

Exploring the Dimensions of Wellness



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These materials were developed for OHS/Region XI Training and Technical Assistance Network under Contract No. 140D0420C0086 by ICF.

Outcomes

- Reflect on the eight dimensions of wellness
- Recognize personal signs and symptoms of stress
- Explore stress management tools and techniques
- Create a personalized wellness plan to support your well-being



Wellness Wheel



Occupational

The occupational dimension of wellness includes attitudes, values, and beliefs that are shown in the workplace, such as respect, self-efficacy, enrichment, and commitment to balanced and fair workloads.

Emotional

The emotional dimension of wellness includes the ability to express feelings and cope effectively with stress and challenges.

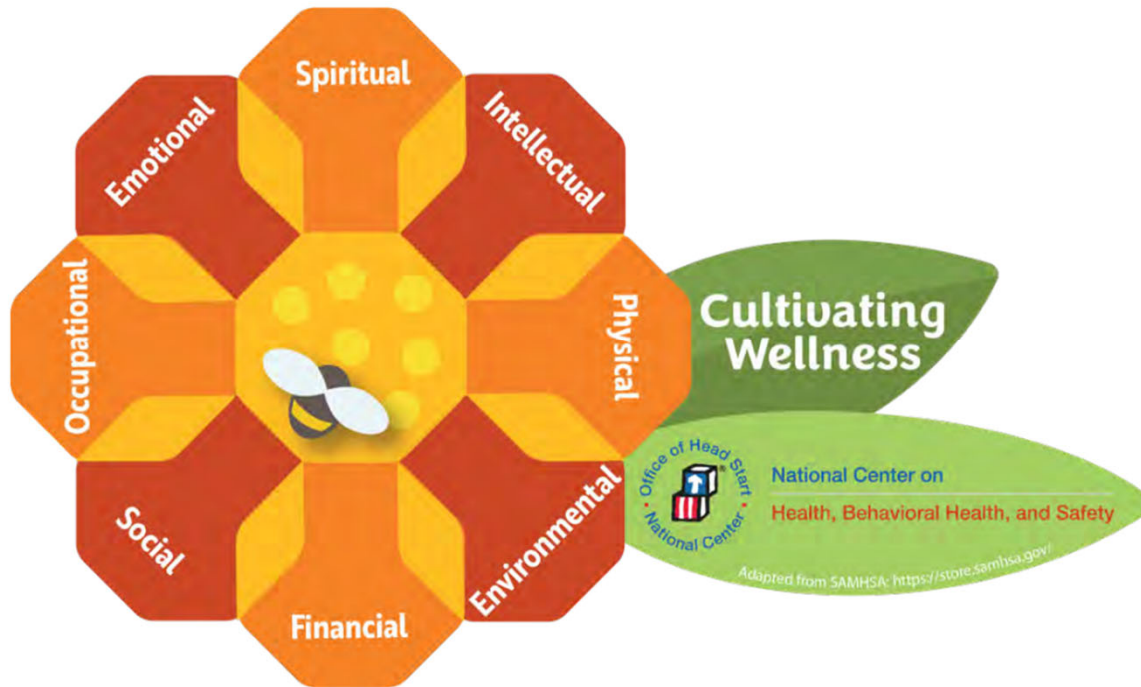
Spiritual

The spiritual dimension of wellness includes personal beliefs and values and having a sense of meaning, purpose, balance, and peace.



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Wellness Wheel



Intellectual

The intellectual dimension of wellness includes having an active and curious mind.

Physical

The physical dimension of wellness includes healthy habits for nutrition, physical activity, and sleep, strategies to prevent injuries, and access to health care.

