

Wellness; Keeping Your Boat Afloat



Heave To

Steering into the wind
(Impact of Physical and Emotional Wellbeing)

Give-way and Stand on

Reduce speed to keep out of another vessels path; continue on course
(Manage Our Wellbeing)

Travel in the Fairway

Head down a navigable channel
(School Districts and Wellbeing)





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HealthyOptions.

Start with the WHY

Why does it matter to you?

Why does it matter to your district?



- Self care
- Purpose
- Mindfulness
- Does this apply at school?



Self-care is....

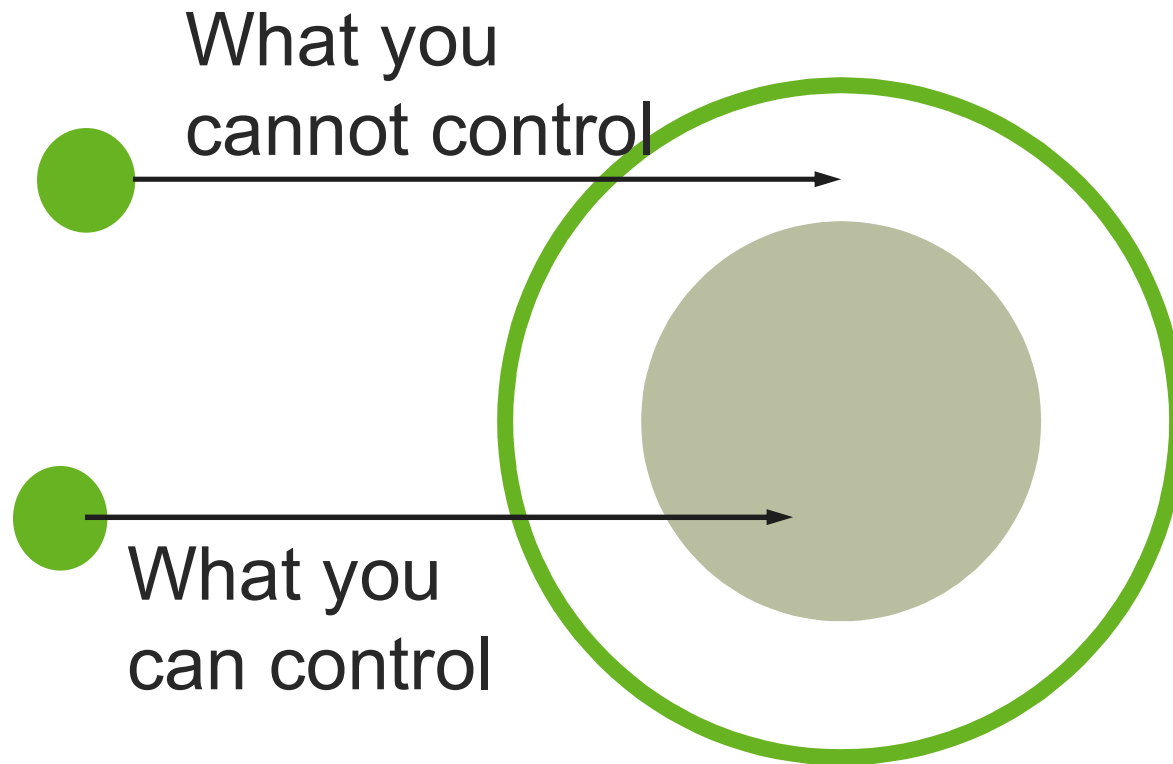
Giving the world
the BEST of you,
Instead of the REST of you.

- Katie Reed



**We can't change what's happening
in life; we can change how we
are experiencing it.**

Control



Well-being

Generally agreed that at minimum, well-being includes:

- positive emotions and moods
- absence of negative emotions
- ***satisfaction with life***

In simple terms, well-being can be described as judging life positively and feeling good.



