

Wellness for Personal & Professional Practice

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Participants will be able to

- Define wellness self-care
- Consider how wellness self-care promotes satisfaction with work and personal life
- Examine tools for self-reflection and self-care
- Identify factors that interfere with self-care
- Consider strategies for self-care

Creating Balance for Personal and Professional Well-Being

- Focus on self care & personal well being
- Maintain work-life balance
- Create and sustain a support system separate from work
- Use a wellness approach to support the people you serve

Why Self-Care is Important?

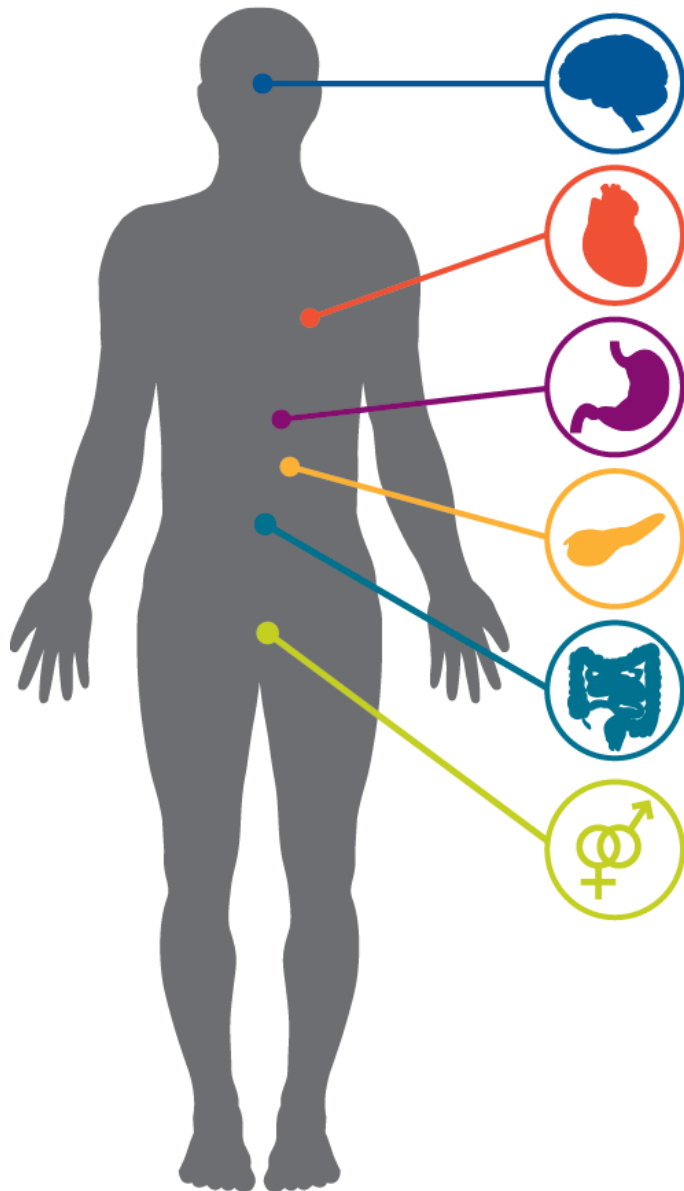
- You are important!
- Personal wellness is essential
 - Build on your strengths
- Pay attention to your needs
 - Need to care for you to care for others
- Get into the habit of attending to your own wellness to support others

*Caring for yourself
is as important as
caring for others!*

FALL IN LOVE
WITH TAKING
CARE OF YOURSELF.
MIND-BODY-SPIRIT.

What is stress?

- How you react to stressors
- Stressors are the events, conditions, changes, and demands in your life
- High stress affects physical and mental well-being and performance in work, school, and other life roles



Brain and Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)



