Nurturing the “You” in UW

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Presented By
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Nurturing the “You” in UW

Opening exercise
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Today’s topics

• Understanding stress
• Exploring mindfulness and the mind-body connection
• Practical applications
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Average day for you?

• 6:00 AM alarm rings, hit snooze, sigh – roll out of bed
• 7:15 AM fight traffic on way to work
• 7:45 (7:47) AM rush into work and begin day
• 8:00 AM – 4:30 PM address crises at work
• 11:45 AM eat at desk
• 4:30 PM shut down computer, rush out, fight traffic
• 5:00 PM pick up child(ren), possibly stop to get food
• 5:30 – 9:00 PM
  – Eat dinner
  – Household/outdoor chores
  – Care for child(ren), older parents, neighbors, pets
  – Run errands
• 9:00 PM crash – too exhausted, mindlessly use smart phone or other technology
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Stress in America

Top four sources of stress
• Money
• Work
• Family responsibilities
• Health concerns

Financial pressure
• 72% stress about money at least some of the time
• 26% stress about money most or all of the time

American Psychological Association, 2015
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Stress in America

Common symptoms

• Irritable or angry 37%
• Nervous or anxious 35%
• Lack of interest or motivation 34%
• Depressed or sad 32%
• Overwhelmed 32%
• Fatigued 32%

75% experience at least one symptom in the past month. This has long-term health implications.

American Psychological Association, 2015
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Time for a new perspective

Take a cue from our furry friends

• Get rid of mind clutter
• Stay in the present moment
• Practice mindfulness

Mind Full, or Mindful?
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Separating good stress from distress.
04:26
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Remember this day?

• 6:00 AM alarm rings, hit snooze, sigh – roll out of bed
• 7:15 AM fight traffic on way to work
• 7:45 (7:47) AM rush into work and begin day
• 8:00 AM – 4:30 PM address crises at work
• 11:45 AM eat at desk
• 4:30 PM shut down computer, rush out, fight traffic
• 5:00 PM pick up child(ren), possibly stop to get food
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Time for a new day

• 6:00 AM alarm rings, hit snooze, sigh—roll out of bed take a deep breath and smile
• 7:15 AM fight traffic on way to work 7:10 AM peacefully make your way to work
• 7:45 (7:47)-AM rush stroll into work and begin day
• 8:00 AM – 4:30 PM address crises calmly support others at work, while also accomplishing your priorities/tasks
• 11:45 AM eat at desk outside on picnic table and enjoy a stroll before heading back to work
• 4:30 PM shut down computer, rush out, fight traffic, take a deep breath and smile knowing how much you were able to accomplish with your newfound focus and mindfulness
• 5:00 PM pick up child(ren), possibly stop to get food
• 5:30 – 9:00 PM
  – Eat dinner
  – Household/outdoor chores
  – Care for child(ren), older parents, neighbors, pets
  – Run errands
• 9:00 PM crash—too exhausted, mindlessly use smart phone or other technology Enjoy a bit of personal time, using it to do something you enjoy before heading to bed
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Mindfulness. What is it, really?
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Mindfulness in the Western world is...

• Proven effective via scientific research
  – Dr. Richie Davidson at UW-Madison Center for Healthy Minds
  – Dr. Jon Kabat-Zinn at the Center for Mindfulness in Medicine, Health Care and Society, U Mass Medical School
    o Mindfulness-Based Stress Reduction (MBSR) Program

• Becoming an observer of life

• Being fully aware, without judgement, of the present moment
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Components of mindfulness

Authenticity
• Live through your heart and soul
• From a place of internal consciousness

Openness
• All moments are opportunities to learn
• Seek personal truth/acceptance

Intention
• Experience life with purpose, not on autopilot

Grace
• Accept the imperfect, kindness, love and forgiveness
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Bring mindfulness into your day

Routine activities
• Taking a shower, brushing teeth
• Getting dressed
• Eating breakfast, drinking coffee
• Driving to work
• Notice every aspect of each experience