Wellbeing

Lighten the Load



OR



Build a Stronger Bridge

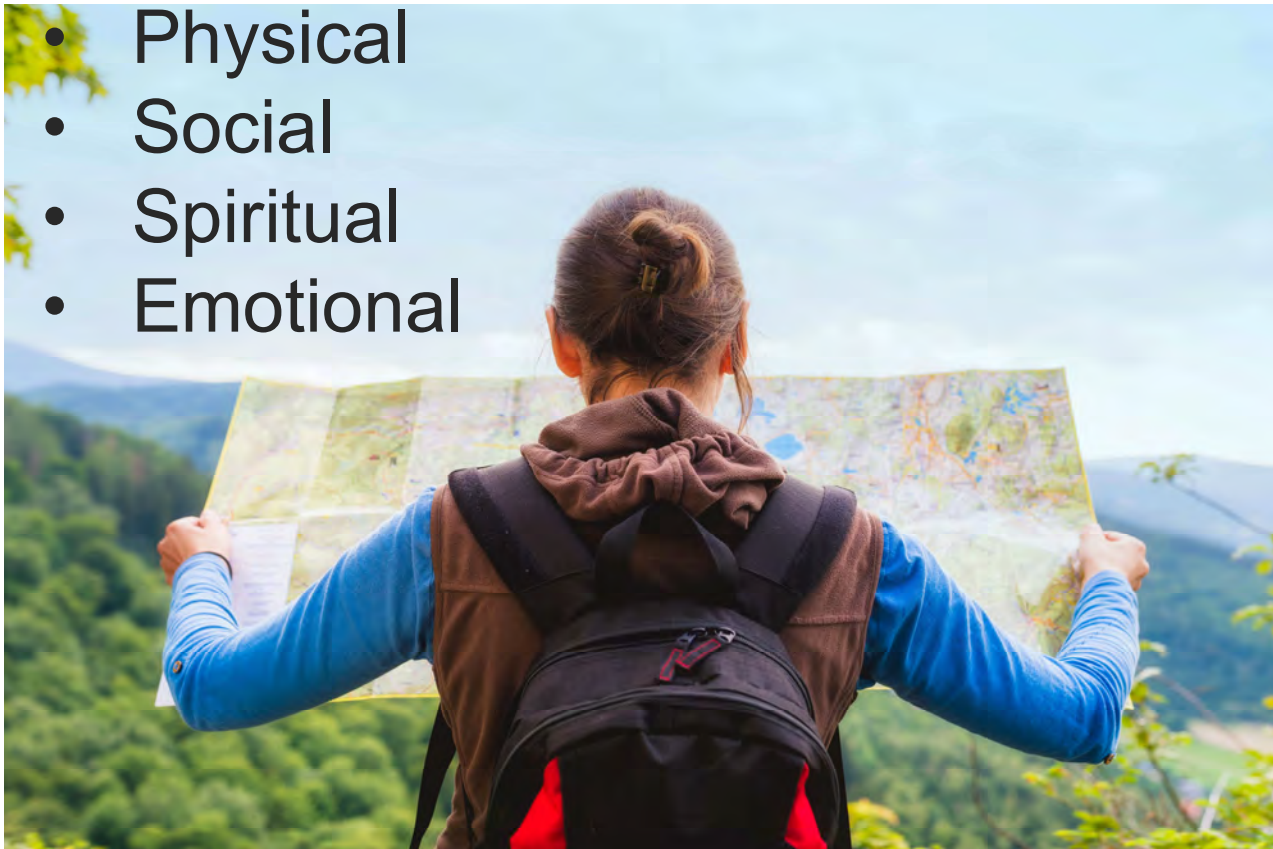
Why is self-care important?

- Prepare yourself to be your best
- Reduce stress
- Reconnect with your self
 - Strengthens your true nature
 - Sets a good example
 - Improves physical and emotional health; mind – body connection



Self-Care

- Physical
- Social
- Spiritual
- Emotional



Physical Self-Care

Take care of yourself with "good" lifestyle choices:

- Physical activity
- Eat healthy
- Hydrate
- Sleep
- Watch the alcohol and caffeine



Assignment – get a check up!

Social Self-Care

Intentional nurturing of friendships
and support systems.

Assignment – get in touch; plan
something social



Spiritual Self-Care

- Religion
- Other spiritual situations, groups, locations



Emotional Self-Care

Do you have healthy ways to process your emotions?

Do you have someone to talk with openly about your emotions?

Purpose – why do we need it?

Research says that having a clear purpose:

- Promotes healthier aging
- Enhances sleep
- Improves sexual satisfaction
- Increases energy and will power
- Decreases risk of heart attack and stroke
- Lowers depression
- Strengthens immune system
- Increases connections; friends

Purpose

A photograph of a desk with a pencil holder, a stack of books, and a camera in the background. The pencil holder is a light-colored, square-shaped container holding several black pencils. The stack of books is on the right side of the desk, and a camera is visible in the background.

