

# Cultivating Wellness for Personal and Professional Well-being

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# Presentation Outcome:



Increased knowledge of how to enhance each of the six dimensions of wellness, including use of stress reduction strategies to promote calm and relaxation.

# Six Dimensions of Wellness

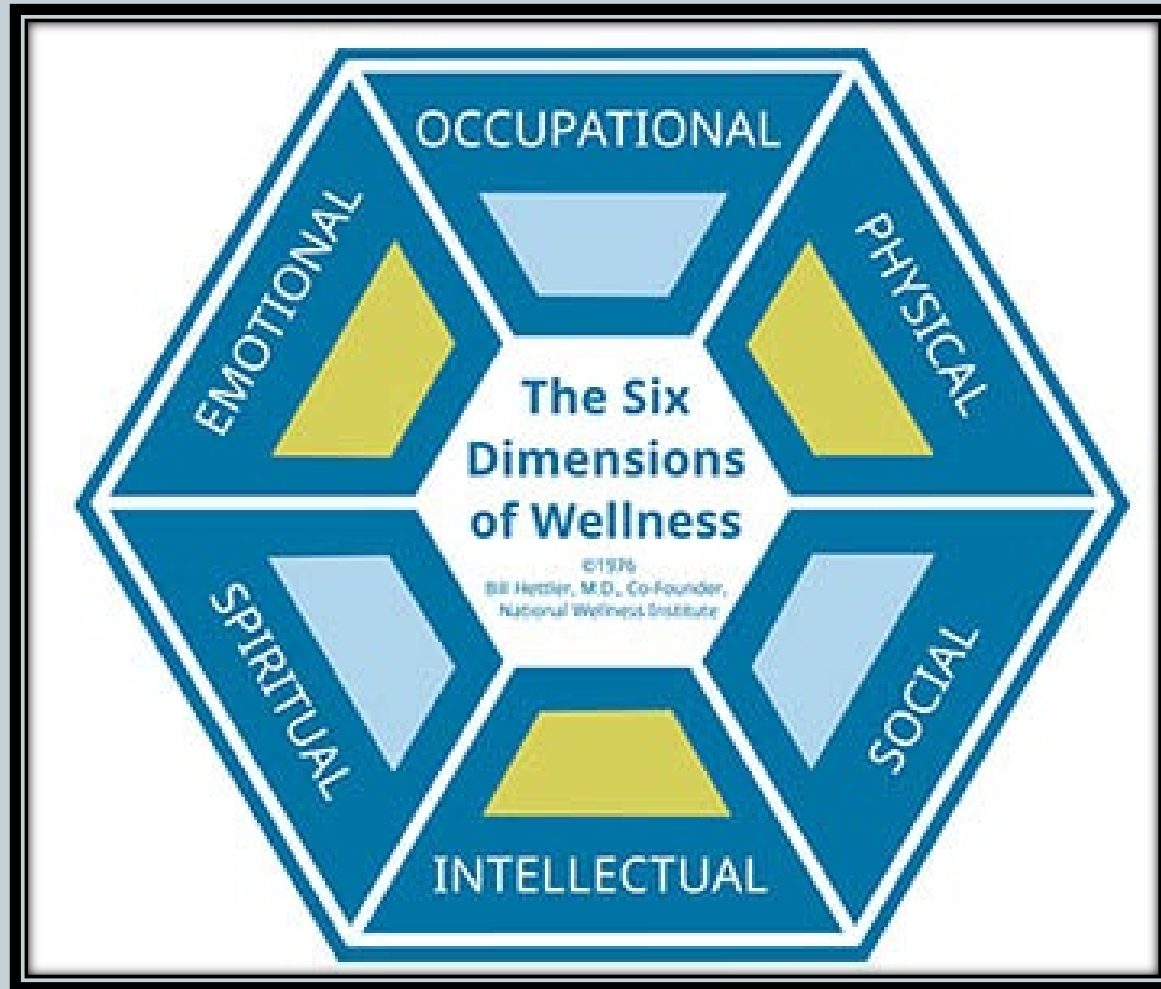


- Wellness is divided into 6 different dimensions:

Physical  
Intellectual  
Spiritual

Social  
Occupational  
Emotional

# Six Dimensions of Wellness



# Physical Wellness



# Physical Wellness



Optimal physical wellness is achieved with:

- Regular physical activity
- Well-balanced nutrition
- Avoiding tobacco, drugs, and excessive alcohol consumption
- Monitoring medical needs and taking action when necessary



# Social Wellness



# Social Wellness



Encourages contributing to one's environment and community, and the people around you.