Basic activities
• Breathing
• Eating
• Moving
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Mindful breathing

Calm the mind
• Great way to relax, reduce stress
• Focus on present moment
• Achieve a clear mind

Mindful breathing exercise
• Find quiet place, sit comfortably, back straight
• Close eyes, few deep breaths, breathe naturally
• Count silently each time you exhale. Start with “one,” go up to “five”
• Start new cycle of “one” to “five”
• Practice 5 – 10 minutes every day
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Mindful eating

Mindless eating habits
• How we’re eating?
• How much we’re eating?
• When we’re eating?
• Why we’re eating?

Mindful eating leads to positive changes
• Boost awareness of eating habits
• Reduces overeating
• Weight control
• Health and well-being
Mindful eating

• Become more fully aware of every bite

• Make time for meals

• Put fork/spoon down, chew slowly

• Fully savor your food

• Need less food to feel satisfied, enjoy smaller portions

• Remove distractions, no TV
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Mindful movements

- Physical awareness

- Practice sensitivity and awareness

- Body, breathing, mind
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Mindful movements

• Standing or seated position, breathe fully and slowly

1. **Arm lift.** Arms at sides, breathe in and lift arms in front of you to shoulder level or above head (whichever is more comfortable). Breathe out, lower arms to sides. Repeat three more times.

2. **Blooming flower arms.** Palms up, lift arms out to the side to shoulder level. Breathe in, touch shoulders with fingertips keeping upper arms horizontal. Breathe out, open arms back to horizontal position. Repeat three more times.
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Mindful movements

3. Touch the sky, touch the earth

- Stand with feet apart
- Breathe in, bringing straight arms forward and up above your head, look up
- Breathe out, bending at waist, bring arms back down to touch the earth
- Breathe in, coming all the way back up to touch the sky
- Repeat three more times
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How to bring mindfulness into your day

Interaction with others

• Make eye contact, see the person

• Listen intently

• Practice patience and understanding
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How to bring mindfulness into your day

Your body

- Face: jaw, eyes and forehead
- Neck and shoulders
- Posture
- Hands
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How to bring mindfulness into your day

Technology

• Detaches us from the present moment
• Can help us tune back in
  – Set alarm reminder to focus on breathing
  – Choose a wake screen image as reminder
• Designate a time/set an alarm to turn off cell phone and disconnect
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The STOP technique

A simple exercise to bring the body and mind back into balance.

- S – stop
- T – take a breath
- O – observe
- P – proceed
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Establishing “formal” practice

- Adult coloring
- Yoga
- Tai-chi
- Meditation
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StayWell’s Mindfulness Collection

Now available on the StayWell wellness portal.

- 3 digital workshops
- 21 days of guided meditations

The Best Possible You
Discover the power of making the most of the present moment with three digital workshops that include a short video, article and quiz.

21-Day Meditation Experience
The 21-day guided meditation tool provides an introduction to various techniques that will build from 7 to 20 minutes for the 21 days.

LET'S GO!
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Resources for you

StayWell telephonic health coaching

StayWell wellness portal:
  • Digital Workshops
  • Self-Directed Coaching
  • Daily Dash

StayWell Helpline: 1-800-821-6591 or wellwisconsin@staywell.com
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Summary

• The mind and body are connected
• Mindfulness is being fully aware of the present moment without judgment
• Regularly practice staying in the present moment to avoid falling into autopilot
• Incorporate mindfulness into your everyday life:
  • Mindful breathing
  • Mindful eating
  • Mindful movements
• Benefits: reduced stress, improved memory, better performance & sleep quality, reduced anxiety & depression, better physical health
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Don’t miss out! Stay in the moment.
Questions?

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References

Why we need mindfulness & its benefits
2. http://presencetraining.co.uk/being-present-makes-you-happier-infographic/

What mindfulness really is
1. https://www.youtube.com/watch?v=HbLVTZuTdmQ

How to start putting it into practice