



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Well Powered Living

Taught by Harris Health System Employee Wellness

Class Outline

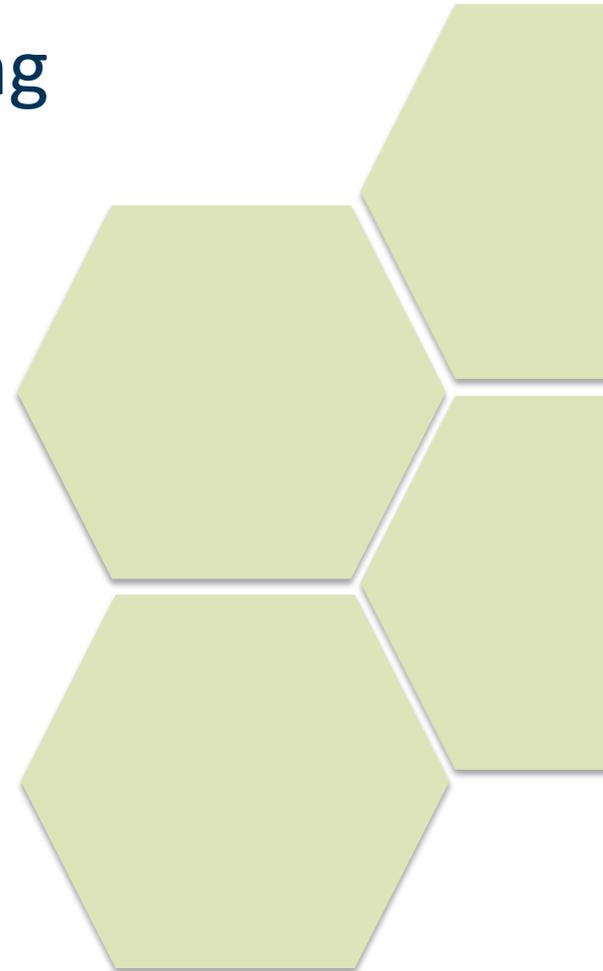
Class 1: Intro to Well Powered Living

Class 2: Physical Dimension

Class 3: Emotional Dimension

Class 4: Mental Dimension

Class 5: Spiritual Dimension



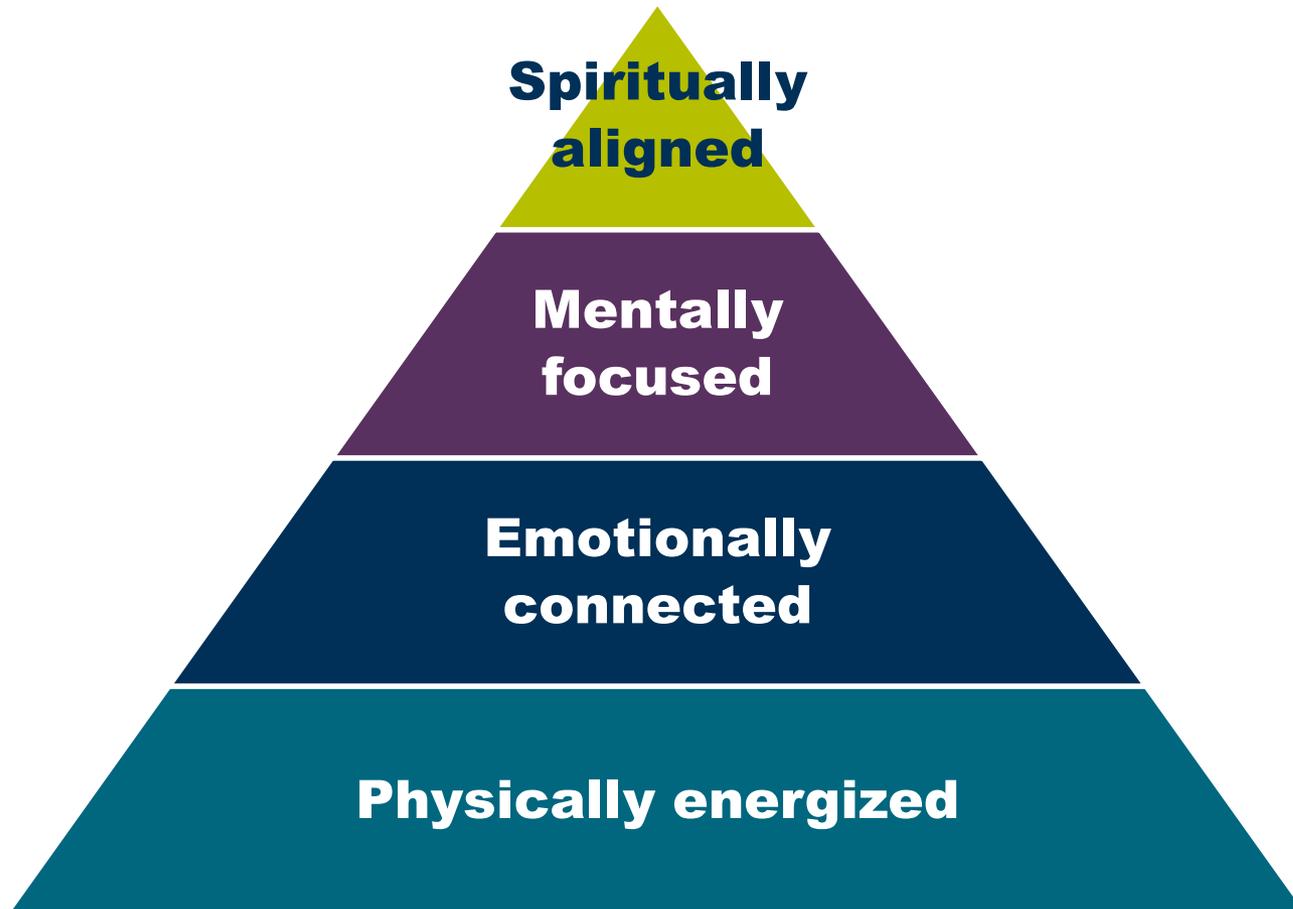
Class 1 Learning Objectives

- Discuss time management vs. energy management
- Introduce “Well Powered Living”
- Discover your personal mission
- Learn how to write rituals

