



KEEP CALM AND CARRY ON: COPING WITH THE New Normal

INSIGHT BEYOND INSURANCE WEBINAR SERIES

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B I N G O				
Ate jellybeans for breakfast	Stood in line for toilet paper	I haven't moved in 10 hours	We're out of beer	I just saw my boss' bedroom
Cleaned out the fridge – no more temptation left	I forget what day it is	I have gained 4 pounds	I have an orange ring of Cheeto dust around my mouth	Binge watched 8 seasons of Prison Break
Crushed 40 levels of Candy	I just watched a workout video	KEEP CALM AND CARRY ON	Webinar fatigue IS a thing	My daughter just got out of bed. It's 4:30PM
Haven't changed out of my sweats in 3 days	Tiger King!	I do laundry everyday	I finished my homework	I polish silver for fun
It's time for the neighborhood dog/kid parade	We're out of ice cream	I am running out of patience	I love social distancing	How can I be this tired when I haven't moved more than 20 feet?





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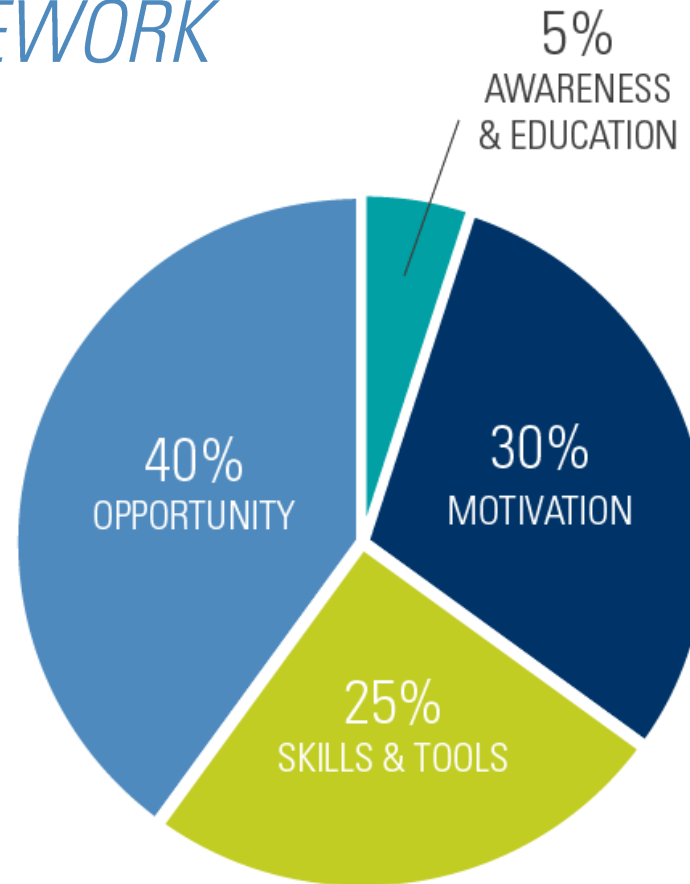
IN TIMES OF UNCERTAINTY I....

- Hide
- Eat junk food
- Binge watch NETFLIX
- Give up my routines
- Clean
- Shop
- Hoard toilet paper
- Thrive



OPPORTUNITY for BEHAVIOR CHANGE

AMSO FRAMEWORK



American Journal of Health Promotion, 2005



WHAT ARE THE AREAS OF WELLBEING WITHIN YOUR CONTROL?



THE TALE OF THE TWO WOLVES

“‘A fight is going on inside me,’ he said to the boy.

‘It is a terrible fight and it is between two wolves. One is evil — he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.’ He continued, ‘The other is good — he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you — and inside every other person, too.’

The grandson thought about it for a minute and then asked his grandfather, ‘Which wolf will win?’

The grandfather simply replied, ‘The one you feed.’”



FEEDING THE WOLF



INCREASING SOCIAL WELLBEING

- Feed the right wolf.
- Check your mood at www.positivityratio.com.
- Have actual conversations.
- Give a Hi Five!
- Practice gratitude.
- What is going well?



AT WORK I FEEL...

- Distracted
- Distanced
- Disorganized



INCREASING CAREER WELLBEING

- Create a designated workspace.
- Stick to your normal hours.
- Agree to PTO with your teams.
- Check the news at intentional intervals.
- Express gratitude.
- Stay physically distanced and socially connected.
- Catch up on continuing professional education.



MY FINANCES...

- Are a mystery.
- Meet my needs.
- Allow me to give back.



INCREASING FINANCIAL WELLBEING

- How can I save money?
- Prepare your tax return.
- Register for a financial workshop.
- Give back, if you can.
- Support local businesses.



I BELONG TO...

- A church
- A gym
- A school
- A fan club
- A neighborhood
- A great place to work



INCREASING COMMUNITY WELLBEING

- Declutter and donate.
- Use Microsoft Teams/Jabber/Skype.
- Find a win and share it.
- Play Bingo!
- Join our 10 @ 10 Challenge



HOW ARE YOU DOING?

- I am thriving.
- I am struggling.
- I am suffering.



INCREASING PHYSICAL WELLBEING

- Structure your day.
- Get 500 more steps than yesterday .
- Get 7-8 hours of sleep.
- Use virtual workout options.
- Eat lunch as a family.
- Stay hydrated.
- Practice stretches for Olympic sitters.
- Try a meditation video (Calm, Headspace).
- Take a multi vitamin.
- Get 15 minutes of Vitamin D.



B I N G O				
Drank 8 glasses of water	Completed a workout video	Slept for 8 hours!	I created a designated workspace today	I just saw my boss' bedroom
Cleaned out my closet and made a trip to Goodwill	We ate lunch as a family today	I got 15 minutes of sunshine	I finished a book—I don't remember a thing about it	I tried a new recipe today. I love parsnips!
Crushed 8 hours of continuing prof education	I mowed the lawn	KEEP CALM AND CARRY ON	I gave a HI Five today!	I made my bed
Haven't changed out of my sweats in 3 days	Tiger King!	I do laundry everyday	I took a metabolic walk after lunch	I polish silver for fun
It's time for the neighborhood dog/kid parade	We're out of spring mix	I am running out of things to organize	I love social distancing	I set boundaries with my team today!





THANK YOU!
QUESTIONS?