Identify your life purpose statements.

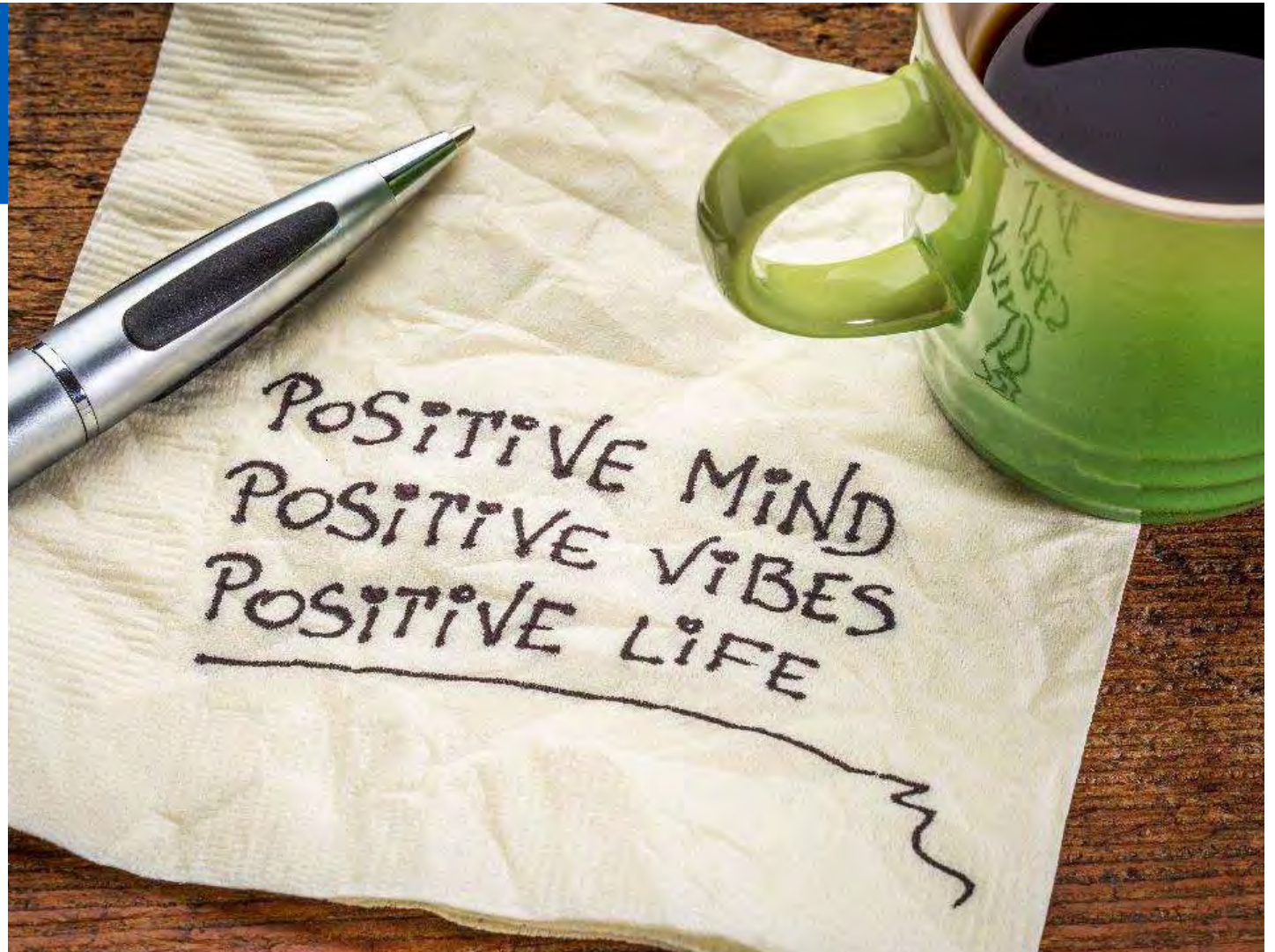
1. Personal
2. Family
3. Work
4. Community

Purpose

Let's talk about your purpose.