Time Management

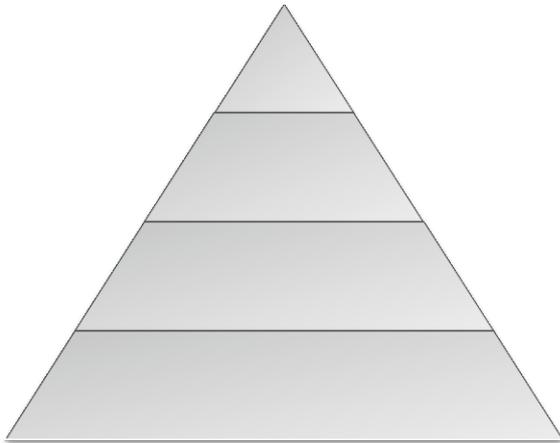


Full engagement requires you to be...



Energy Management

Truth

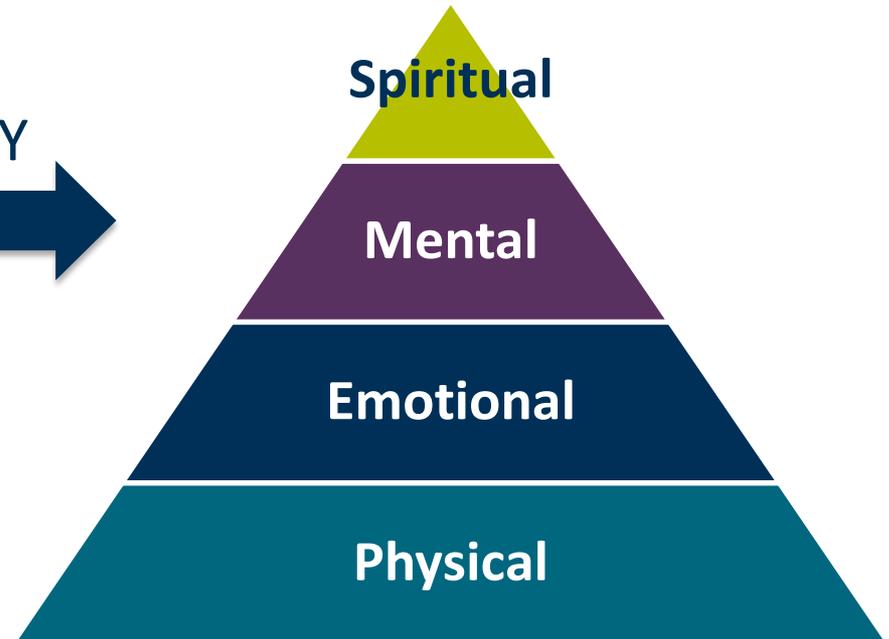


**Where have you been?
(Past)**

ENERGY



Purpose



**Where are you going?
(Future)**

Well Powered Living



“Who you are now is a consequence of your past energy investments”

Discover Your Ultimate Mission

“Our greatest challenge as human beings is identifying our ultimate mission in life and then finding and following the path that will take us there.”

– Jim Loehr

“If you don’t know where you are going you’ll end up some place else.”

- Yogi Berra

Write Your Ritual

Habits (95%) vs Rituals (5%)

Full engagement requires positive rituals

Rituals can become habits

“Some people want it to happen, some wish it would happen, others make it happen.”

- Michael Jordan

Write Your Ritual

Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

Homework

My Mission: I want to live a fulfilling life where I feel energized, positive, and in good health. I want to maintain healthy relationships with friends, family and co-workers that engender trust, empowerment and respect for individuality.

My daily activities	Did this support the mission?	Why or Why not?
Hit snooze 5 times	no	Made me rush and more irritable
Skipped breakfast	no	Over ate at lunch
Greeted my co-workers in the morning	Yes	Supported good relationships
Collaborated on a project	Yes	Practiced being a good listener and encouraging others
Ate out for lunch (fast food)	No	I felt uncomfortable and sleepy after
Completed an assignment	Yes	Felt focused and accomplished
Listened to a motivational podcast while driving home	Yes	Had a positive attitude despite traffic
Cooked dinner	Yes	Self-care & healthy
Watched tv	No	Skipped workout
Went to bed late	No	I will feel sleepy in the morning

Summary

- Become more mindful
- Know your ultimate mission
- Get fully engaged

Homework: Compare your behaviors to your mission statement

Class 2 : Physical Energy



Well
Powered
Living

Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our internet site!](#)