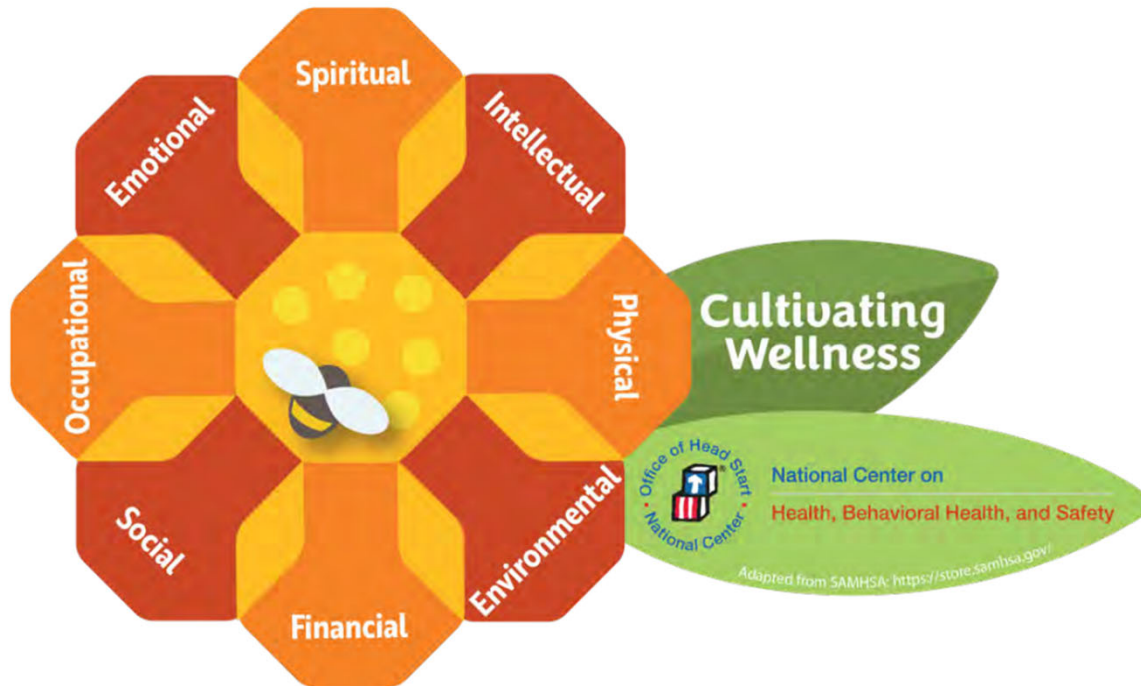
Environmental

The environmental dimension of wellness includes a healthy workplace, healthy homes, and healthy communities.



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Wellness Wheel



Financial

The financial dimension of wellness includes being financially well, understanding financial processes, and having access to resources to support financial stability.

Social

The social dimension of wellness includes positive social relationships and interactions with others, and a strong sense of community.



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Stay Healthy with Sesame Street: Meet Reignen



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Assess Your Wellness

Dimension	Questions	Reflections
Emotional	How am I doing expressing my feelings and coping with stress?	
Spiritual	Do I engage in activities that support my beliefs and values? What helps gives me a sense of purpose, balance, and peace?	
Social	How are my relationships with individuals and the community?	
Physical	Are there areas of my physical health I want to focus on (i.e., nutrition, physical activity, sleep, well visits)?	
Occupational	Are my health and wellness supported in my workplace? Do I feel motivated to learn and grow?	
Financial	Do I have the resources to understand my finances, create a budget, and a sense of financial stability?	
Intellectual	How am I actively expanding my curiosity, creativity, and talent?	
Environmental	Am I exposed to any environmental health issues at work or home? How do I feel in my home space? Is there anything I'd like to change?	



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What is Stress?



The Basics

What is stress?
Stress is an emotional and physical reaction to a physical, psychological, or emotional demand.
We all show stress in different ways.
Some stress is good; it motivates us to turn in our paperwork on time.
Too much stress is not good and can have short-term and long-term effects on our health.

What are some symptoms of stress?
Increased heart rate and blood pressure, feeling tense, irritable, fatigued, or depressed.
Lack of interest, inability to concentrate, racing thoughts, and too much worry.
Avoidance behaviors: excessive alcohol, cigarette smoking, and drug use.

