

# New year, New you: A Well-being Revolution



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# Today's presenters



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# Agenda

- Statistics
- Exercise matters
- Sleep essentials
- Nourishing nutrition
- Cultivating mental fitness
- The power of connection
- Spiritual health
- Blueprint for self-care



# Did you know:

- 1 in 5 children and more than 1 in 3 adults struggle with obesity
- 250,000 people suffer from a hip fracture every year
- **35.2%** of all adults in the U.S. report sleeping on average for less than seven hours per night
- 1 in 5 U.S. adults live with a mental illness
- 1 in 3 adults aged 45 and older feel lonely in the U.S.
- Less than **3%** of Americans live a healthy lifestyle

Sources: [cdc.org](https://www.cdc.org); [SleepFoundation.org](https://www.sleepfoundation.org); [National Library of Medicine](https://www.nlm.nih.gov); [National Institute of Mental Health](https://www.nimh.nih.gov)

# Exercise matters

**“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”**

**Edward Stanley**





# Physical activity and exercise benefits

- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer and diabetes
- Helps reduce blood pressure in some people with hypertension
- Helps maintain healthy bones, muscles and joints
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Assists in controlling weight, develop lean muscle and reduce body fat

Source: [CDC.gov](https://www.cdc.gov)

# American College of Sports Medicine's exercise recommendations

- **Cardiorespiratory exercise**
  - At least 150 minutes of moderate-intensity exercise per week
  - 30–60 minutes of moderate-intensity exercise (five days per week) or 20–60 minutes of vigorous-intensity exercise (3 days per week)
- **Resistance exercise**
  - 2–3 days per week, 2–4 sets, 8–12 repetitions
- **Flexibility exercise**
  - 2–3 days per week, hold stretch for 10–30 seconds, repeat 2–4 times
- **Neuromotor exercise**
  - Functional fitness training 2–3 days per week
  - Exercises should involve motor skills (balance, agility, and coordination), 20–30 minutes per day



# Polling question

How many hours of sleep do you get per night?

- a) <4 hours per sleep
- b) 4–6 hours
- c) 7–8 hours
- d) 9+ hours



# Sleep essentials

**“Sleep is the golden chain  
that binds health and our  
bodies together.”**

**Thomas Dekker**



# Benefits of sleep

- Physical and mental development
- Immune system health
- Obesity
- Diabetes
- Memory
- Mental health



# Sleep recommendations

Life stage	Age range	Recommended hours of sleep
Newborn	0–3 months	14–17 hours
Infant	4–11 months	12–15 hours
Toddler	1–2 years	11–14 hours
Preschool	3–5 years	10–13 hours
School age	6–13 years	9–11 hours
Teen	14–17 years	8–10 hours
Young adult & adults	18–64 years	7–9 hours
Older adult	65 years or more	7–8 hours



## Good sleep hygiene:

- Be consistent
- Atmosphere is quit
- Remove electronics
- Avoid large meals
- Get some exercise

Source: [CDC.gov](https://www.cdc.gov)

# Nourishing nutrition

**“Nourish your roots, and you’ll  
flourish with purpose.”**

**Author unknown**





## Nutrition tips

- Eat healthy, well-balanced meals
- Antioxidants
  - Eat more vegetables, aim for 5–9 servings each day
  - Fiber
- Protein at every meal and snack
- Eat real food (not processed)
  - Food from air, land and sea

# Mindful nutrition

- Plan meals and snacks
- Mindful eating
  - External factors
  - Internal factors
- Stay hydrated
  - Water

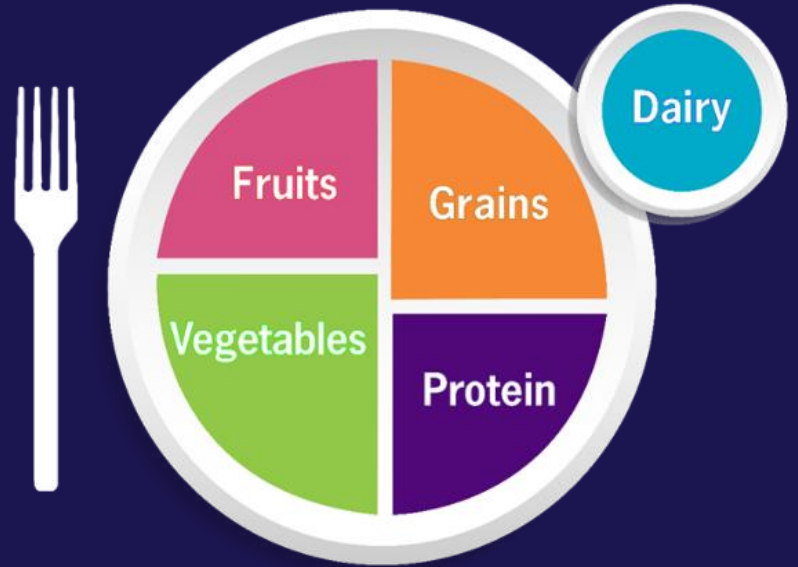




# MyPlate method

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





## Remember 80/20

- Find your balance with eating
- **80%** meeting your personal goals
- **20%** enjoying special occasion
- Equals **100%** balanced eating

