

OVERALL WELLNESS MEANS WORKPLACE WELLNESS



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Agenda



Introductions

Icebreaker ~ Hand It To You

Community Agreement

What is Wellness?

What Gets in the Way of Wellness?

Activity: Wheel of Life

Brain Science, Stress, & ACEs

What are the 8 Dimensions of Wellness?

Social Wellness

Emotional Wellness

Environmental Wellness

Physical Wellness

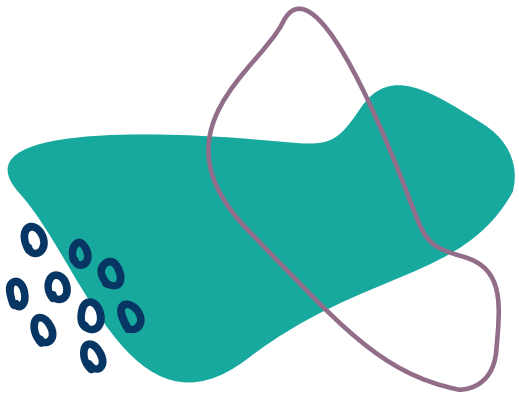
Intellectual Wellness

Occupational Wellness

Spiritual Wellness

Financial Wellness

Processing Space, Resources, Closing

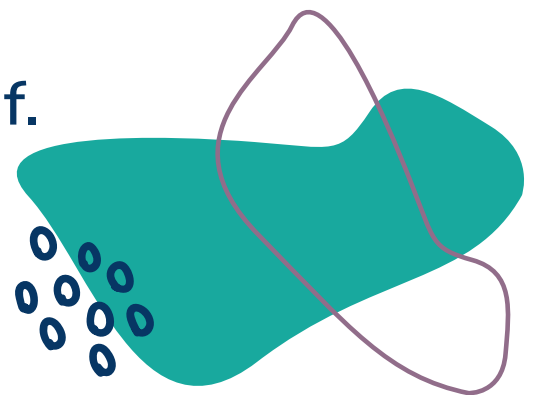


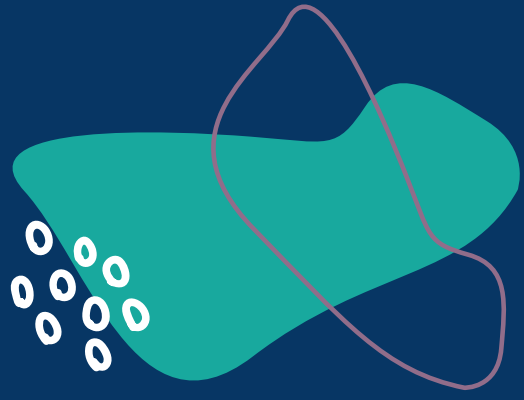
Icebreaker

Hand It To You



- Trace your hand on a piece of paper
- Write your NAME in the palm.
- On your wrist, write where you are from.
- On your thumb, write something you're really good at.
- On your index/pointer finger, write something you hope people will say when they point you out in a crowd.
- On your middle finger, write something that gets on your nerves - a pet peeve.
- On your ring finger, write something you are committed to doing this year.
- On the pinky finger, write a little known fact about yourself.

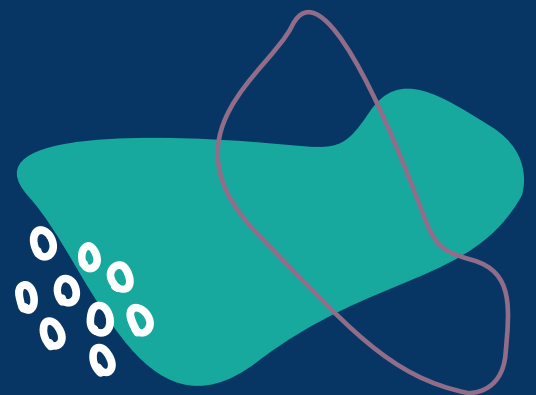




Community Agreement



Let's create some norms for our time together!



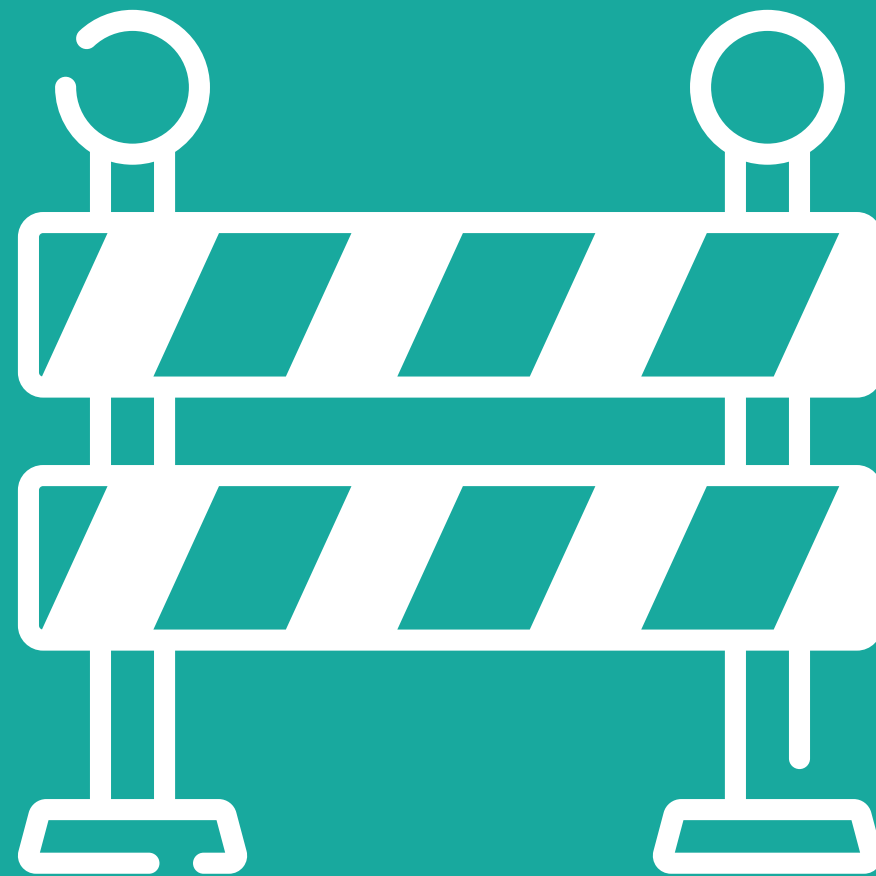
What is Wellness?



