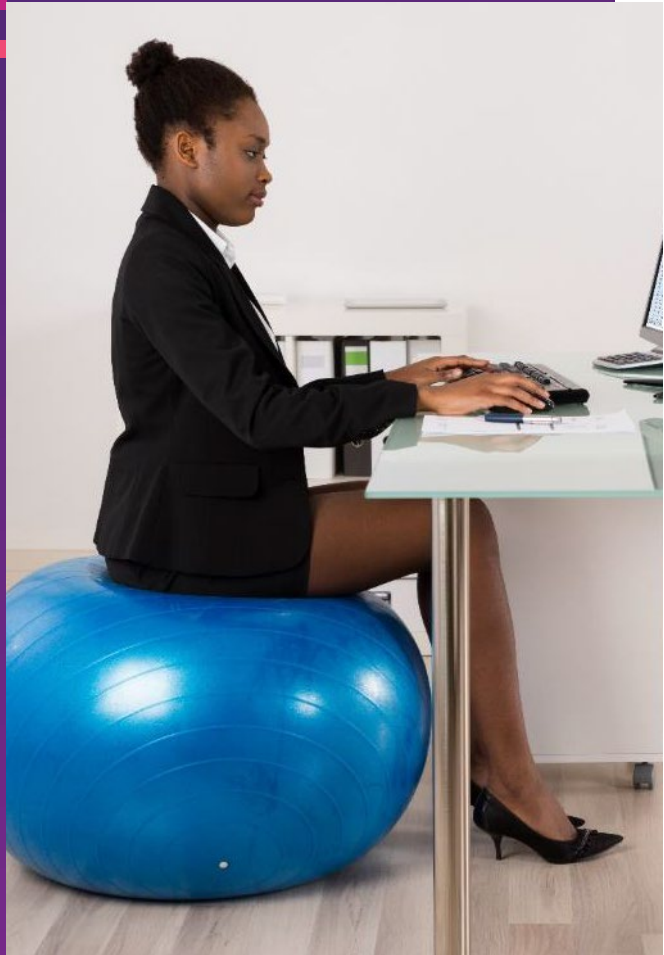
- 2 to 3 days per week
- 2 to 4 sets, 8 to 12 repetitions

Flexibility exercise

- 2 to 3 days per week
- Hold stretches for 10 to 30 seconds, repeat 3 to 4 times

Neuromotor exercise

- Functional fitness training
2 or 3 days per week
- Exercises should involve motor skills (balance, agility, and coordination),
20 to 30 minutes per day



