

# MHAM: A Holistic Approach to Well-Being

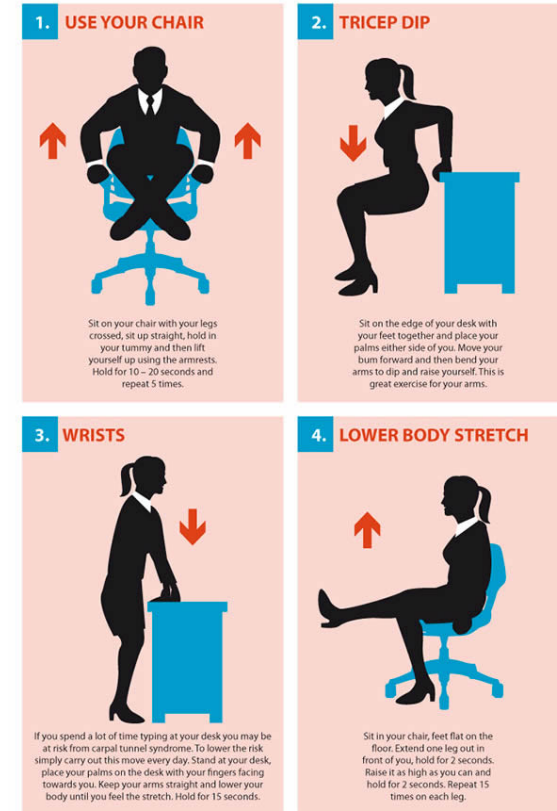
Mind and Body Wellness



# ► Physical Well-Being

## Creating opportunities to stretch and move

- Take a few minutes out of the work day to do some [“office chair” yoga](#)
- Have someone from your organization lead an exercise class, [like Tracey’s](#)—using a chair!
- Send out an “invitation” for everyone to do an online class at the same time, like one of these five minute videos:
  - <https://youtu.be/d8QqXLV3tWM>
  - <https://youtu.be/nQFf38xeBww>
  - <https://youtu.be/nw-TAMUWP3g>



# ▶ Putting some “R & R” into the work day

Refresh, Refocus, Relax...whatever R's will help

- ▶ So often, employees plow through a day without taking a breath. Create a day and a schedule that works for your workforce to show them some of the kinds of activities that will help them reset and come back to their work refreshed.
- ▶ Here was ours:

Time	Activity
9:00am	Make yourself a relaxing cup of tea
10:00am	Take 5
11:00am	Meditation
12:00pm	Take Lunch
1:00pm	Yoga
2:00pm	Get outside
3:00pm	Take 5
4:00pm	Shoulder massage
5:00pm	Watch something motivational

# ▶ Healthy Body = Healthier Mind

## Making the connection between mind and body

- ▶ A recent study done by the Harvard T.H. Chan School of Public Health found that **running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%**.

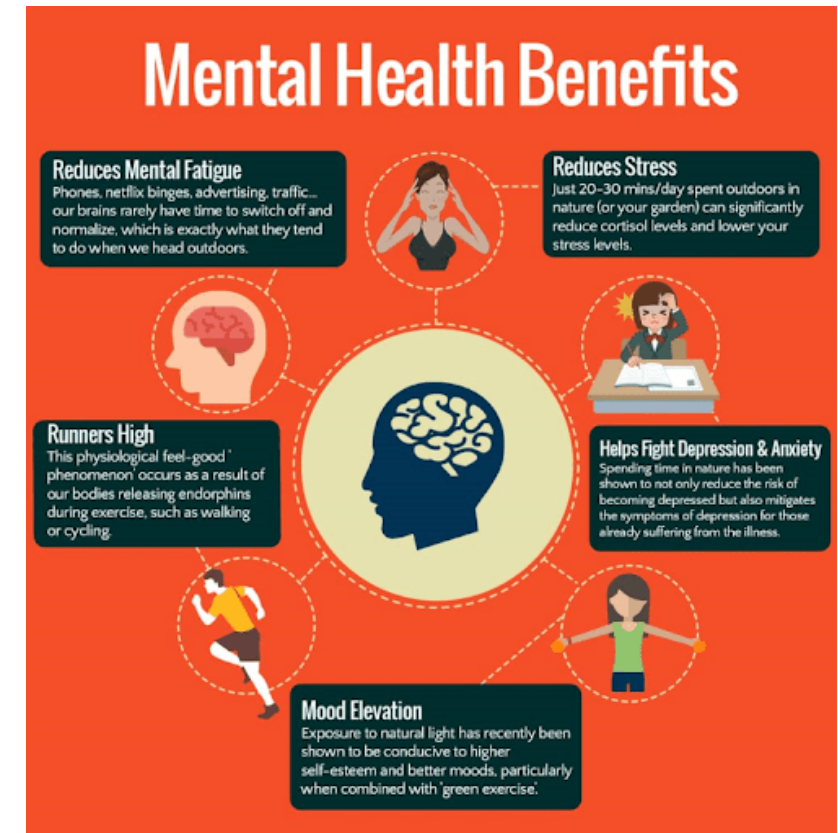
Other mental and emotional benefits of exercise

- ▶ **Sharper memory and thinking.** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.
- ▶ **Higher self-esteem.** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.
- ▶ **Better sleep.** Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.
- ▶ **More energy.** Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise per day, and increase your workout as you feel more energized.
- ▶ **Stronger resilience.** When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and reduce the impact of stress.
- ▶ Source: <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

# ▶ Get Your Workforce MOVING

## Making the connection between mind and body

- ▶ What kinds of stretches or exercises can you encourage employees to incorporate into their workday?
- ▶ Offer incentive programs for activity, healthy habits
- ▶ Can you offer nutrition counseling on-site?
- ▶ Do you have a space or place for walking or simple workouts? Can you make one?
- ▶ Let your work force know it's ok to get up and take a spin around the building or block.
- ▶ Offer healthy snack options in the office.
- ▶ Schedule or encourage stretch breaks



# ▶ Get Your Workforce BREATHING

## Mindfulness, Meditation and other Stress-Busters

- ▶ A recent systematic review in the *Journal of the American Medical Association* (JAMA) found “meditation programs **can result in small to moderate reductions of multiple negative dimensions of psychological stress.**”
- ▶ Take a deep breath.
- ▶ Yoga, breathing and meditation are powerful tactics to reduce stress, improve fitness, and alleviate gastrointestinal difficulties.
- ▶ Yoga, breathing and meditation are proven to lower blood pressure, reduce chronic pain and improve sleep.
- ▶ YouTube has a great collection of yoga and mindfulness videos.
- ▶ Apps like Headspace, Calm, Aura and Inscape provide guided meditation – even just five minutes a day can reap benefits!



# ▶ Other Resources

Study up on the benefits of exercise for your BRAIN

- ▶ [Psychology Today](#)
- ▶ [Mayo Clinic](#)
- ▶ [American Psychological Association](#)
- ▶ [The Lancet](#)
- ▶ [5 Ways to Boost Your Mental Health](#)
- ▶ [Mindfulness for Stress Reduction](#)
- ▶ [9 Ways Mindfulness Helps with Stress](#)
- ▶ [Best Meditation Apps](#)



<https://youtu.be/GNWaWJm1A1g>