Wellness (noun) /'welnəs/

The state of being in good health, especially as an actively pursued goal.

*What's Getting in the Way of
Your Wellness?*



Here are five potential problems in the workplace that may impede wellness efforts.



High Stress Levels

Sedentary Lifestyle

Unhealthy Eating Habits

Lack of Social Support

Poor Work-Life Balance

Addressing these challenges through initiatives focused on the 8 Dimensions of Wellness can help create a healthier and more supportive workplace environment for all employees.

WORK/LIFE BALANCE ACTIVITY: WHEEL OF LIFE

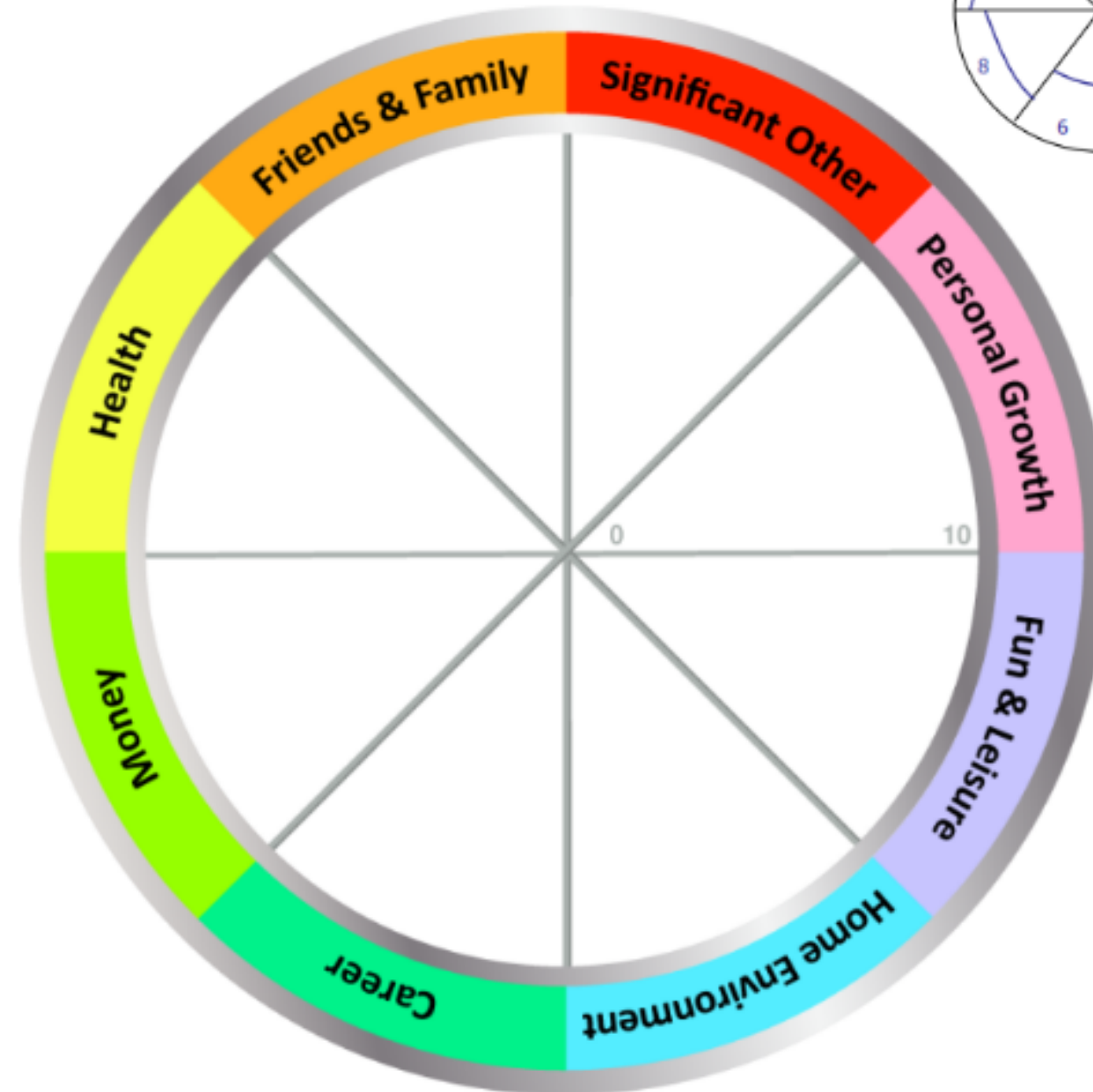
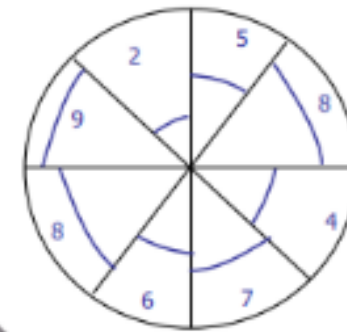


Your Wheel of Life!

