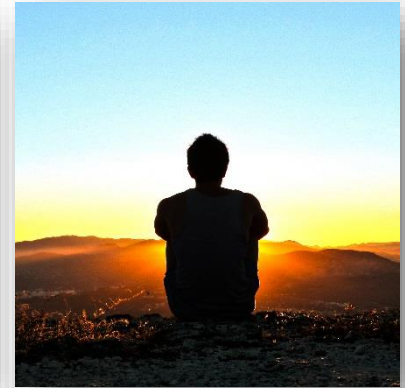


MANAGING STRESS WITH WORKPLACE FITNESS!

MOVING BEYOND DIET & EXERCISE





PIECES

PHYSICAL – WORKING AT YOUR DESK

- Back pain in the back is the 2nd most common reason for a visit to the doctor
- Save your back by
 - Using a standing desk
 - Getting up every 30 minutes to stretch / move around
 - Practicing good posture



PHYSICAL – GOOD POSTURE

- Sit up straight with both feet on the floor
- Don't slouch, cross your legs, or poke your chin forwards to ensure your back and spine are free of unnecessary pressure and stiffness

PHYSICAL – GOOD POSTURE

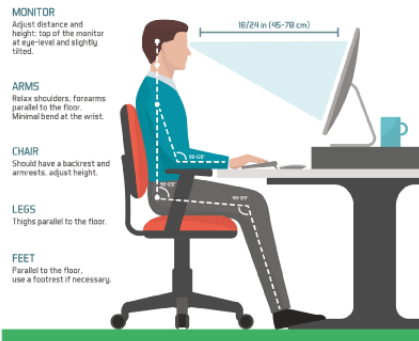


CHECK YOUR
BODY POSTURE

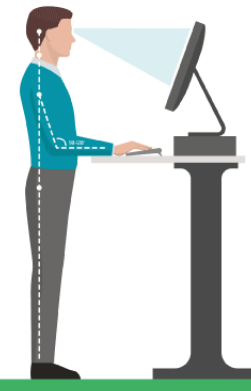
WORKING AT DESK



WRONG SITTING POSTURE



CORRECT SITTING POSITION



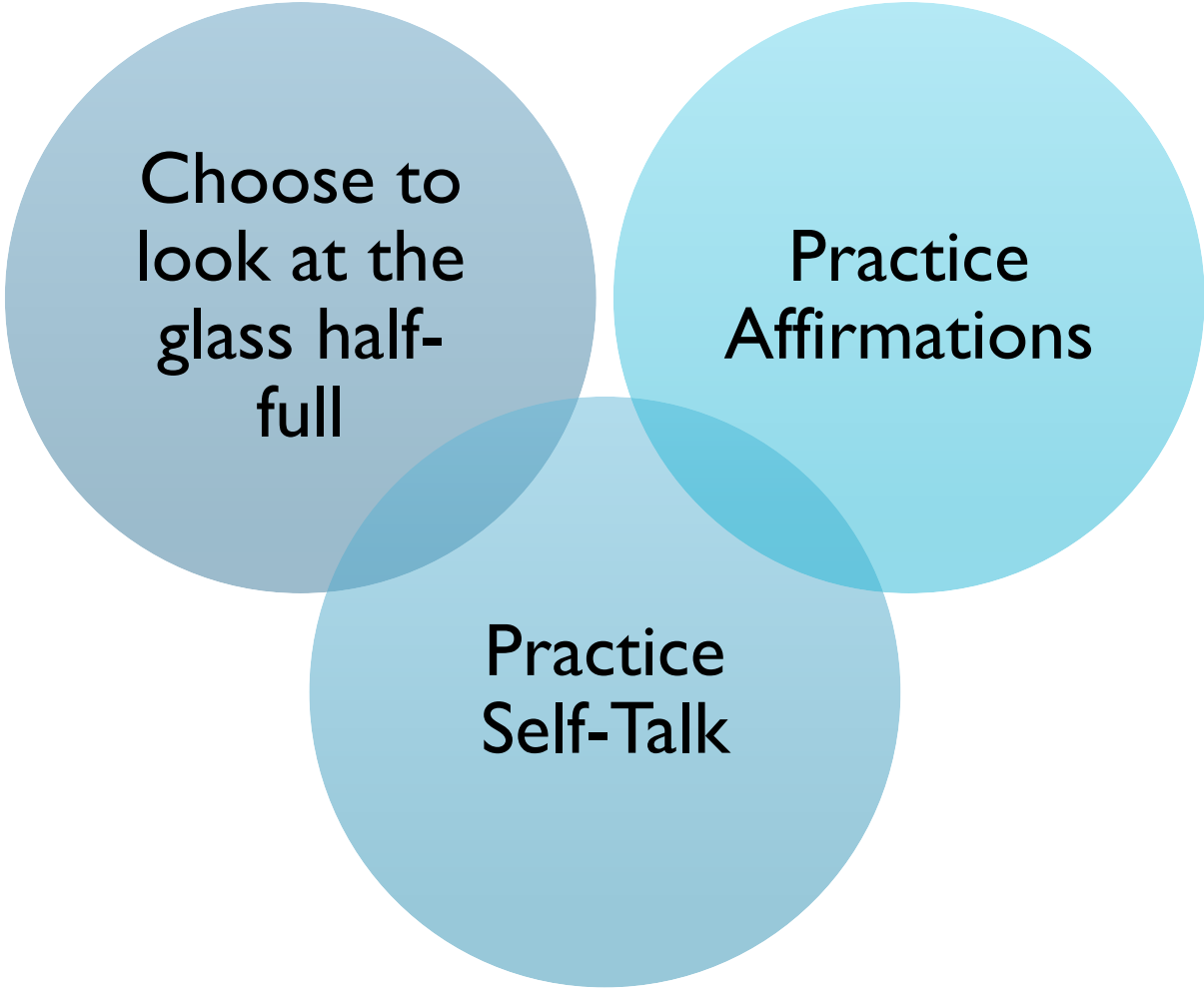
CORRECT STANDING POSITION

PHYSICAL – TIPS TO EATING WELL AT WORK

- Don't eat at your desk
- Pack your lunch
 - Avoid packing highly processed foods
 - Bring fruits, veggies, and whole grains
 - Hydrate with water rather than other beverages



INTELLECTUAL – OPTIMISM



Choose to
look at the
glass half-
full

Practice
Affirmations

Practice
Self-Talk

CHANGE YOUR WORKSYTLE

Set Priorities

- Make a to do list with the important items at the top

Change your Outlook

- Try to look at the situation from a different view to better understand it

Be Open to Change

- Change may seem scary, but it could turn out for the better

Be Committed to Doing Your Best

EMOTIONAL – LAUGHTER IS THE BEST MEDICINE

Research shows that laughter increases relaxation and a real belly laugh can relax muscles more than a vigorous massage



EMOTIONAL – BENEFITS OF HUMOR



Physical Benefits:

- Blood Pressure Goes Down
- Muscles Contract & Relax
- Endorphins Increase