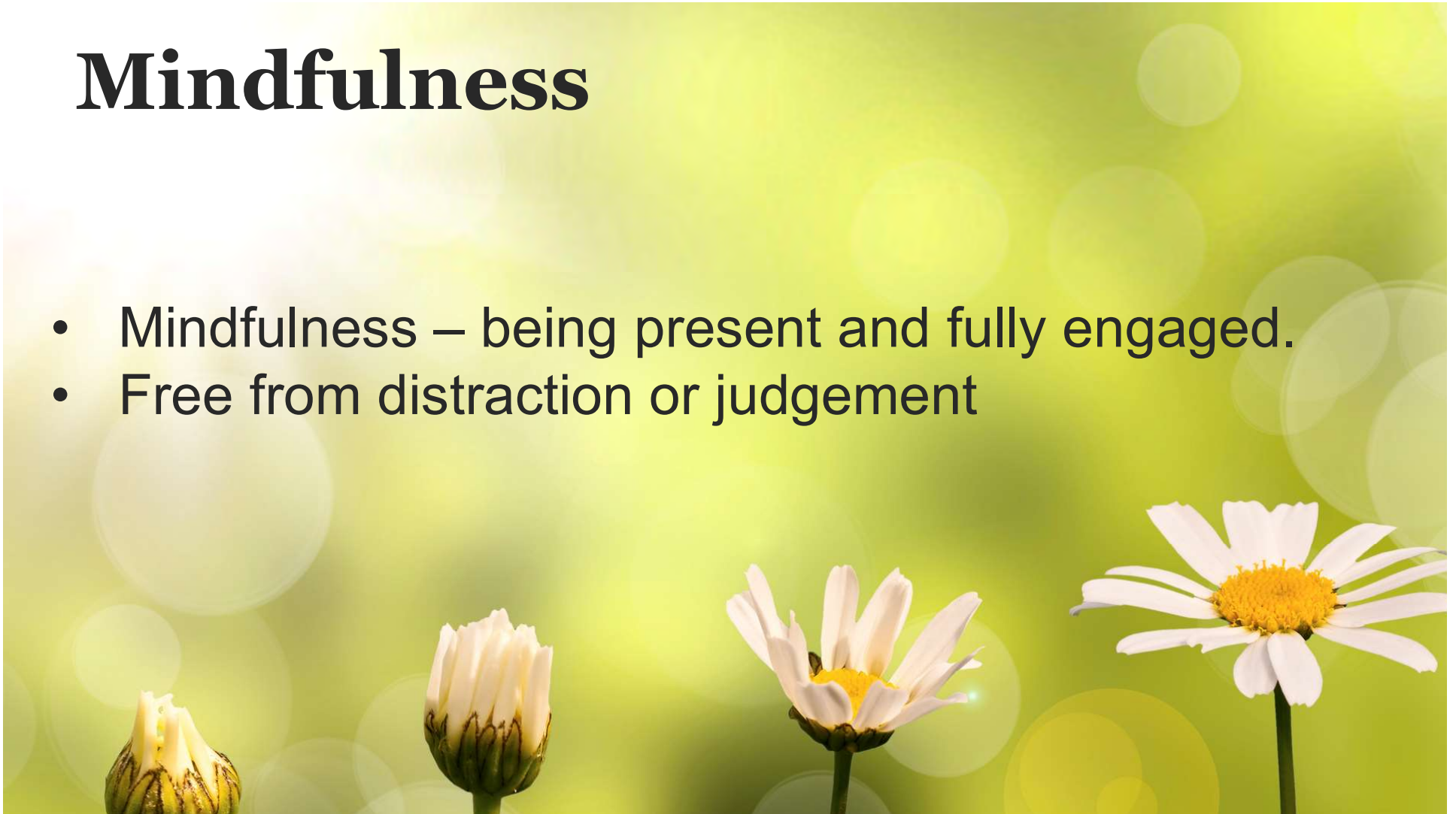
1. Was this difficult for you?
2. Which category felt natural?
3. Which category was less obvious for you?

Mindfulness



Mindfulness

- Mindfulness – being present and fully engaged.
- Free from distraction or judgement



Mindfulness and stress

- Doesn't eliminate stress
- Developing capacity for how to handle thoughts and emotions that arise in challenging situations.



Mental Models

Like water over a rock



Practice

- Learn to adopt an *abundance mindset* (a positive mindset)
 - Less focus on what's wrong
 - Choose gratitude and appreciation
 - **You choose what to focus on**

When we practice mindfulness, we send the message to our brain that we are more effective.