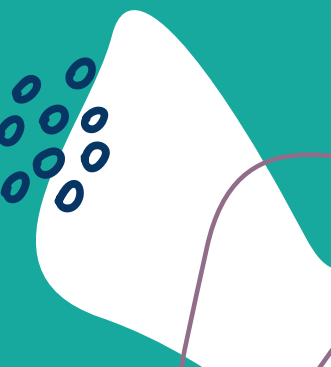
YOUR NAME: _____

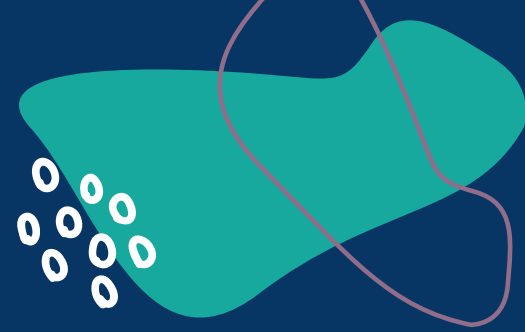
TODAY'S DATE: _____

EXAMPLE



Your Brain As A House





3 Levels of Stress



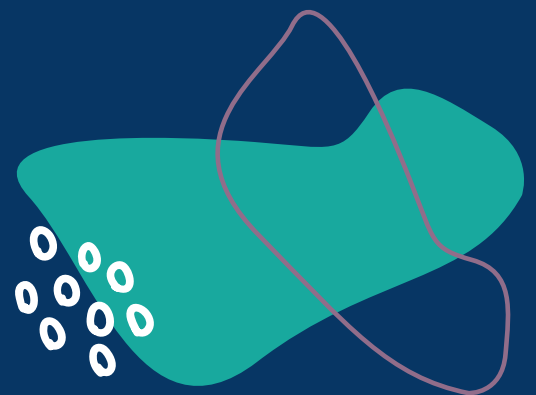
Positive Stress - is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels.



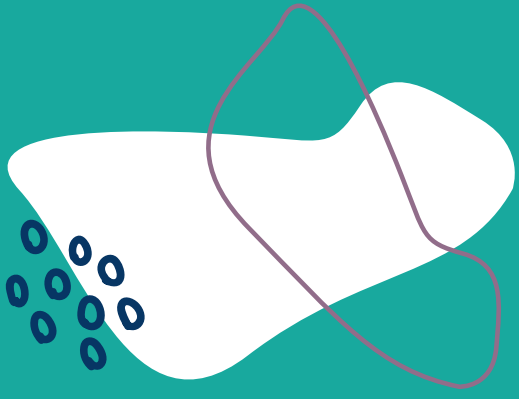
Tolerable Stress - activates the body's alert systems to a greater degree as a result of more severe, longer-lasting difficulties.



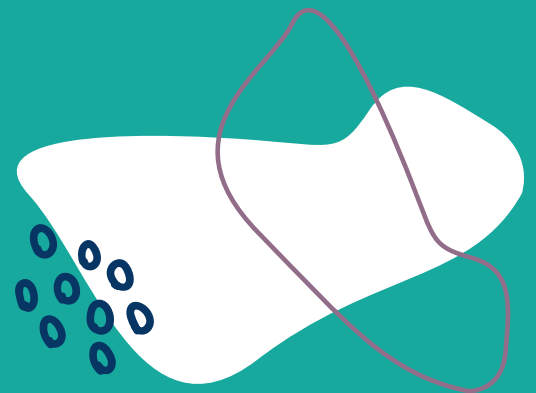
Toxic Stress - can occur when a person experiences strong, frequent, and/or prolonged adversity.

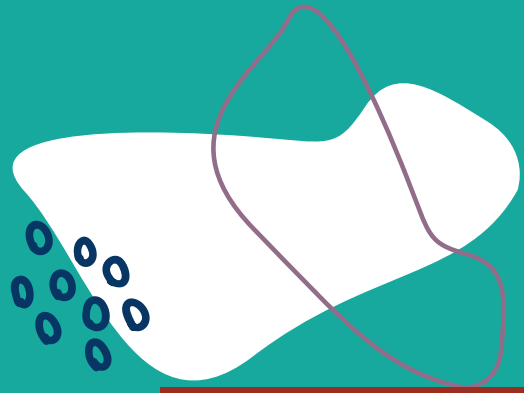


Stress Hormones



- **Release stress hormones-CORTISOL, ADRENALINE**
- **Heart starts to pound**
- **Pupils dilate**
- **Airways open**
- **stress response activated**