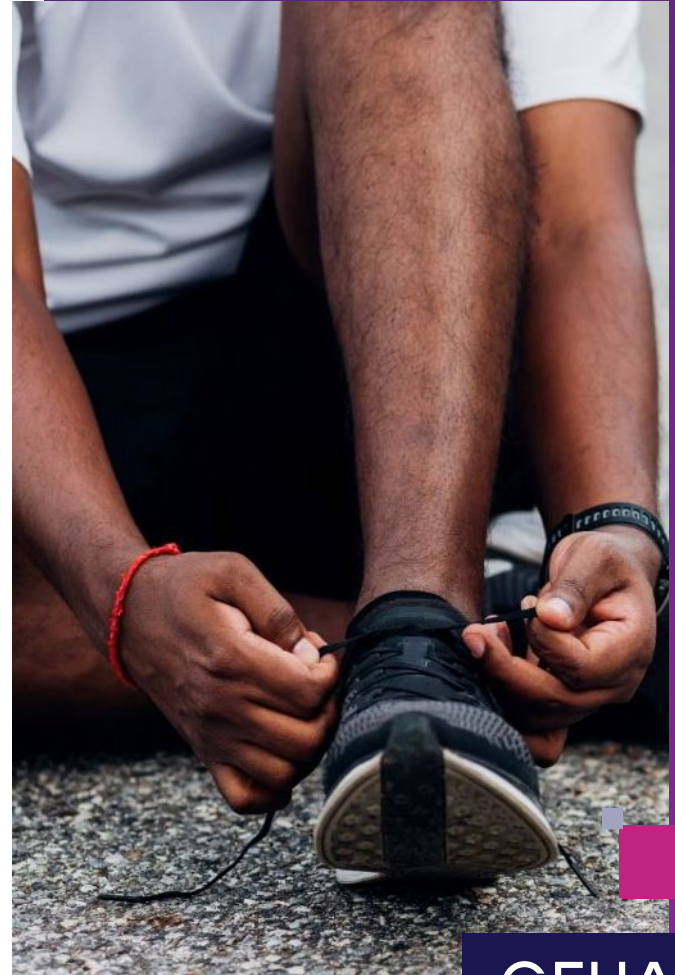
Physical activity during the day

- Walk or bike to work
- Sit on an exercise ball instead of a chair
- Move every hour
- Take mini-walks
- Have meetings on the go
- Stand up at work
- Keep fitness gear at work
- Pick up the pace

Cardiovascular exercises

- 150 minutes per week
- 10–15-minute routines
- Elevate heart rate to target heart rate
 - [Online heart rate calculator](#)
- High-intensity interval training (HIIT)
 - Tabata training
 - Walking and jogging
 - Bicycling

Source: Heart Rate Calculator: free-online-calculator-use.com/heart-rate-calculator.html



Resistance exercises

- Squats
- Wall sits
- Leg abduction
- Tricep dips
- Shoulder press
- Push-ups
- Standing bicycle
- Chair v-sit
- Planks



High-intensity interval training (HIIT)

- Combine cardio and strength exercises in one workout
- Efficiently burn calories
- Metabolic rate is higher for hours
- Help in losing fat and gaining muscle





Emotional wellness

Awareness and acceptance of one's feelings

Components:

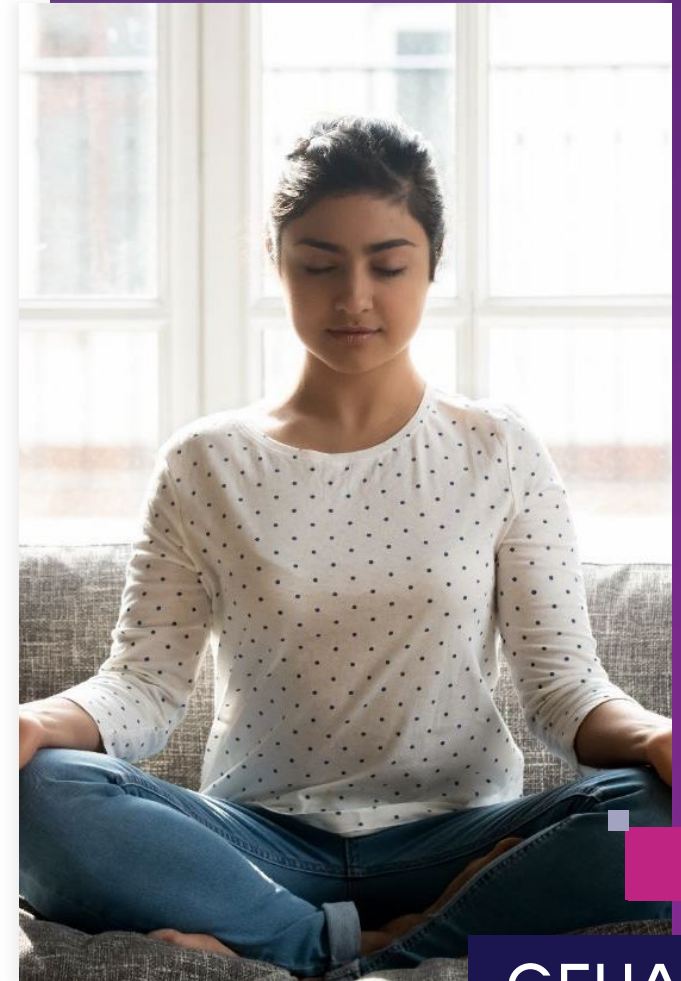
- Self-esteem
- Capacity to manage one's feelings (stress, anger, autonomy)
- Recognizing the feelings of others and responding accordingly