What are some causes of stress?
Expectations we place on ourselves.
Expectations of others.
Our physical environment: noise, room size, crowding.
Our internal environment: work pressure, frustration, not enough time.

What are ways to manage stress?
Practice effective communication: *State feelings in a clear way (for example, "I feel angry when you yell at me.")*.
Establish "me time": *Make time to enjoy hobbies*.
Practice specific stress reduction techniques: *Learn relaxation techniques such as deep breathing, muscle relaxation, and meditation*.

Stress is an emotional and physical reaction to a physical, psychological, or emotional demand

We all experience stress in different ways

Some stress is good - it motivates us toward our goals

Too much stress can become toxic and have short-term and long-term effects on our health



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How Stressed Are You?

Perceived Stress Scale

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the **Perceived Stress Scale**.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

For each question choose from the following alternatives:

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

_____ 1. In the last month, how often have you been upset because of something that happened unexpectedly?



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Steps to Navigating Stress



Recognize Signs and Symptoms



Understand Personal Triggers



Explore What Helps you Alleviate Stress



Create a Personalized Plan for Self-Care



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How Does Stress Affect You?

Physical

Increased heart rate and blood pressure, feeling tense, frequent headaches, digestive issues



Mental

Lack of interest, inability to concentrate, racing thoughts, and too much worry

Emotional

Feeling down, constantly overwhelmed, irritable, fatigued, or depressed.

Behavioral

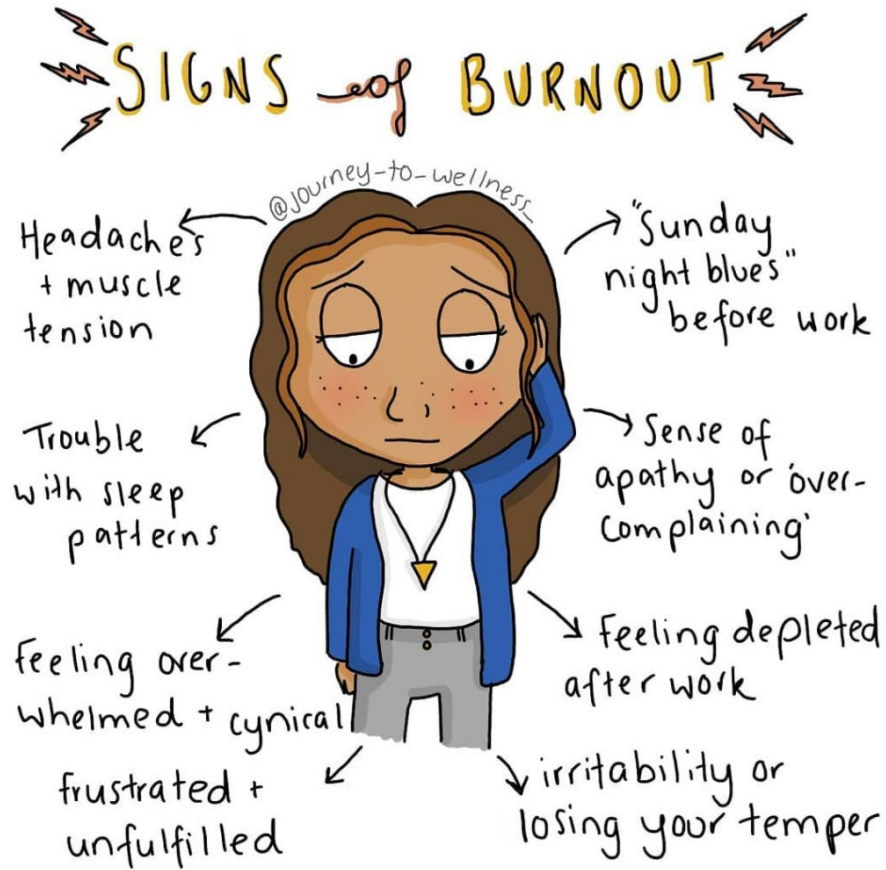
Increased or decreased appetite, difficulty sleeping, excessive alcohol, cigarette smoking, and drug use