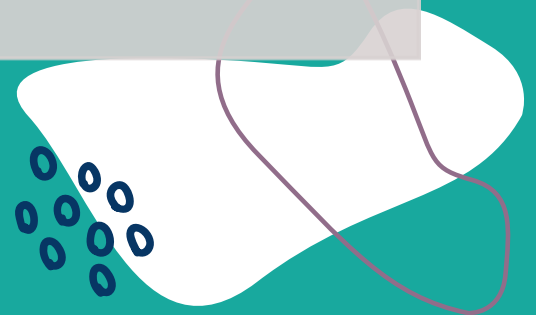




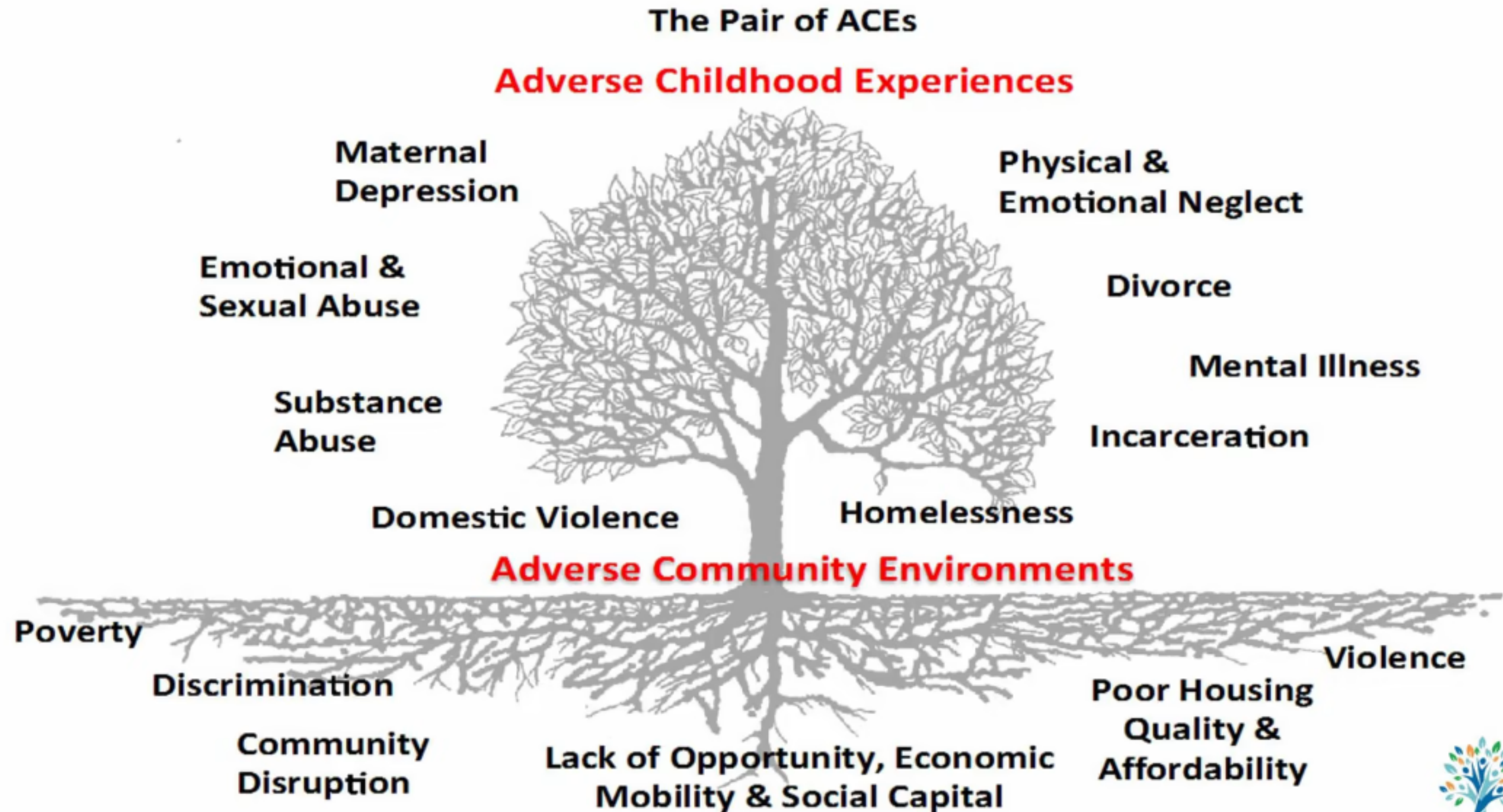
The 5 F's of Stress Response

Fight	Respond to threat aggressively
Flight	Run from threat
Freeze	Inability to move or act against a threat
Fawn	Try to please someone in the face of a threat to avoid conflict
Flock	Look to the reactions of others or for protection in groups