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Well Powered Living Class 2

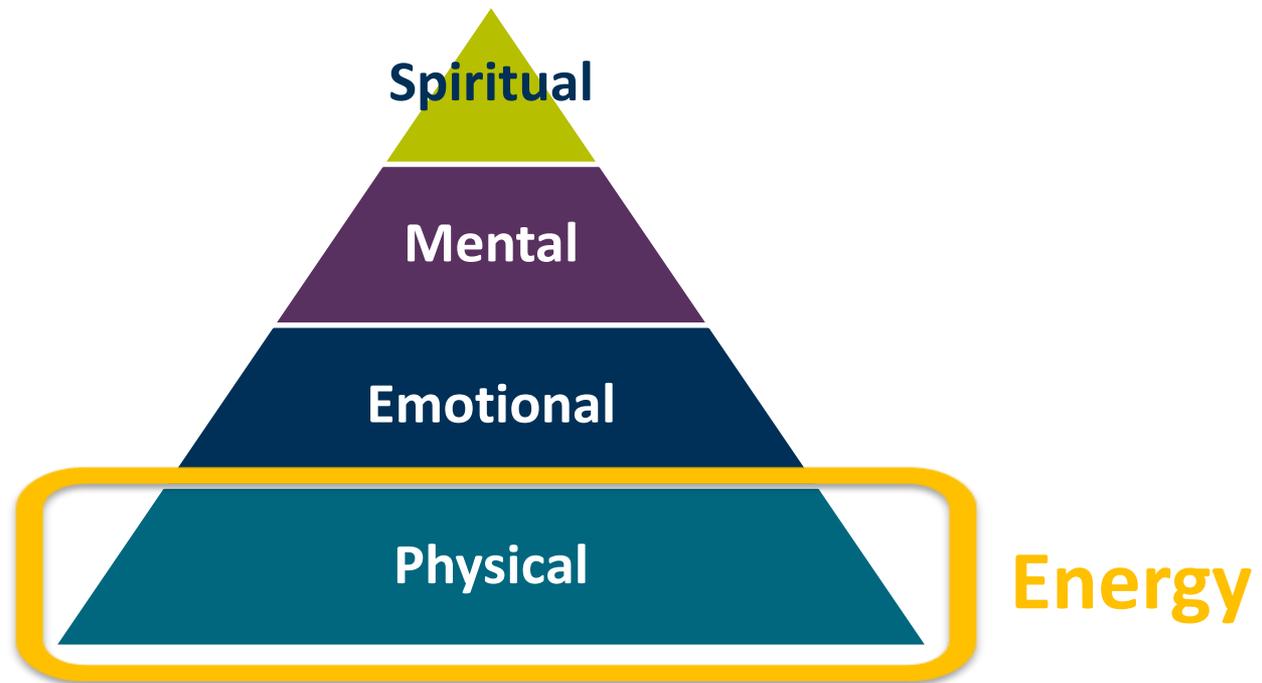
Taught by Harris Health System Employee Wellness

Class 2 Learning Objectives

- Review Mission Statement assessments
- Discuss the concepts of the Physical Dimension:
 - Nutrition
 - Fitness
 - Sleep and Recovery

Review: Well Powered Living





Physical Energy

Remember that full engagement requires you to be physically energized.

Physical energy comes from meeting our basic needs: nutrition, exercise, stress management, and sleep. This is the foundation for all other types of energy. If you aren't treating your body well by managing your nutrition, exercise, stress management, and sleep, then you won't have any energy to work on maximizing the other, higher-level, types of energy. Once you can focus on all of the different areas, then you can be fully engaged and maximize your total energy.

Physical Energy

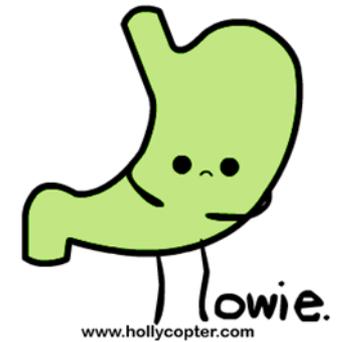
Construct	Physical Truth
Nutrition	<ul style="list-style-type: none"> • I skip breakfast on a regular basis • I regularly go longer than 4 hours without eating • I do not drink water throughout the day
Fitness	<ul style="list-style-type: none"> • I do not get at least 3 aerobic workouts per week • I do not get up and move or stretch every 45 minutes
Sleep	<ul style="list-style-type: none"> • I do not wake up and go to bed at the same time each day • I do not get a minimum of 7 hours of sleep each night
Recovery	<ul style="list-style-type: none"> • I do not seek out recovery every 90-120 minutes during my day

Balance supply vs. demand

- Decreased supply (eating too little)
 - Light headed
 - Weak
 - Fatigue
 - Decreased focus
- Increased supply (eating too much)
 - Bloating
 - Sluggish
 - Drowsy
 - Reduced productivity



The Hunger Scale



The Hunger Scale



Nutrition = Glucose

Gives us energy

Short lived vs. Long lasting

Steady Glucose levels are important



Nutrition Recommendations

- Eat every 4-5 hours
- Eat breakfast
- Eat balanced meals
- No caffeine after 2 pm



“We are what
we repeatedly
do.”
- Aristotle

Fitness

Oxygen



Fitness

Consequences of Non-Movement

Increased muscular tension/discomfort

Decreased energy levels

Moodiness

Decreased alertness and concentration

Disengagement

Benefits of Movement

Decreased muscular tension/discomfort

Increased energy levels

Enhanced feelings of well-being

Improved cognitive function

Increased engagement

Release of hormones prolonging effects

Fitness Recommendations

**Small Movement or Stretching:
Every 30-45 minutes**



**Large Movement:
Every 90-120 minutes**



Sleep

“Sleep is the
best
meditation.”
- Dalai Lama

Recovery



Sleep Recommendations

- Avoid caffeine
- Establish relaxing routine
- Don't go to bed too full or hungry
- Turn off all lights (TV, cell phone, tablets, etc.)