This includes:

- Good communication
- Meaningful relationships
- Respecting yourself and others
- Having a strong support system



# Actions That Promote Social Wellness



- Volunteering your time with your local food banks, churches, schools, animal shelters, and other environments that support the common welfare of your community
- Live in harmony with those around you
- Encouraging and supporting those around you
- Nurturing healthy relationships, or removing unhealthy relationships in your life

# Occupational Wellness



# Occupational Wellness



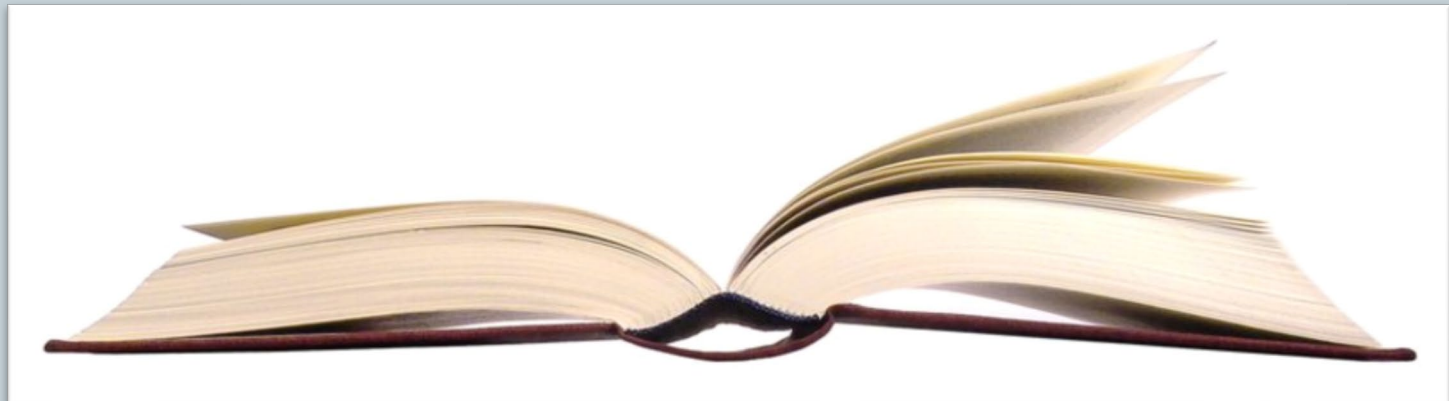
- Refers to one's relationship with their job
- Recognizes personal satisfaction and enrichment in one's life through work
- Allows one to use their skills and experience in the best way possible
- Occupation ideally adds purpose and happiness to your life
- Being satisfied with your job leads to lower stress levels

# Actions That Promote Occupational Wellness



- A career that is consistent with your own personal values, interests, and beliefs
- A career that is rewarding
- Continually developing new functional skills in your career
- Enjoying the work you do

# Intellectual Wellness



# Intellectual Wellness



- Stimulating the mind with creative and challenging mental activities through problem solving, creativity, and learning
- Continually expanding knowledge and skills, while sharing knowledge with others
- Cherish intellectual growth and stimulation

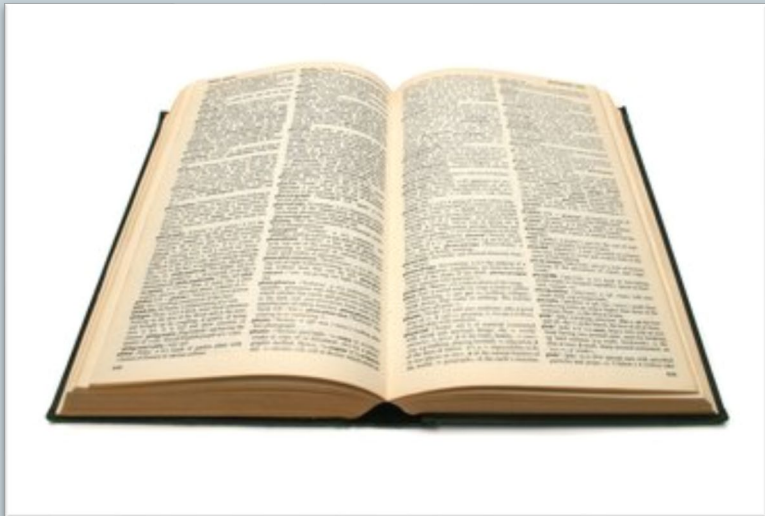


# Actions That Promote Intellectual Wellness



- Challenging your mind with games, puzzles, etc.
- Playing a musical instrument
- Learning something new
- Further developing a skill you have
- Identifying and solving problems
- Continuing education

# Spiritual Wellness



# Spiritual Wellness



- Recognizes our search for meaning and purpose in human existence
- Influenced by the paths we take in life that shape unique versions of our own spirituality, from both good and bad experiences

# Actions That Promote Spiritual Wellness



- Ponder your own meaning of life, rather than just listening to those around you
- Live each day with your own values and beliefs in mind
- Your actions are consistent with your values and beliefs

# Emotional Wellness



# Emotional Wellness



- Recognizes awareness and acceptance of one's feelings
- Includes an individual's attitude toward themselves and their own life
- Emotional management
- Maintaining healthy relationships with others
- Coping with stress



# Actions That Promote Emotional Wellness



- Be aware of your own feelings and accept them
- Express your feelings freely, without fear or embarrassment
- Be optimistic in your life, rather than pessimistic
- Maintain satisfying relationships with others that support you
- Healthily manage your emotions and stress
- Seek balance in personal/work life

# Applying the Six Dimensions to Your Life



- Now that you know more about each dimension of wellness, you can be aware of how your actions play a role into your own state of wellbeing, and make the appropriate changes to your own life.
- Akron Children's Hospital Wellness provides many onsite opportunities to help you achieve personal wellness.