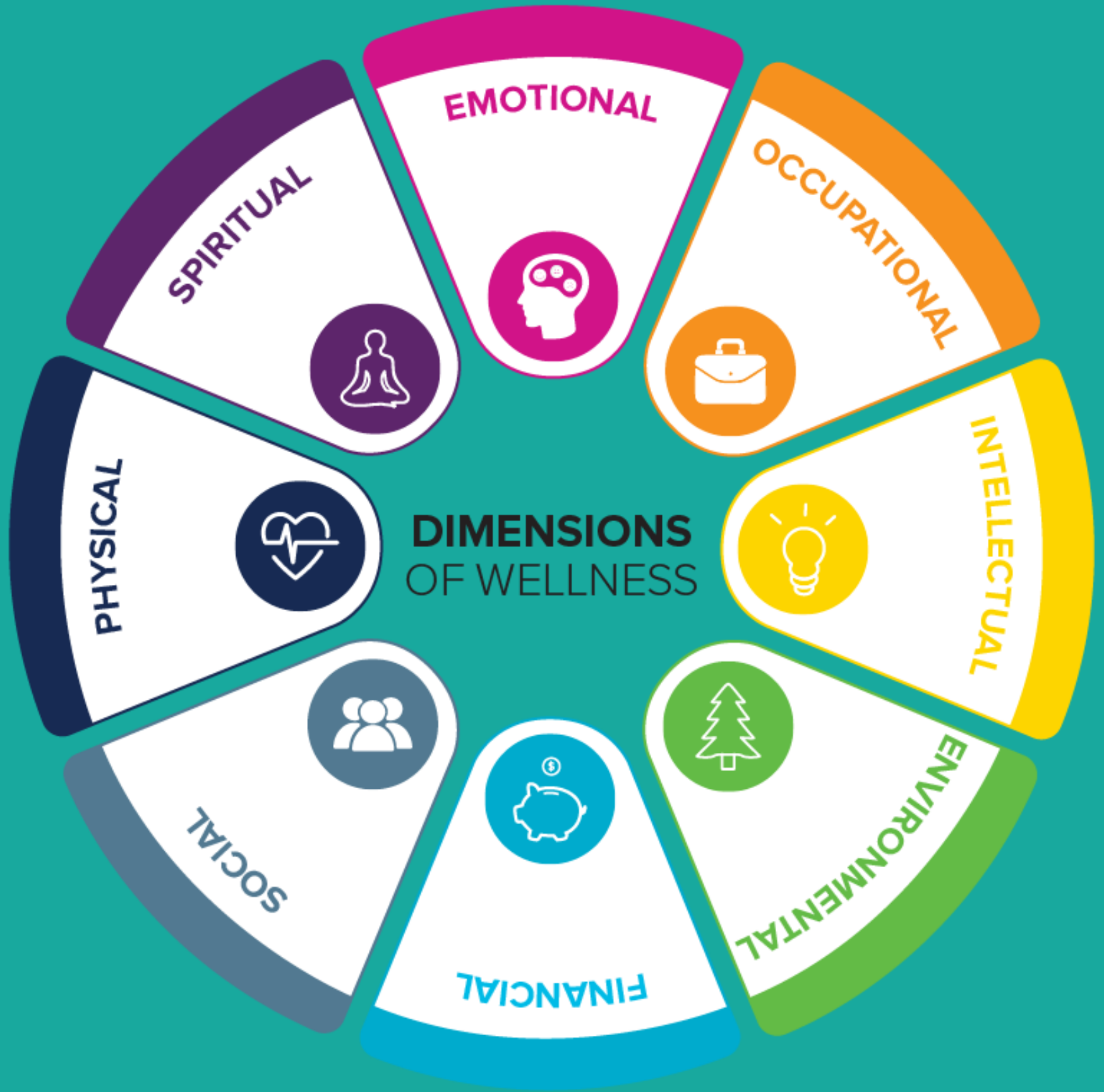
Can you identify your stress response?



Adverse Childhood Experiences (ACEs)



8 DIMENSIONS OF WELLNESS



SOCIAL WELLNESS



Involves having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

EMOTIONAL WELLNESS



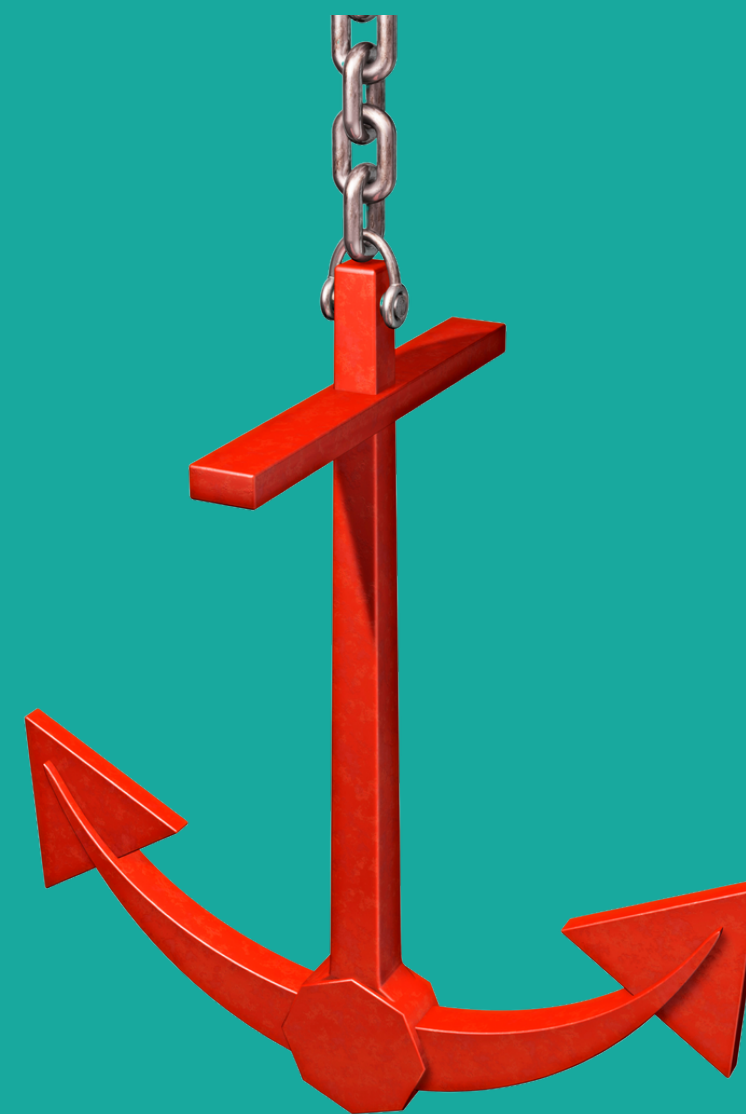
The ability to express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life.

QUOTE



**"LIFE'S ROUGHEST STORMS PROVE THE
STRENGTH OF OUR ANCHORS."**

WHAT IS AN ANCHOR?