“Sleep is the cheapest form of healthcare”

- Mathew Walker, PhD

Recovery

Strategic Recovery



Sprinter vs. Marathoner

Stress Management No Stress

1. Stress is an opportunity for growth
2. Protection from stress erodes capacity
3. Things that push us the most often help us the most
4. No discomfort, no growth

Write Your Ritual: Physical Energy

Examples:

I will set a bed time for 9pm 5 nights a week

I will eat breakfast 4 days per week

I will walk 8000 steps at least 3 days per week

I will allow myself 1 hour of reading at least 3 nights per week

I will create a night time routine to help me sleep better and implement it Sunday through Thursday

Summary

- Own your truth
- Balance supply and demand
- Increase your energy levels through nutrition, exercise, sleep and recovery

Homework: Track your rituals

Class 3 : Emotional Energy



Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our internet site!](#)



HEALTHY@HARRIS
Caring for ourselves so we can care for others

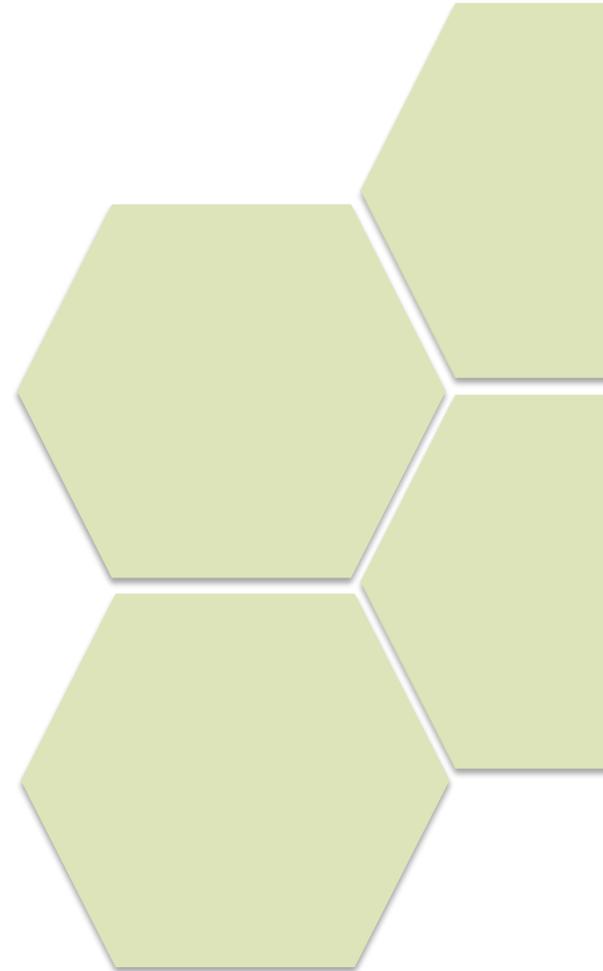
HARRISHEALTH
SYSTEM

Well Powered Living Class 3

Taught by Harris Health System Employee Wellness

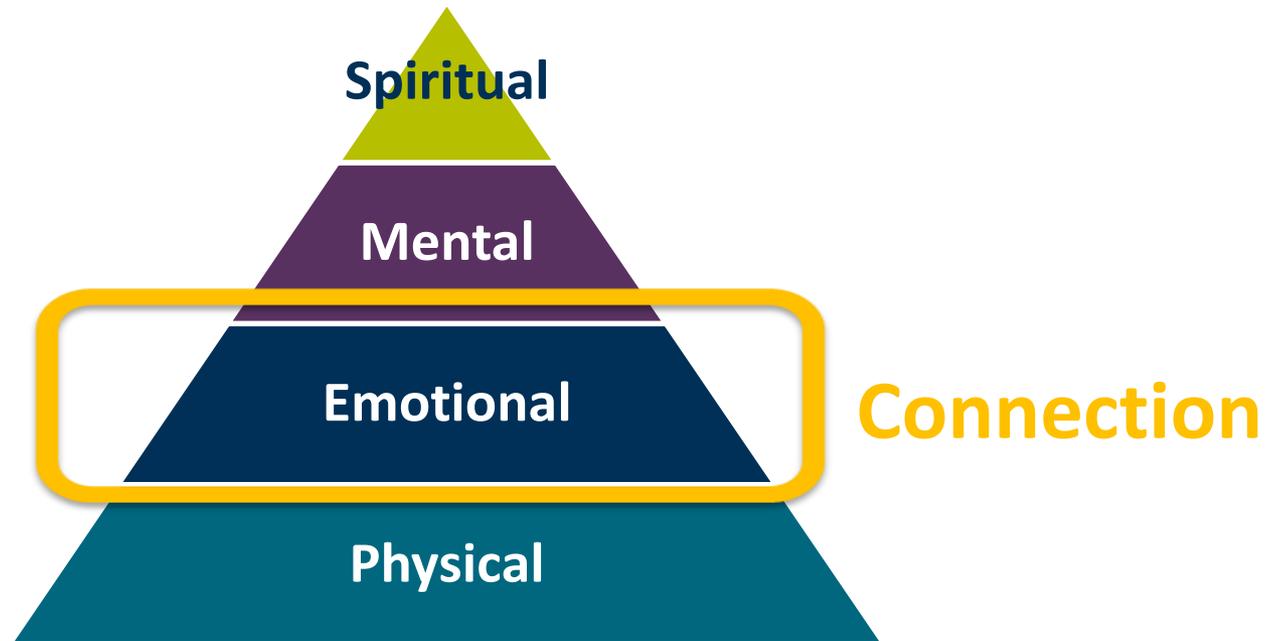
Class 3 Learning Objectives

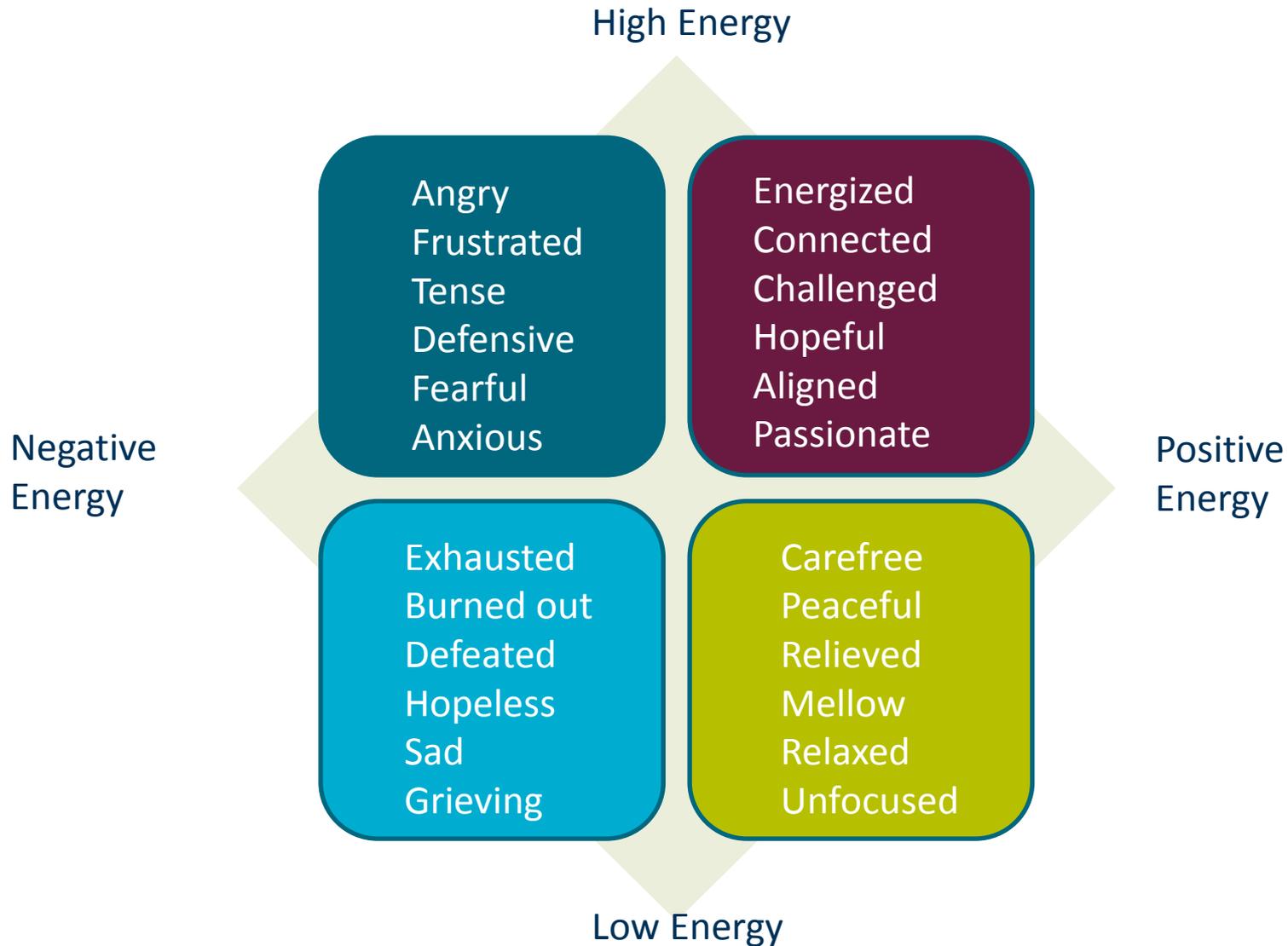
- Review rituals
- Understand emotional energy
- Learn how to live in gratitude
- Discuss the Happiness Myth



Review: Physical Energy







Positive Energy

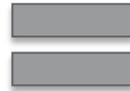
Hope

Gratitude

Compassion

Realistic optimism

Challenge/ sense of
adventure



Performance



Health



Happiness

“Some people grumble that roses have thorns; I am grateful that thorns have roses.”