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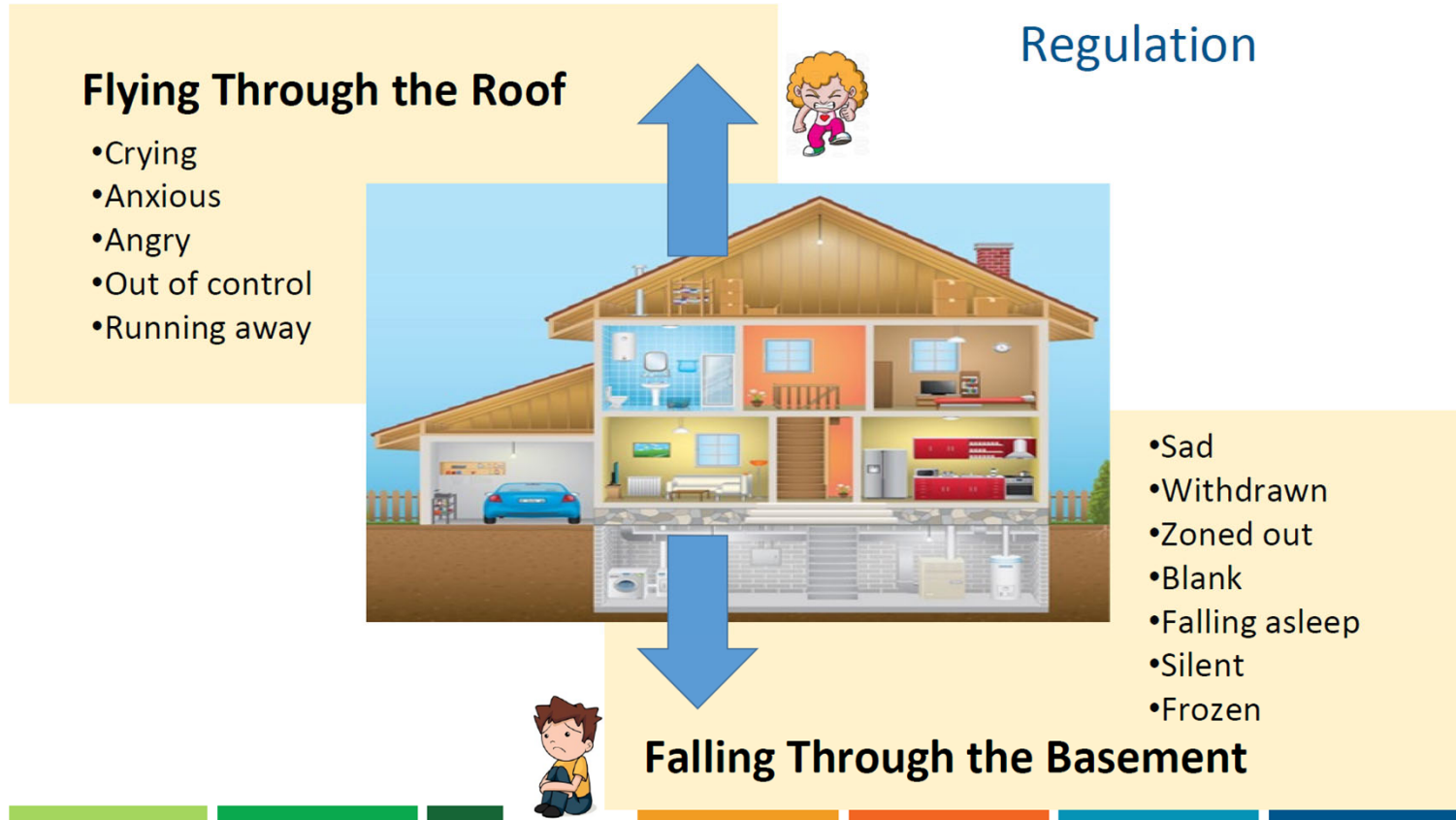
Signs of Burnout



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Recognize Signs and Symptoms



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Recognize Your Personal Triggers

What are situations or behaviors that make you fly through the roof or fall through the basement?