Heart: Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack



Stomach: Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite



Pancreas: Increased risk of diabetes



Intestines: Diarrhea, constipation and other digestive problems

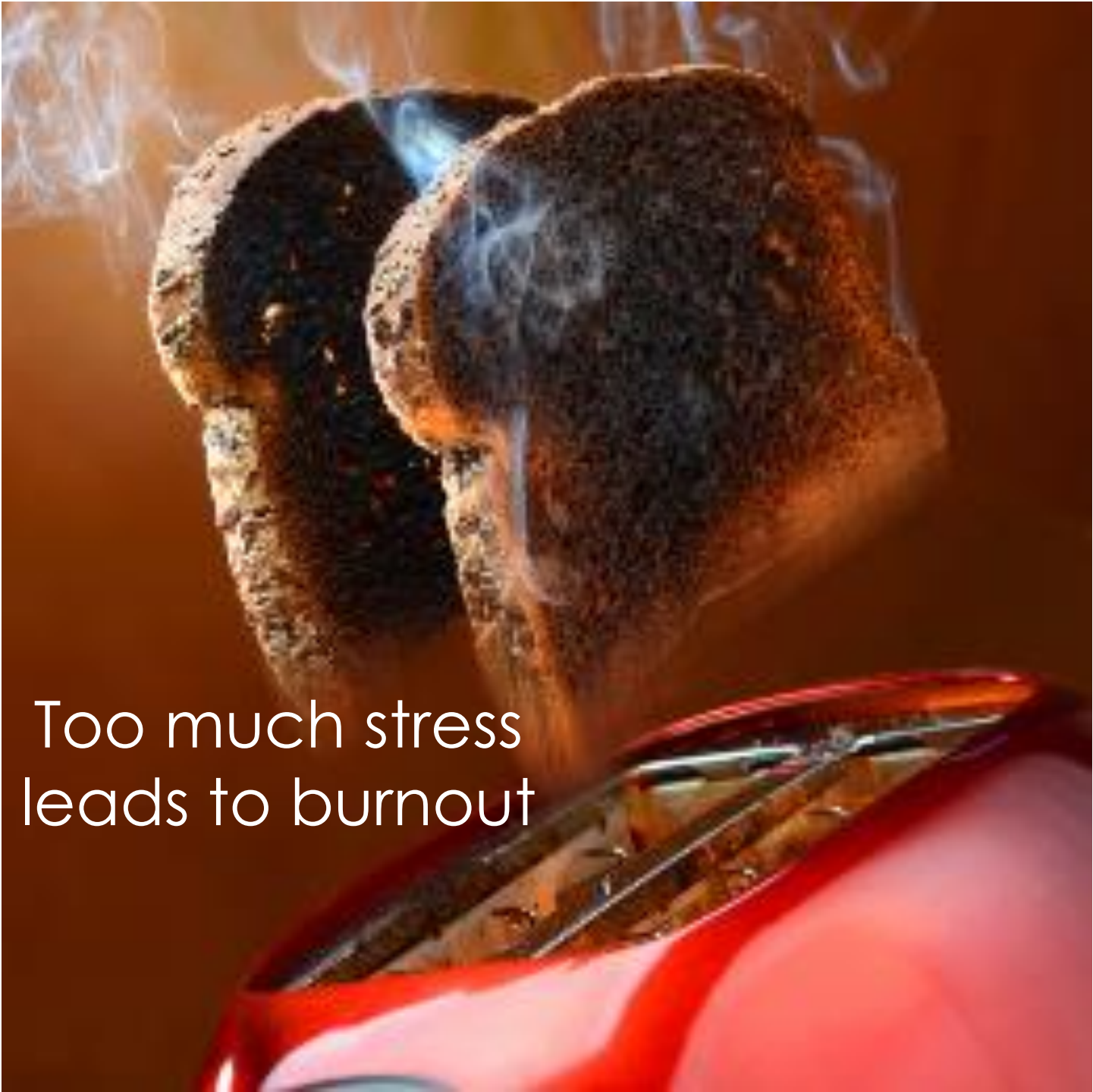


Reproductive Organs: For women-irregular or painful periods, reduced sexual desire. For men-impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)

Effects of Stress

www.mentalhealthamerica.net



Too much stress
leads to burnout

What is Burnout?

- Exhaustion
- Depersonalizing
 - Objectifying others
 - Loss of concern
- Reduced accomplishment



Signs of Stress

- Headaches
- Nervous stomach
- Change in appetite
- Rapid breathing
- Rapid heart rate
- Sweaty palms
- Irritability, anger
- Anxiety
- Depression
- Dissatisfaction
- Insomnia
- Fatigue

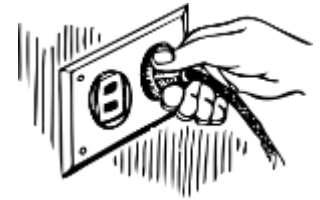
Strategies for Stress

- Breathe - Unplug
- Mindfulness moments
- Take control - Planning
- Wellness self-care
- Social support
- Sleep
- Activities you enjoy