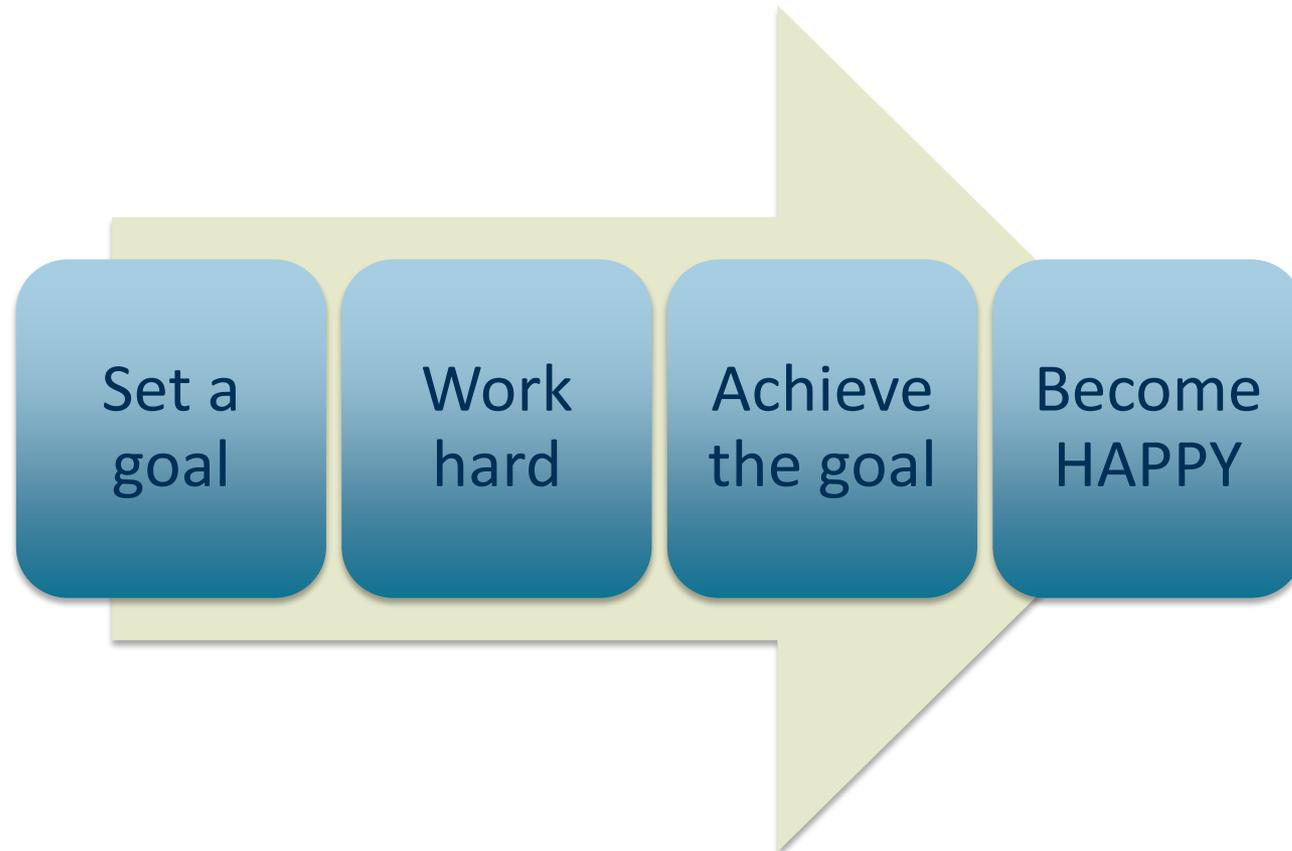
- Alphonse Karr

Gratitude

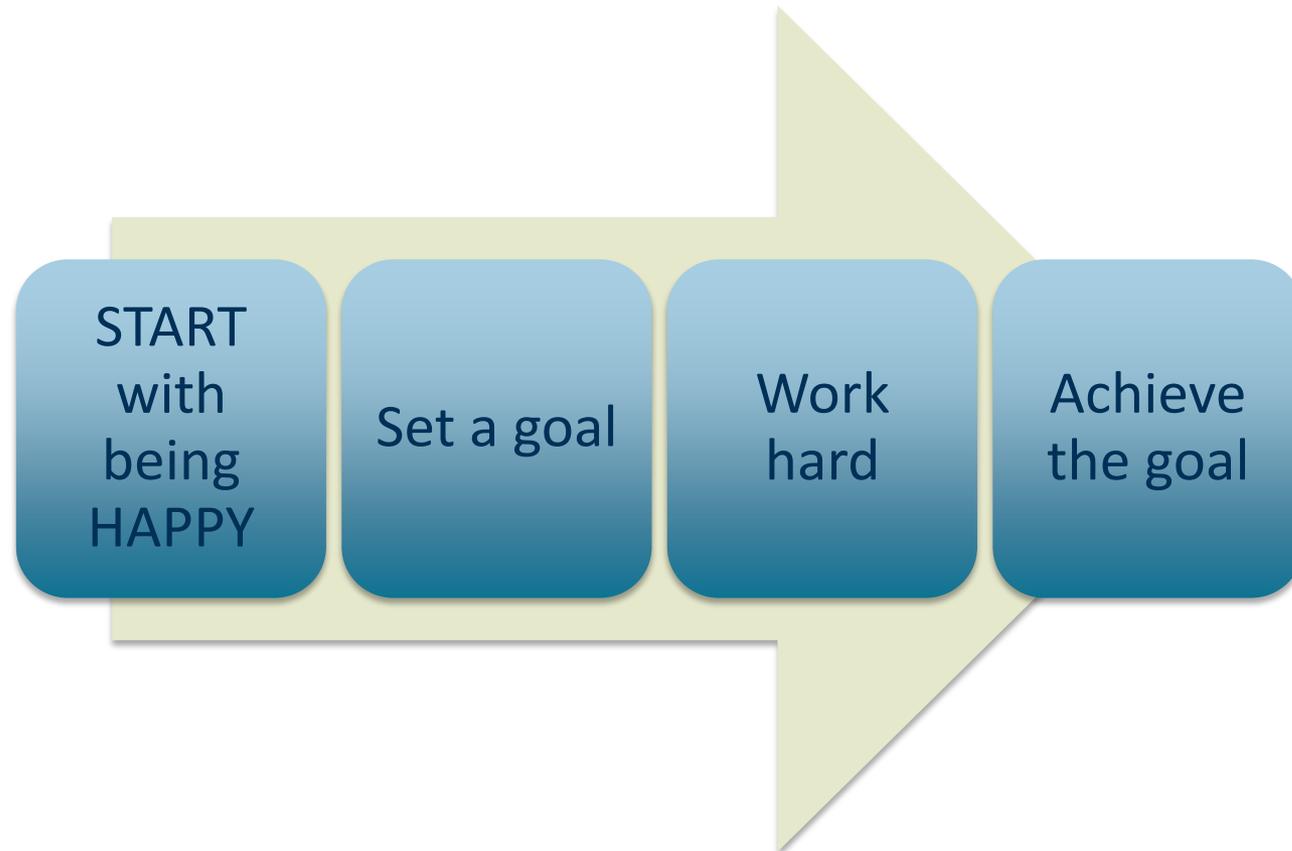
“Learn to be thankful for what you already have, while you pursue all that you want.”
- Jim Rohn