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How Do Your Thoughts Impact Stress?



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Using Reflection to Navigate Triggers

Reflection Requires

INTENTIONAL
SLOWING
DOWN



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Self-Reflection

Observe and remember what happened in a situation

- Remembering the specifics of a situation and reflecting on your behavior can help you slow down and inform the next steps

Think about how your personal lived experiences affect you and your work

- Understand your **personal reaction** (how a professional situation makes you feel) and our **professional action** (how we choose to respond professionally in action and words) as two separate things
- Caring for children and families is, at times, emotional, and we need to be aware of how our perspectives influence our work



Self-Reflection

Think about the perspectives of others

- Take the time to wonder about how others' individual experiences may influence how they behave or respond and notice if we are making assumptions based on our own experiences

Identify what's upsetting/stressing you

- Naming individual stressors and talking about them with other professionals can help



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Explore What Helps You Alleviate Stress



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Movement



neck & shoulders

DAREBEE WORKOUT © darebee.com
20 seconds each exercise.

Diagram illustrating six neck and shoulder exercises:

- shoulder rotations
- side shoulder stretch
- cross shoulder stretch
- tricep stretch
- overhead shoulder stretch
- up and down neck stretch



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Relaxation Practices

Take a Breath

Belly breathing or deep breathing exercises are a proven way to reduce stress. Try this technique standing or seated in a chair:

1. Place your arms and hands at your side, relaxed.
2. Close your eyes.
3. Focus on your belly, the lower part of the stomach. Imagine a small balloon inside.
4. Breathe in slowly and deeply through your nose, imagine the balloon inflating. Hold a few seconds.
5. Slowly exhale through your mouth, imagining the balloon gently deflating. Blow out of your mouth as if you were blowing out a candle.
6. Repeat at least three times.

TIP: Place a hand over your belly to feel it go up and down, and make sure you're not breathing with your chest.

You can do this in your classroom, at home, on the bus, in the car — anywhere!

From Head to Toe

Deep muscle relaxation, or progressive relaxation, is a proven way to reduce stress.

Progressive relaxation helps you help yourself to relax by tightening and releasing different muscle groups in your body. Below is an example, using your feet.

1. Sit comfortably.
2. Flex your toes toward your head.
3. Feel the tension that occurs in your feet, ankles, and lower legs.
4. Pay close attention to the feelings of tightness and tension. Hold for 10 seconds.
5. Now relax your feet, let them return to their normal position.
6. Feel the difference in your feet, ankles, and lower legs; where it was tense, there is now a feeling of relaxation.



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Gratitude & Prayer

The BENEFITS of GRATITUDE

Research has found that gratitude is good for our bodies, our minds, and our relationships.



Discover more at
GRATITUDEFORNURSES.ORG



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Strategies to Support Wellness

- Create a consistent routine
- Pair enjoyable activities or tasks with less enjoyable activities or tasks
- Eat a well-balanced diet with drinks that are low in calories and caffeine
- Exercise
- Maintain a regular bedtime and shut off all “screens” two hours before sleeping.
- Express Feelings
 - Talk with friends and peers; avoid gossip and hurtful conversations.
 - Write in a journal
- Professional support: therapy or counseling
- Relaxation, mindfulness, meditation



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Finding What Works For You...



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Creating Your Personal Wellness Plan

Dimension	Reflective Questions	Your Commitments
Emotional	How am I doing expressing my feelings and coping with stress?	
Spiritual	Do I engage in activities that support my beliefs and values? What helps gives me a sense of purpose, balance, and peace?	
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What's one commitment you're making to yourself to support your well-being?



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Thank you!

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Please join me for upcoming office hours,
self-care sessions and mental health related
webinars. Register using the QR code below:



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