ACTIVITY: CREATE YOUR ANCHOR



- Who has been an anchor for you in your life?
- What about them made them an anchor? (moments, actions, qualities, characteristics)
- What qualities within YOU make you a good anchor for yourself, others, and your community?
 - 01 Strengths
 - 02 Qualities
 - 03 Uniqueness
 - 04 Moments
 - 05 Interests
 - 06 Habits of Self Care

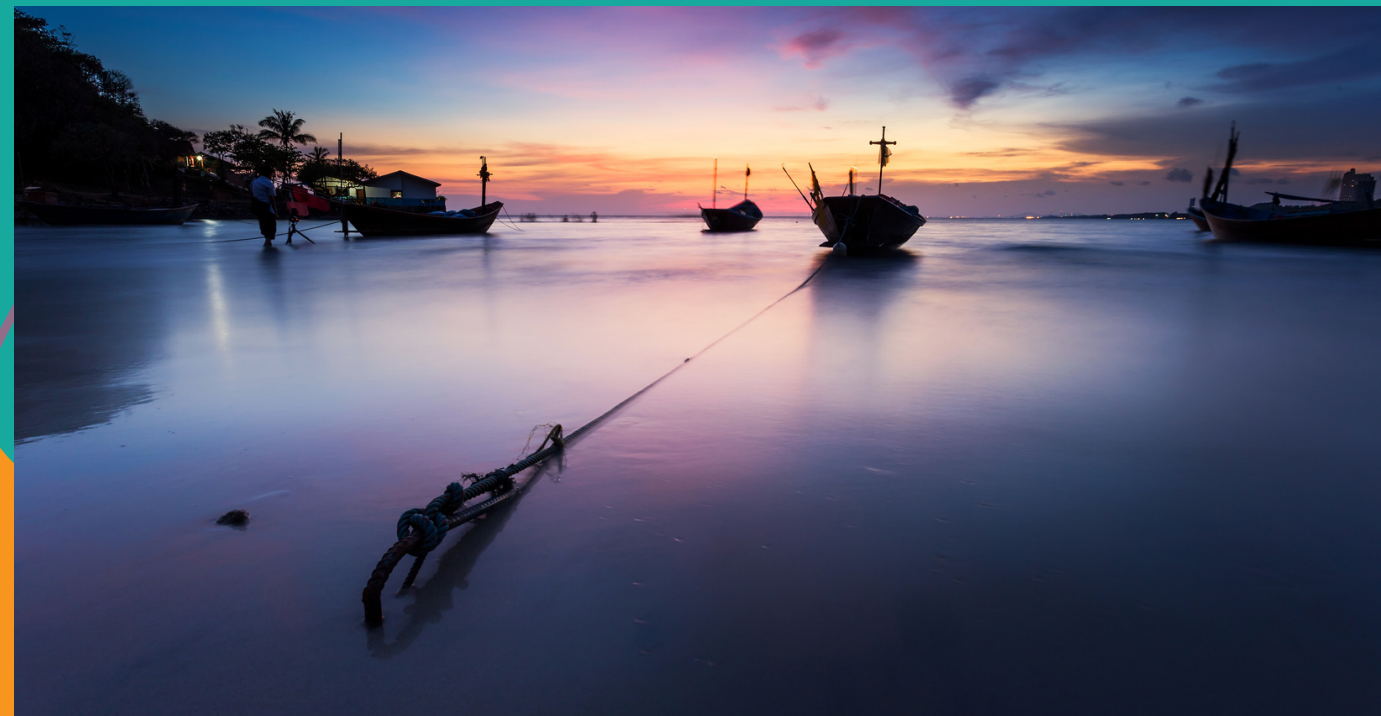
ANCHOR EXCHANGE

Swap anchors with someone you don't know well.

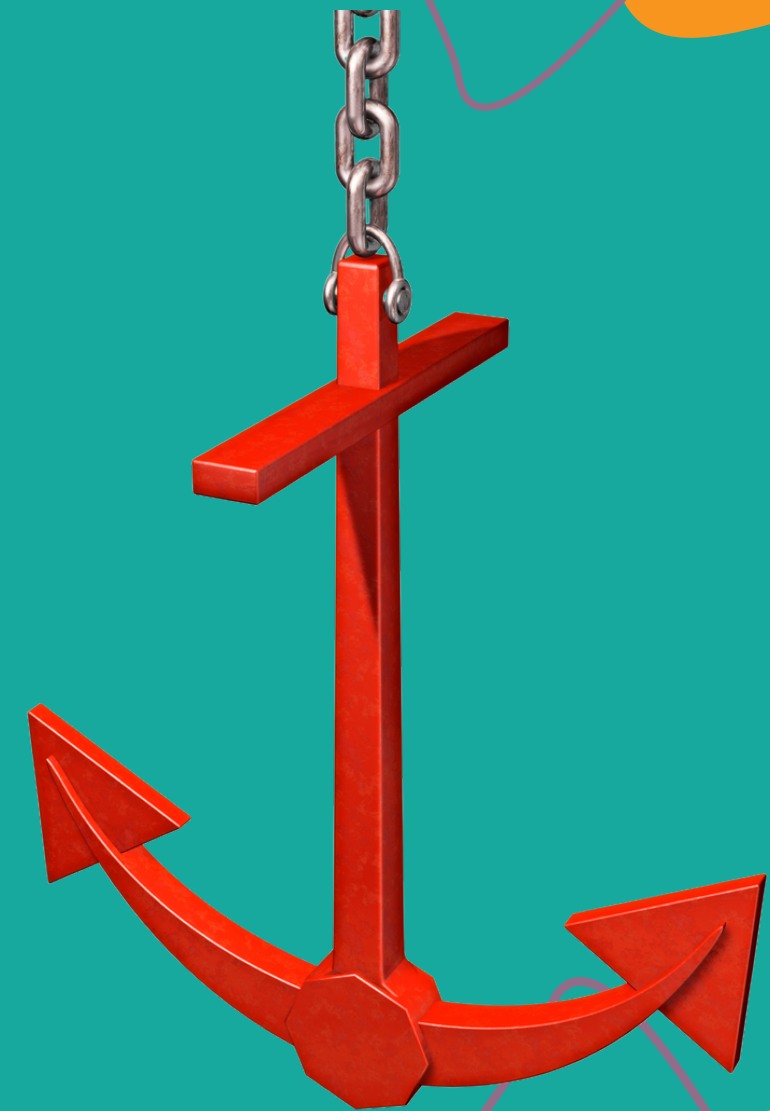
Explain what you drew and what it represents.