# Wellness At Akron Children's Hospital



ACH Wellness offers many different programs and activities for employees, including:

- Walking Programs
- On-site Fitness Classes
- Employee Wellness Committee with bimonthly meetings
- Annual Health Risk Assessments and Health Screenings
- Health Fitness Health Coaching
- Fitness Facility Discounts
- Smoking Cessation tools
- Wellness Challenges/Games
- Desktop Spa
- Lunch & Learn Health Education Programs
- Weight Watchers at work
- Healthy Eating options like WellSmart meals and the Crown Point share delivery program



# On-Site Health & Fitness Classes



Yoga: Monday and Tuesday evenings

Weight Watchers: Tuesdays 12pm-12:30pm (weigh in starts at 11:30am)

ReZist Fitness ( HIIT): Wednesday evenings

Stretch and Destress: at noon every Wednesday

Walking Thursdays and Walking Mondays

Crown Point: (fresh local organic produce) Share Delivery every Thursday

\*All fitness classes require a completed Fitness Program Registration Packet to be turned into wellness staff *before* attending classes.

# Annual Wellness Incentive



How to earn it:

There is an annual wellness incentive available for any employee who completes both the online Health Assessment (HRA) and partakes in a professionally entered biometric screening through Health Fitness Corp., our wellness vendor.

Go to <https://akronchildrens.biovia.healthfitness.com> or contact Health Fitness at 1-866-999-9129 for more information.

# Where To Get More Info About ACH Wellness



- Bulletin board – 6<sup>th</sup> floor, across from room 6316
- Online Calendar – Wellness events listed
- Read the Short Sheet Weekly Newsletter each week for wellness updates
- Contact Mary Lynne Zahler, Wellness Manager, at [mzahler@akronchildrens.org](mailto:mzahler@akronchildrens.org) or 330-543-4708
- Visit the following link for more information on Wellness programs, resources, and other updates:  
<http://mykidsnet.chmca.org/myHR/Wellness/Pages/WellnessHome.aspx>



# Stress & It's Effects



- Stress can be a major hurdle in achieving personal wellness, and can effect every part of your life and wellbeing
- Unfortunately, most people deal with a lot of stress that they don't manage properly
- Stress can cause many health complications if not managed properly

# Negative Effects of Stress



If stress is not properly managed, it can cause:

- Headaches
- Muscle tension or pain
- Chest pain
- Fatigue
- Upset stomach
- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression
- Overeating or undereating
- Exercising less often
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal

# How To Lower Your Stress Level



Luckily, there are healthy ways to manage stress. It is important to find what method works best for you. Some options include:

- Regular physical activity
- Relaxation techniques, such as deep breathing, meditation, yoga, tai chi or getting a massage
- Keeping a sense of humor
- Socializing with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music
- Guided Imagery

# Guided Imagery



Guided Imagery – The use of words, music or other sounds to allow the listener to picture positive images and scenarios that create a calming, relaxing feeling

Guided Imagery is just one way to reduce your stress level, but it may not work for everyone. We do recommend that everyone gives it a try!

# BioDots



## What are BioDots?

- A form of biofeedback that is picking up your skin's temperature
- As you relax, your blood vessels open up, and your temperature becomes warmer in your extremities, thus changing the color of the BioDot
- If you become stressed, your blood vessels tend to constrict and your extremities get poorer blood flow, leading to reduced skin temperature

# Guided Imagery/BioDots Activity



- May not be easy for everyone to change their dot color quickly; can take practice
- Take note of your beginning color





# Guided Imagery Background Sound



<https://www.youtube.com/watch?v=qREKP9oijWI>

- [Calming Ocean](#)

# Did your color change?



-  DEEPLY RELAXED
-  TRANQUIL
-  CALM
-  INVOLVED
-  TENSE
-  STRESSED



Place a Biodot on the  
back of your hand

# Wellness Reflection Exercise



1. Review the 6 Dimensions of Wellness
2. Assess Your Current Energy Investment
3. Create Your Ideal Vision of Wholeness in Wellness with only 30 energy blocks
4. Reflect on Your Vision: Reconciliation, Rebalance, Values, Inspirations

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