Strategy 1

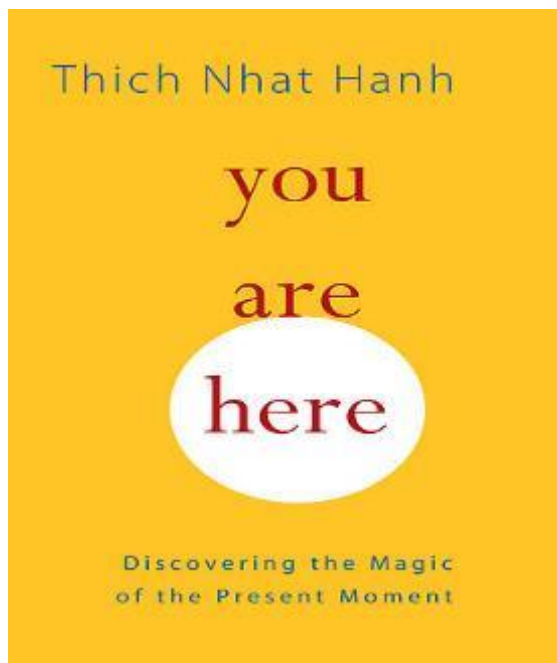
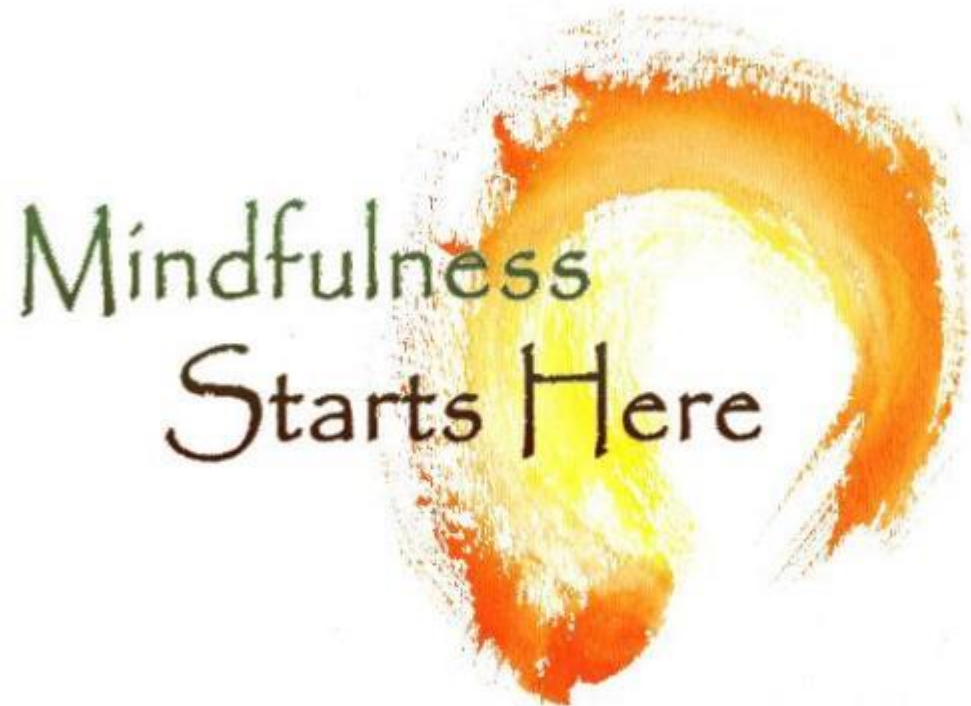
Breathe or Unplug

- Sit quietly
- Breathe deeply and slowly
- Continue for five or six breaths



It is calming and the extra dose of oxygen increases the brain's thinking ability

Mindfulness Moment



Ancient Wisdom

“Do You Make Regular Visits To Yourself?”



Rumi 13th Century

Meets Contemporary Neuroscience

“One of the best things we can do is to develop a reflective habit of checking in with ourselves at least a couple times a day, taking note of the emotional “weather” without judgment.”

John Christensen, PhD

American Psychological Association “Research-based strategies for better balance”
July/August 2016, Vol 47, No. 7

Self-Care: Mindfulness

- Non-judgmental awareness
- Appreciation of the moment



Take Control- Planning

- Plan ahead
- Make a realistic to-do list
- Follow a written plan
- Set goals and follow through
- Avoid procrastination!
 - Do the most important things first

Wellness Self-Care



Self-care

- Planned and deliberate action
 - activities you do daily/weekly to meet needs and manage your stress
- Actions to get and stay physically healthy
 - an important way to control and manage stress
- Activities are what you do to get well, feel well, and stay well

Focus Holistically: 8 Wellness Dimensions



Mindful Moving !