What makes you feel connected to yourself?

What makes you feel connected to others?



WHAT CAME UP IN
YOUR
CONVERSATIONS?



ENVIRONMENTAL WELLNESS



Occupying pleasant, stimulating environments
that support well-being; Safety.

Fuel with Essential Oils

The background is a vibrant teal color. In the corners, there are abstract orange shapes with thin purple lines and clusters of small white circles. In the center, there is a detailed illustration of essential oil products: a dark green bottle with a black cap, a clear glass bottle with a black pump, and a dark blue bottle. These are surrounded by various green plants, including a succulent, a fern, and a flowering branch.

Essential Oils

Lavender

Lemon

Eucalyptus

Peppermint

Wild Orange



PHYSICAL WELLNESS



Recognizing the need for physical activity, diet, sleep, nutrition and access appropriate healthcare.

PHYSICAL WELLNESS

What You Do
with Your
Body

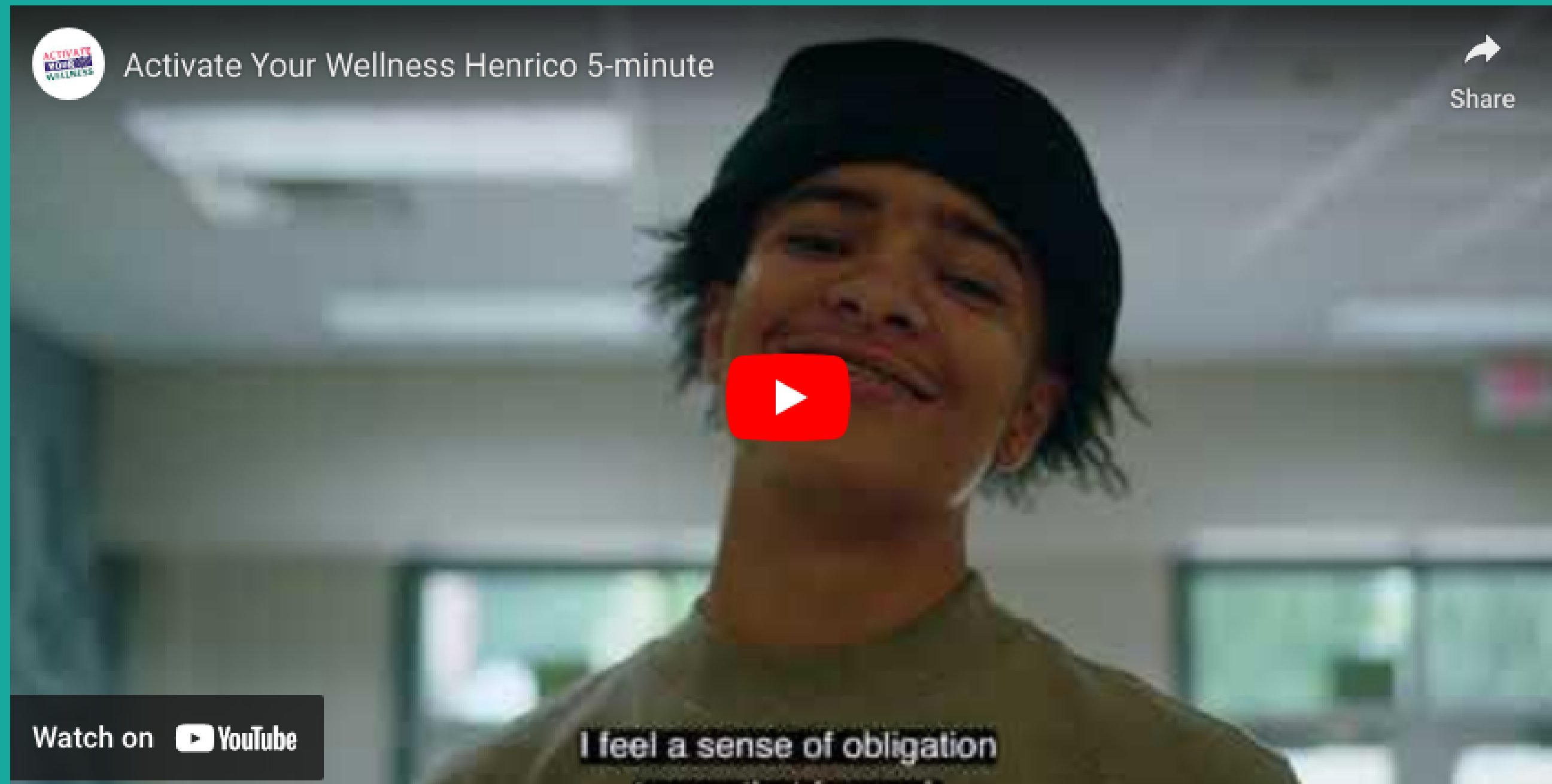


INTELLECTUAL WELLNESS



Recognizing creative abilities and finding ways to expand knowledge and skills.