- Pain is Reduced
- Energy Increases
- Immune System gets a Boost

Psychological Benefits

- Tension & Depression Decreases
- Perspective & Attitude Improve
- Creativity Gets a Boost
- Problems Feel More Under Control
- Barriers & Conflicts Dissolve
- People Bond

EMOTIONAL – BE POSITIVE, BE THANKFUL

- Focus on the positive things in your life and be grateful for what you DO have
- Make a list every morning of some things you are grateful for: family, friends, health, your job, house, etc.
- Although we may think so, money rarely brings happiness. Instead, try a new hobby, do something new, or connect with people who make you happy.



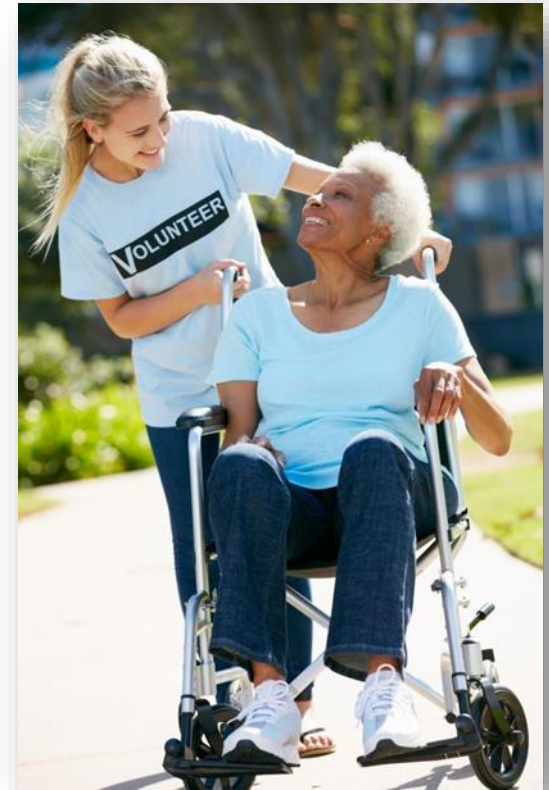
COMMUNITY & RELATIONSHIPS

- Friends, Family, Coworkers, Church, Therapist, Neighbors, etc.
- Practice Good Communication Skills
- Make the Most of Relationships You Have



COMMUNITY – GET INVOLVED

- Volunteer
 - Research places in your community to get involved
 - Meet new people in your area that have similar interests as you
- Join or create an employee team to serve in areas such as the foodbank, humane society, or Habitat for Humanity.



ENVIRONMENTAL – YOUR WORKSPACE

- Organize your desk
- Add personal touches such as pictures, children’s artwork, or notes
- Make it homey: buy a live plant or scented candles for your workspace
- Try a standing desk or sit on a stability ball at your desk
- Screen Filters will reduce blue light from your computer screen



MEDITATION & BREATH WORK

4-7-8 RULE

EXHALE COMPLETELY

BREATHE IN FOR A COUNT OF 4

HOLD BREATH A COUNT OF 7

EXHALE THROUGH MOUTH FOR

A COUNT OF 8

VISUALIZATION





QUESTIONS?



4-7-8 RULE

EXHALE COMPLETELY

BREATHE IN FOR A COUNT OF 4

HOLD BREATH A COUNT OF 7

EXHALE THROUGH MOUTH FOR A COUNT OF 8