# Polling question

**A mental condition or illness, increases the risk for many types of physical health problems, particularly long-lasting conditions.**

- a) True
- b) False



# Cultivating mental fitness

**“Slow breathing is like an anchor  
in the midst of an emotional storm:  
the anchor won't make the storm  
go away, but it will hold you steady  
until it passes.”**

**Russ Harris**

# Factors that may contribute to mental illness

- Adverse life experiences
- Ongoing chronic medical conditions
- Cognitive impairment
- Genetics, biological factors, chemical imbalances or brain dysfunctions
- Environment
- Drug and/or alcohol use
- Feelings of loneliness or isolation



# Strengthening mental fitness

- Resilience
- Self-awareness
- Emotional regulation techniques
- Self-compassion, self-acceptance
- Grounding exercises
- Mindfulness
- Meditation
- Gratitude

# The power of connection

**“Communication is merely an exchange of information, but connection is an exchange of our humanity.”**

**Sean Stephenson**



# Benefits of connectedness

- Heart disease and stroke
- Dementia
- Depression and anxiety
- Improve your ability to recover from stress, anxiety, and depression
- Promote healthy eating, physical activity, and weight
- Improve sleep, well-being, and quality of life
- Reduce your risk of violent and suicidal behaviors
- Prevent death from chronic diseases





# Ideas for increasing social connections

- Join a group, club, or class related to an interest or hobby (books, art, sports)
- Spend time with others in nature
- Volunteer with an organization
- Get involved in your community
- Get to know your neighbors
- If you cannot be with others in person, substitute a phone call for screen time

Source: [CDC.gov](https://www.cdc.gov)

# 5 ways to improve social connection

- Establish and maintain social connection
- Consider the support you give, receive and have available to you
- Strengthen the quality of social connections
- Address barriers to social connections
- Talk with a health care provider about concerns like stress, loneliness and social isolation

Source: [CDC.gov](https://www.cdc.gov)

# Spiritual health

**“Spiritual health is the path to inner peace regardless of the turmoil around you.”**

**Author unknown**





# Benefits of spiritual health

- Greater longevity
- Increased quality of life
- Less depression
- Less suicide
- Less substance use
- Better emotional well-being
- Positive attribute to healthy behaviors

# Strengthening spiritual health

- Create a space for solitude and reflection
- Support a charity
- Practice gratitude
- Practice meditation
- Spend time in nature
- Appreciate music and the arts
- Pray
- Join a church group

# Polling question

**Do you have a self-care plan in place that supports your whole health?**

- a) Yes
- b) No
- c) I am not sure
- d) I prefer not to answer



# Self-care for self-love

**“You can’t pour from an empty cup, take care of yourself first.”**

**Author unknown**



# Benefits of self-care

- Reduce anxiety, depression and stress
- Build relationships
- Adapt to changes
- Recover from setbacks
- Enhance self-confidence
- Increased productivity
- Happiness
- Reduction in heart disease, stroke and cancer



A word cloud featuring various terms related to self-care and mental health. The most prominent words are 'self love' and 'ask'. Other words include 'soul', 'GENTLE', 'connect', 'GRATITUDE', 'healing', 'nurture', 'ALLOW', 'spiritual', 'believe', 'respect', 'intuitive', 'COMPASSION', 'release', 'purpose', 'WISDOM', 'accept', 'growth', 'DIVINE', 'transform', 'TRUST', 'inner child', 'intention', 'forgive', and 'receive'.





## Self-care goals

- Taking care of your physical and psychological health
- Managing and reducing stress
- Recognizing your emotional and spiritual needs
- Fostering and sustaining relationships
- Achieving balance in different areas of your life

Source: [Mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)

# Crafting a plan

1. Take time to reflect
2. Identify and write down current self-care activities
3. Pin down a new self-care behavior/activity
4. Stack on your list
5. Try it out

Area of self-care	Current practice(s)	Practice(s) to integrate
<b>Physical</b> (i.e., exercise, sleep, nutrition, harmful practices, managing chronic health conditions)		
<b>Mental/emotional</b> (i.e., meditation, mindfulness, therapy, emotional regulation, gratitude)		
<b>Social</b> (i.e., join a group, spend time with family, friends, volunteer)		
<b>Spiritual</b> (i.e., spend time in nature, pray, church group, space for solitude/reflection, music/arts)		

# GEHA member resources

- Elevate and Elevate Plus plans
  - Rally digital health platform
  - Learn more at [geha.com/WellnessPays](https://geha.com/WellnessPays)
- High, Standard, and HDHP plans
  - GEHA Well-being portal
  - Learn more at [geha.com/HealthRewards](https://geha.com/HealthRewards)
  - All GEHA plans
  - Healthy recipes and health and wellness articles
  - Learn more at [geha.com/Blog](https://geha.com/Blog)
- GEHA website for benefit information [geha.com](https://geha.com)

# Wrap-up

- Statistics
- Well-being
- Exercise matters
- Sleep essentials
- Nourishing nutrition
- Cultivating mental fitness
- The power of connection
- Spiritual health
- Blueprint for self-care



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# Q&A



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# Thank you

Q&A chat will go on through 1 p.m. Eastern time

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