Meditation

- Clears the mind's mental chatter
- Feeling of calm

Techniques

- Guided imagery
- Metta meditation
- Transcendental/Mantra meditation
- Mindfulness



Mindfulness exercise



Diaphragmatic Breathing

- Focus on the breath
- Belly breathing
- Practice a three-count inhalation and a five-count exhalation

JUST
breathe





Meditation resources

Apps

- Relax Melodies
- Guided Mind
- Headspace
- Calm
- Breethe: Meditation and Sleep
- Mindfulness

YouTube

- Diaphragmatic breathing
- PMR
- Guided imagery
- Body scanning
- Tai chi
- Yoga
- Relaxation music



Intellectual wellness

- Expansion of knowledge and skills while discovering the potential for sharing your gifts with others
- Mental stimulation

Social wellness

Contributing to one's environment and community

Contributions:

- Healthy interpersonal relationships
- Working towards common welfare of the community
- Positive impact of social interaction on the brain





Spiritual wellness

Developed sense of meaning and purpose for one's life

Defined by:

- Ethics, values and morals that guide you
- Appreciation of the scope of the universe
- Openness to the world view of others

Spiritual wellness benefits

Gratitude

- Physical health
- Psychological health
- Self-esteem
- Rewire the brain

Kindness

- Increases serotonin and energy
- Decreases anxiety and stress

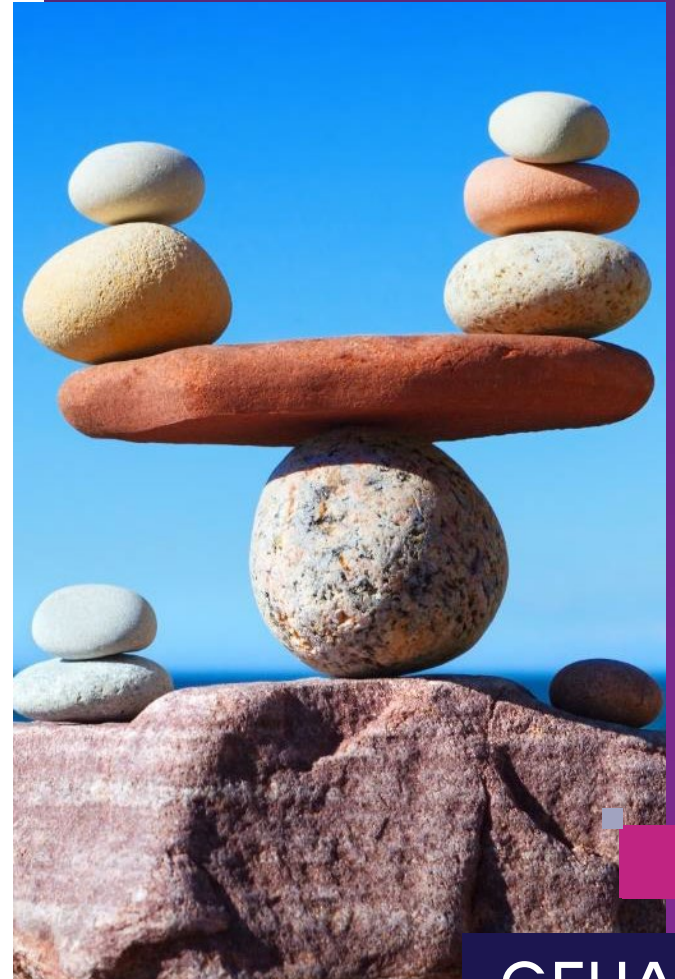
Aromatherapy

- Holistic healing
- Relaxation
- Physical conditions
- Mental conditions

Source: healthbalance.geha.com/dt/v2/core/healthlibrary/healthlibrary.asp

Recap

- The brain and the body
- Well-being
- Physical, emotional, intellectual, social and spiritual wellness



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Prescriptions

- CVS Caremark [844.4-GEHARX \(443-4279\)](tel:844.4-GEHARX) Available 24/7
- Check Drug Cost Share at: info.caremark.com/oe/geha

Resources and quick links (continued)



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Q&A



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Thank you

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