Mindful Attention Awareness Scale

Score yourself:

Describes me = 1

Doesn't describe me = 6

1. I do jobs or tasks automatically, without being aware of what I'm doing.
 2. I find myself listening to someone with one ear, doing something else at the same time.
 3. I drive places on autopilot and then wonder why I went there and realize I didn't see anything along the way.
 4. I snack without being aware that I'm eating.
-

Mindful Attention Awareness Scale

5. I forget a person's name almost as soon as I've been told it for the first time.
6. I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.
7. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
8. I break or spill things because of carelessness, not paying attention, or thinking of something else.

- Kirk Brown and Richard Ryan

Let's try it.

Five Senses

See - 5

Feel - 4

Hear - 3

Smell – 2

Taste - 1



Tools

- **UCLA Mindful Awareness Research Center**
 - <https://www.uclahealth.org/marc/ucla-mindful-app>
- **Headspace** – guided meditation
- **Calm** – meditation/ sleep stories
- **Insight Timer** – meditation for sleep & anxiety
- **Stop Breathe and Think**
 - Also, Kids Meditation & Better Sleep
- Search "Mindfulness Exercises"

Wellbeing

Lighten the Load



OR



Build a Stronger Bridge



Gratitude

- Improves relationships
- Improves health – we pay attention to health more
- Reduces toxic emotions
- Enhances empathy
- Improves sleep
- Improves self-esteem

Amy Morin

Let's try it!

Write down 3 things you are grateful for.

Assignment:

Gratitude journal – every night for a week



Self care - Help Is Available

- Employee assistance program - EAP
- Physician
- Spiritual leader
- Mental health professional
- MiResource





Why is wellness an employer issue?

Health care
spending

Disability
coverage

Productivity

Performance

Improved
atmosphere

Turnover

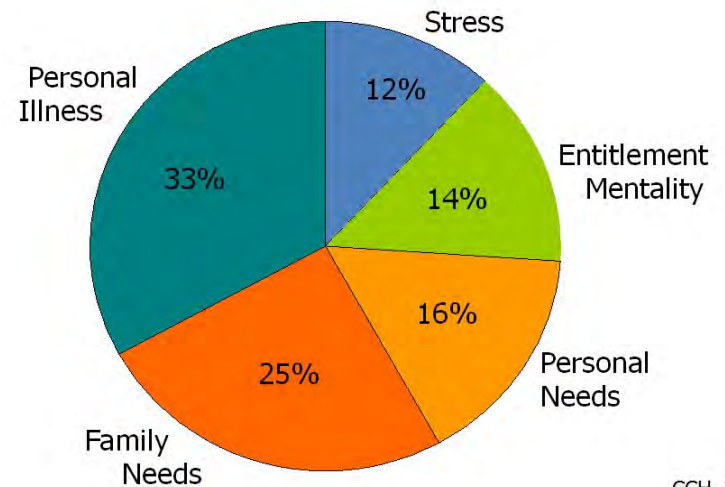


Why schools care?

Because absenteeism costs!

Salary of employee PLUS
pay of replacement

Reasons Employees Are Absent from Work



CCH, 2007



What's the problem?

- Rising chronic health conditions
 - Rising health care costs
 - Rising insurance costs
 - Rising employee burden of cost
 - Rising employee dissatisfaction/discomfort
-



APA's 2021 Work and Well-being survey

- More than two in five employees intend to change jobs in the next year.
 - Nearly three in five employees (59%) have experienced negative impacts of work-related stress in the past month.
-



APA's 2021 Work and Well-being survey

- The vast majority (87%) of employees think actions from their employer would help their mental health, most commonly:
 - offering flexible hours (34%),
 - encouraging employees to use paid time off (30%),
 - and encouraging breaks during the workday (30%),
 - **encouraging employees to take care of their health (32%).**
-

Why schools care





Wellness pays off

- Strong connection between healthy behaviors and academic achievement
 - Healthy students have better attendance and are better learners.
 - School employees who are interested in their own health and who model healthy behaviors are
 - more likely to take an interest in the health of their students
 - And students, in turn, are more likely to engage in health-promoting activities
-



Schools are natural for wellness

- Cohesive staff.
 - Facilities that can support physical activity and healthy eating.
 - A culture of staff education.
 - Built in wellness leaders – nurses, nutrition staff, physical education
-