The Happiness Myth



The Happiness Myth



Happiness in 21 days

- 3 Gratitude
- Journaling
- Exercise
- Meditation
- Random Acts of Kindness



Write Your Ritual: Emotional Connection

Examples:

- I will invest gratitude for 1 minute each morning before getting out of bed
- I will write a note to my children every morning before going to work
- I will turn my cell phone off during dinner
- I will turn away from my computer and give 100% focus when someone walks in my office
- Consciously say 1 positive statement each time I speak with my spouse

Summary

- Identify your emotions
- Honor your emotions
- Spend more energy on emotions that lead to happiness

Homework:

3 Gratitude Challenge

Track your rituals (physical & emotional)

Class 4 : Mental Energy



Well
Powered
Living

Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our internet site!](#)



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Well Powered Living Class 4

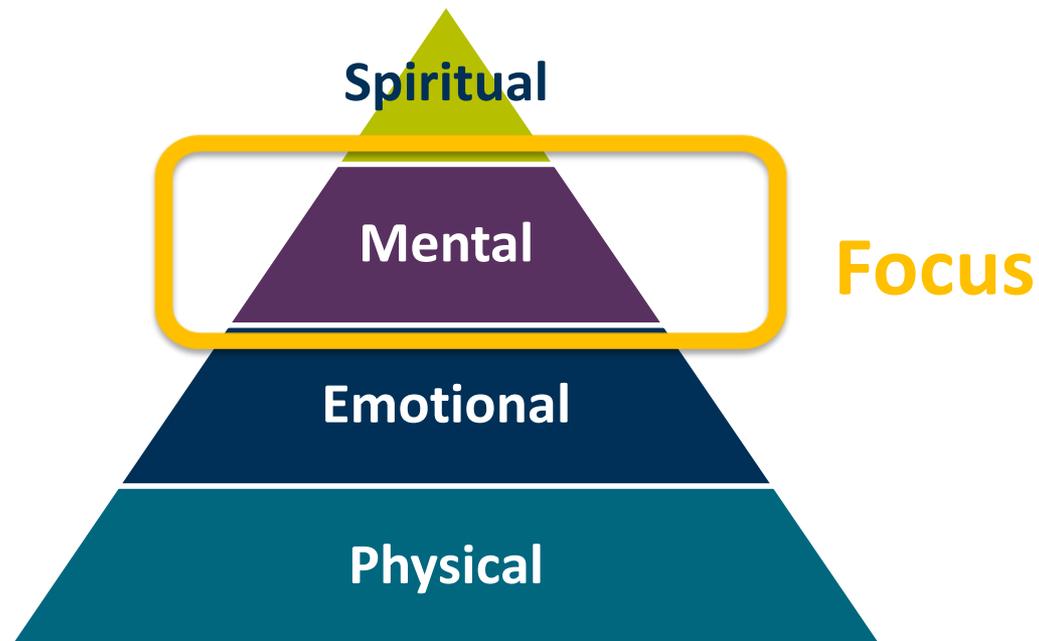
Taught by Harris Health System Employee Wellness

Class 4 Learning Objectives

- Review rituals
- Understand mental focus
- Discuss multitasking vs. sequential tasking
- Learn to say no
- Differentiate between your private voice and your public voice

Review: Emotional Energy





“Put First Things First”

		Urgent	Not urgent
Important	Urgent	<p>Quadrant 1 Examples</p> <p>1</p> <p>Crisis/ Problems Unscheduled rework Last minute changes Late input from team/stakeholders Forcing decisions Deadline-driven projects & meetings</p> <p>Immediate attention</p>	<p>Quadrant 2 Examples</p> <p>2</p> <p>Thoughtful creative work High quality outputs Productive collaborations Training & development Recreation, work-life balance Empowerment</p> <p>Directly related to your mission</p>
	Not Important	<p>Quadrant 3 Examples</p> <p>3</p> <p>Low value but required reports/presentations Non-project emergencies Miscellaneous interruptions Some meetings</p> <p>Lack of clearly defined mission</p>	<p>Quadrant 4 Examples</p> <p>4</p> <p>“Analysis paralysis” Escapist activities Gossip Self-indulgent perfectionism Busy work</p> <p>Lack of purpose</p>

Multitasking

“Everything should be made as simple as possible, but not simpler.”
- Albert Einstein



Multitasking

Less productive

Less time efficient

More errors

Increased Stress

Less creativity



“We miss extra bits of knowledge that can add value to our lives.”

Tips to Reduce Multitasking

Know your ultimate mission

Determine what is important

Use Sequential tasking

OHIO Method

Don't multitask when it affects your safety,
security and relationships

*“What is important is seldom urgent and
what is urgent is seldom important.”*

Saying No

Does it align with the vision?

Healthy@Harris Vision Statement:

To Empower a corporate culture of health that inspires individuals to live with high energy, good health and passion for life.

Let's practice the language of no!

“If you are unable
to find the truth
right where you
are, where else do
you expect to find
it?”
- Dogen

Storytelling



Storytelling

Explain how and why

Our stories are our reality

Our negative habits have a story

Storytelling drives energy

The story > the truth

“We’re extracting meaning from our minds and our own lives.”