OCCUPATIONAL WELLNESS



Involves participating in activities that provide meaning and purpose and reflect personal values, interests, and beliefs, including employment.

SPIRITUAL WELLNESS



Expanding our sense of purpose and meaning in life.

BREATHING EXERCISE



FINANCIAL WELLNESS



Satisfaction with current and future financial situations.

FINANCIAL WELLNESS



There are many ways to define wellness. The Substance Abuse and Mental Health Services Administration's (SAMHSA) Wellness Initiative outlines eight dimensions.



FINANCIAL WELLNESS

Financial Wellness involves managing money responsibly by budgeting and saving for your short and long-term goals, like new furniture, a vacation, education costs or retirement funds. This also means understanding how different investments work so you can make smart, informed decisions to live comfortably.

Areas of financial wellness to focus on:

Budgeting

Savings

Debt

Investments/Retirement

FINANCIAL WELLNESS TIPS:

- Set goals that work for you and your family—financial wellness is different for everyone
- Create a budget and look at ways to save on expenses
- If you have debt, make a plan and prioritize paying it off
- Research free resources available in your community or online
- Find a mentor and don't be afraid to ask for help when you have questions
- Put aside money for an emergency fund
- Track the due dates of bills to avoid late fees
- Be careful to avoid "get rich quick" and other scams
- Be aware that gambling and/or gaming can become a problem or addiction



PREVENTING PROBLEM GAMBLING AND GAMING

Gambling or gaming becomes a problem when it causes a negative impact on any area of a person's life, such as family issues, loss of relationships, trouble at work, debt and more.

WHO CAN BE IMPACTED?

People of all ages.

Although most gambling isn't legal in Virginia until 21, children and teens are at risk to develop gambling problems. Research indicates that adults who seek treatment for problem gambling often started gambling at an early age.

RESPONSIBLE GAMBLING AND GAMING TIPS:

1. Set a **BUDGET** for the amount of money you can afford to spend and stick to it.
2. Set a **TIME LIMIT** before you gamble or game. It's easy to lose track of time; set alarms to remind you to stop.
3. Think of gambling and gaming as an **ENTERTAINMENT** expense, like going bowling (**NOT** a way to make money).
4. If you lose the amount of money you set - **STOP** playing. Trying to win back what was lost will usually lead to more losses.
5. To prevent spending more than you budgeted, **LEAVE CREDIT/DEBIT CARDS AT HOME**.
6. **TAKE BREAKS** frequently to give your brain, eyes, and wallet some rest.
7. **AVOID ALCOHOL & OTHER DRUGS** that can cloud judgment and impair control.
8. Only gamble when you are **CLEAR-HEADED** so you can make better decisions.

8 Dimensions of Wellness



WELLNESS Well-ness /'welnes/

"Being healthy in many dimensions of our lives. That includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual parts. These dimensions are interconnected, one dimension building on another."

Source: SAMHSA's Creating a Healthier Life: A Step-By-Step Guide to Wellness

PHYSICAL WELLNESS

Make intentional choices about food/nutrition, exercise and what's good for your body. This includes getting enough sleep, healthcare concerns (like monitoring blood pressure, cholesterol, etc.) and not misusing drugs or alcohol.

- ? Are you getting enough sleep? Do you visit your doctor(s) and dentist regularly?

EMOTIONAL WELLNESS

Manage emotions in a positive way. This can be achieved by taking time for self-care, talking with loved ones or a therapist, or being a part of activities that bring joy.

- ? Do you have effective ways to relieve stress? Who can you add to your support system?

INTELLECTUAL WELLNESS

Do things to keep your brain active like reading, learning new skills, or attending community events.

- ? What kind of brain teasers or games do you enjoy? Do you stay up-to-date on current events?

SOCIAL WELLNESS

Build relationships with others and ensure that all relationships remain healthy and respectful. This can include connecting with family members and friends online or attending events where meaningful conversations are held.

- ? Do you make quality time with friends and family a priority?

FINANCIAL WELLNESS

Manage money responsibly by budgeting and saving for short or long-term goals, like new furniture, a vacation, education costs and/or retirement funds. This also means understanding how different investments work so you can make smart, informed decisions.

- ? Do you know someone who has been successful managing their money and could be a mentor to you? Have you researched free resources, or professional assistance, to get help with your finances?

ENVIRONMENTAL WELLNESS

Enjoy and feel safe where you live, learn, work and play. This includes interaction with nature and caring for your community.

- ? Is your living space filled with things you enjoy? Can you make time to visit green spaces like parks and gardens?

SPIRITUAL WELLNESS

Take time out each day to reflect on your values and beliefs while respecting those of others. Spiritual practices such as meditation or prayer can reduce stress levels while increasing inner peace.

- ? What values, principles, and beliefs are important to you?

OCCUPATIONAL WELLNESS

Explore various career options and go after the opportunities you enjoy. It is important to feel satisfaction through work, but also important to create work-life balance.

- ? Is your resume updated and are your references current? Is there a class or certification you could complete to provide more opportunities for growth and increased pay?

SELF CARE

*Do you let your
cell phone battery
get this low?*



Thank You for Your Participation

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