Wellness Is

C Cultural and
Contagious



Can't control

Age

Gender

Family

Ethnic
background

Can control

Tobacco Use

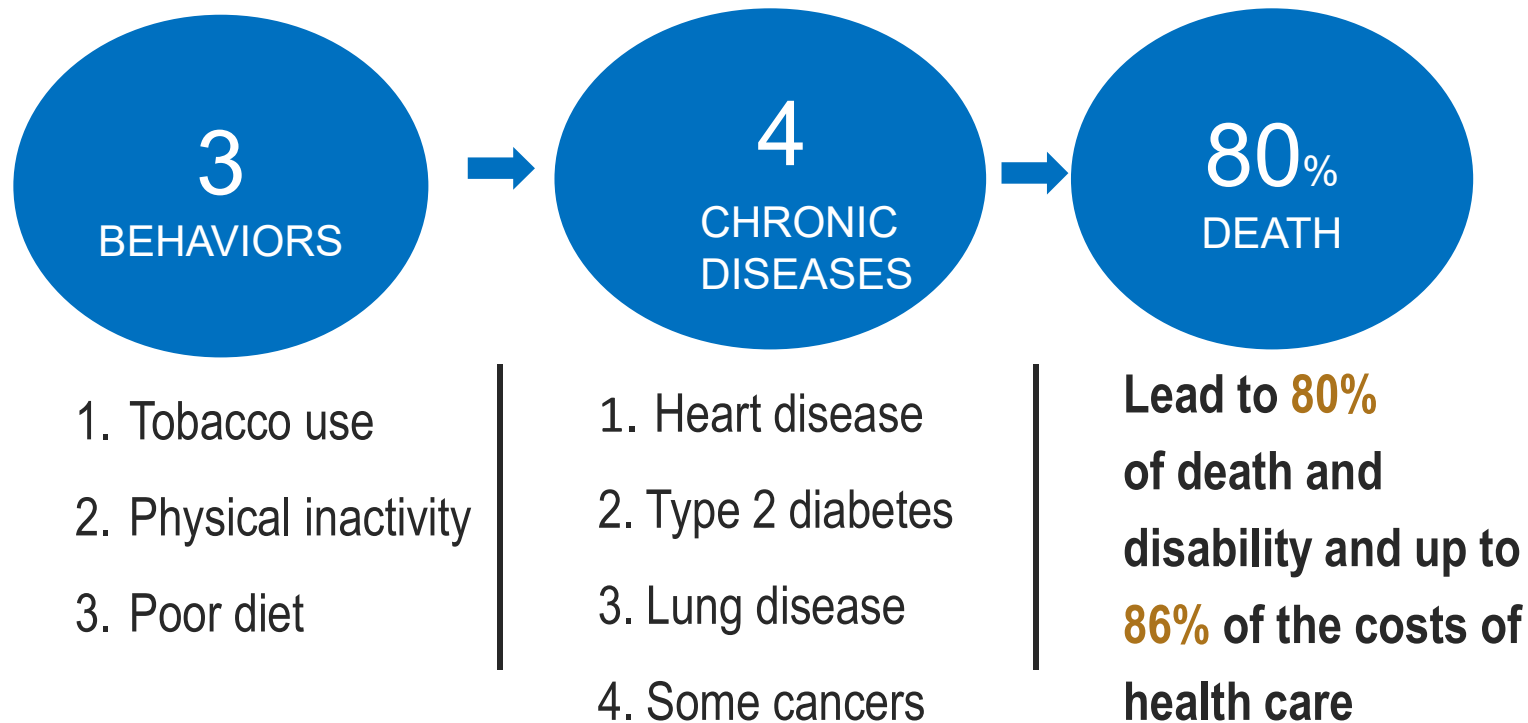
Physical
Activity

Eating healthy
foods

Knowing more
about health



How much does it matter to us all?





What's the problem?

Knowledge does not equal behavior change.



***Don't dig your grave with
your own knife and fork.***

~ English Proverb

Myths

- Easy to change behavior
- People naturally "make good decisions"
- They already know what to do
- They have a supportive environment





If you are in a bad mood go for a walk.

If you are still in a bad mood go for another walk.

~ Hippocrates

School Wellness Policies

As of School Year 2006-2007, all districts that participate in the National School Lunch Program or other federal Child Nutrition programs are required by federal law to establish a local school wellness policy.



Decide

Where you want to go



What you are willing to invest



Connections with BCBSKS

- WebMD Strive Wellness Tool
- WebMD Online Health Assessment
- Blue 365
- Wellness Media Library
- Disease and Wellness Management nurse coaches





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