- Exercise regularly
- Remember—it's all in your head
(and in your shoulders)
 - ✓ Roll your head loosely in a wide circle. Repeat 5 times.
 - ✓ Tighten right shoulder and raise it as far up as possible.
 - ✓ Hold, then relax slowly.
 - ✓ Repeat with left shoulder.
 - ✓ Repeat with both shoulders.

Social Support

- Find someone you trust
- Discuss the problem
- Look for solutions

- Who are your supporters
- How can they help your stress / wellness?

Support

- You are not alone!
- The value of peer support
- Reach out when you need it
- Gaining information from someone in a similar situation
- Learn from the shared experience



Sleep

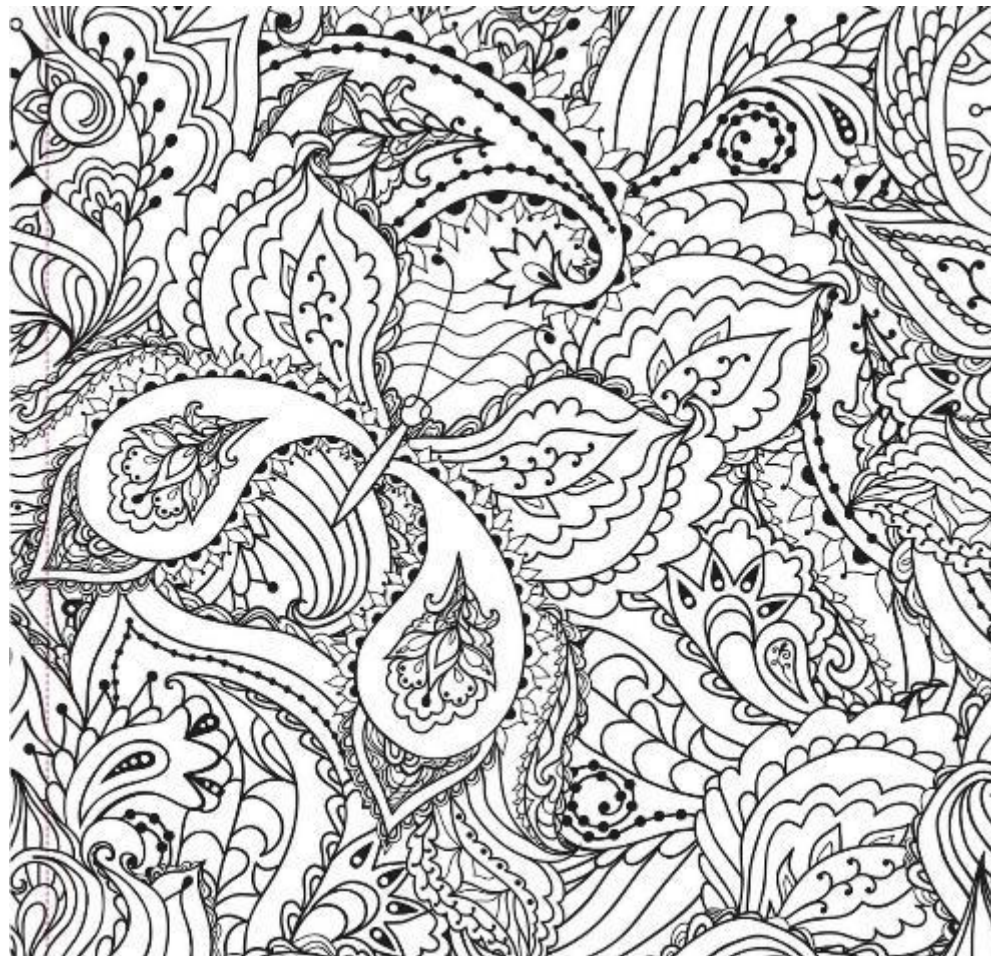
- The best stress-buster!
- An active state
 - The brain recharges while the body rests
- Important for survival
- Helps healing and recovery
- Prevents illness



Sleep Hygiene

- Regular sleep schedule
- Relaxing bedtime routine
- The right sleep environment
- Regular exercise (not too late)
- Avoid caffeine, nicotine, and alcohol close to bedtime
- Don't fight to sleep!

Activity You Enjoy



Yoga Stretch



*Thank
You*
for your time