- George Dyson

Storytelling

Wrong stories

Disengage us

Derail any mission

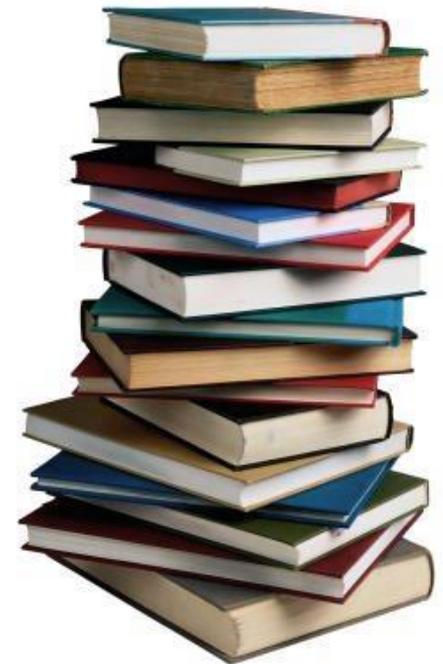
Right stories

Deepen our engagement in life

Support mission success

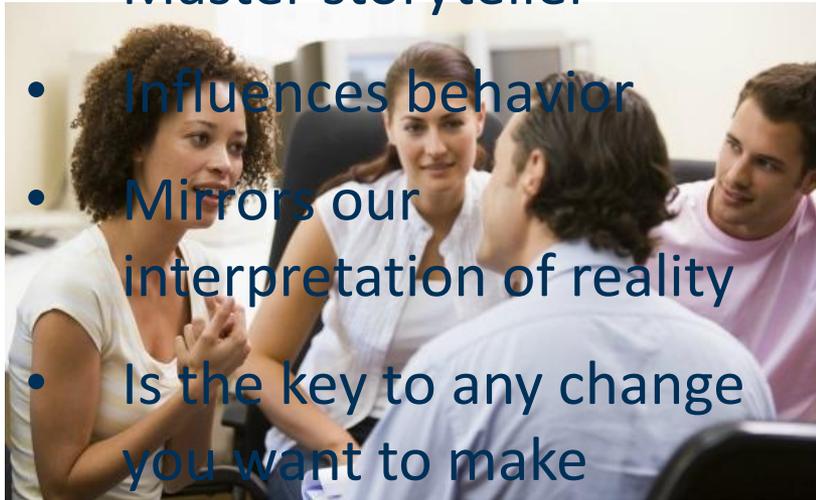
“In order to be a great writer a person must have a built-in, shock-proof crap detector.”

- Ernest Hemmingway



Storytelling: Public voice vs. Private voice

- Master storyteller
- Influences behavior
- Mirrors our interpretation of reality
- Is the key to any change you want to make



Public Voice helps recruit the private voice

Private Voice

Write Your Ritual: Mental Focus

Examples:

- Review my mission and new story each morning and evening
- Fill out daily journal and track ritual completion/success
- Read one new mentally challenging book each month
- Rewrite my new story every Sunday and then compare it to my previous one
- Stay focused without multitasking

Summary

- Set intentions based on what is important
- Reduce multitasking
- Look for alignment before saying yes
- Rewrite your story

Homework:

Tell someone “no” so you can tell yourself “yes”

Practice writing your story

Track your rituals (physical, emotional, mental)

Class 5 : Spiritual Energy



Well
Powered
Living

Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our intranet site!](#)



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Well Powered Living Class 5

Taught by Harris Health System Employee Wellness

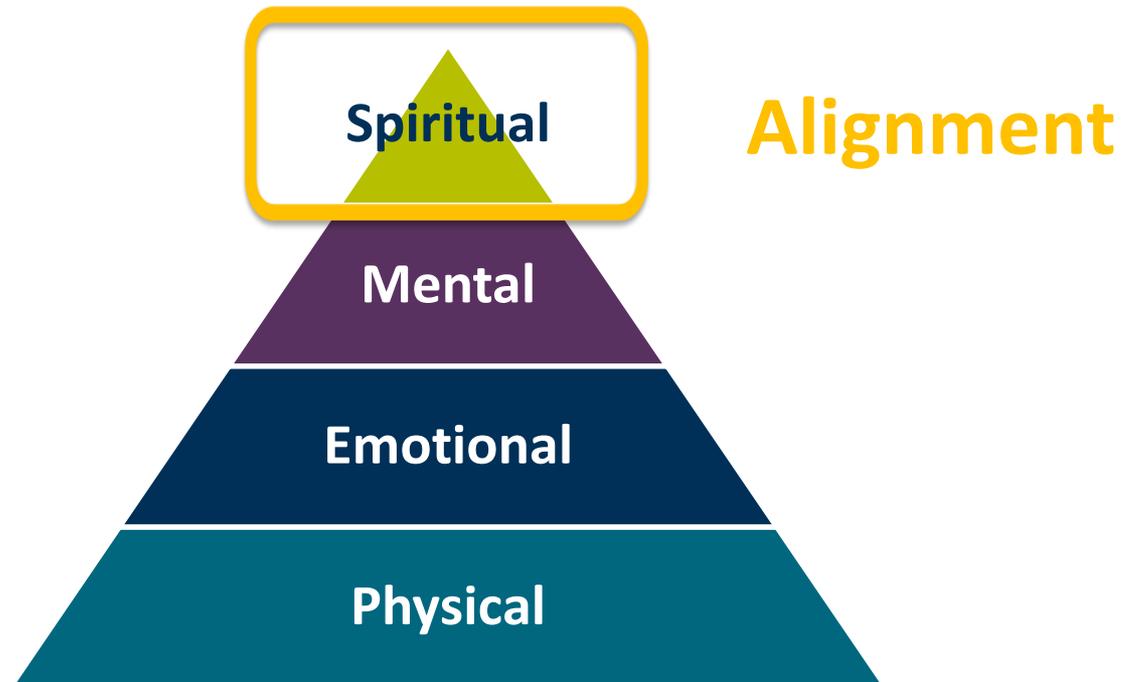
Class 5 Learning Objectives

- Review rituals
- Understand spiritual alignment
- Discuss value-based leadership
- Learn how to identify your values
- Review all 4 dimensions

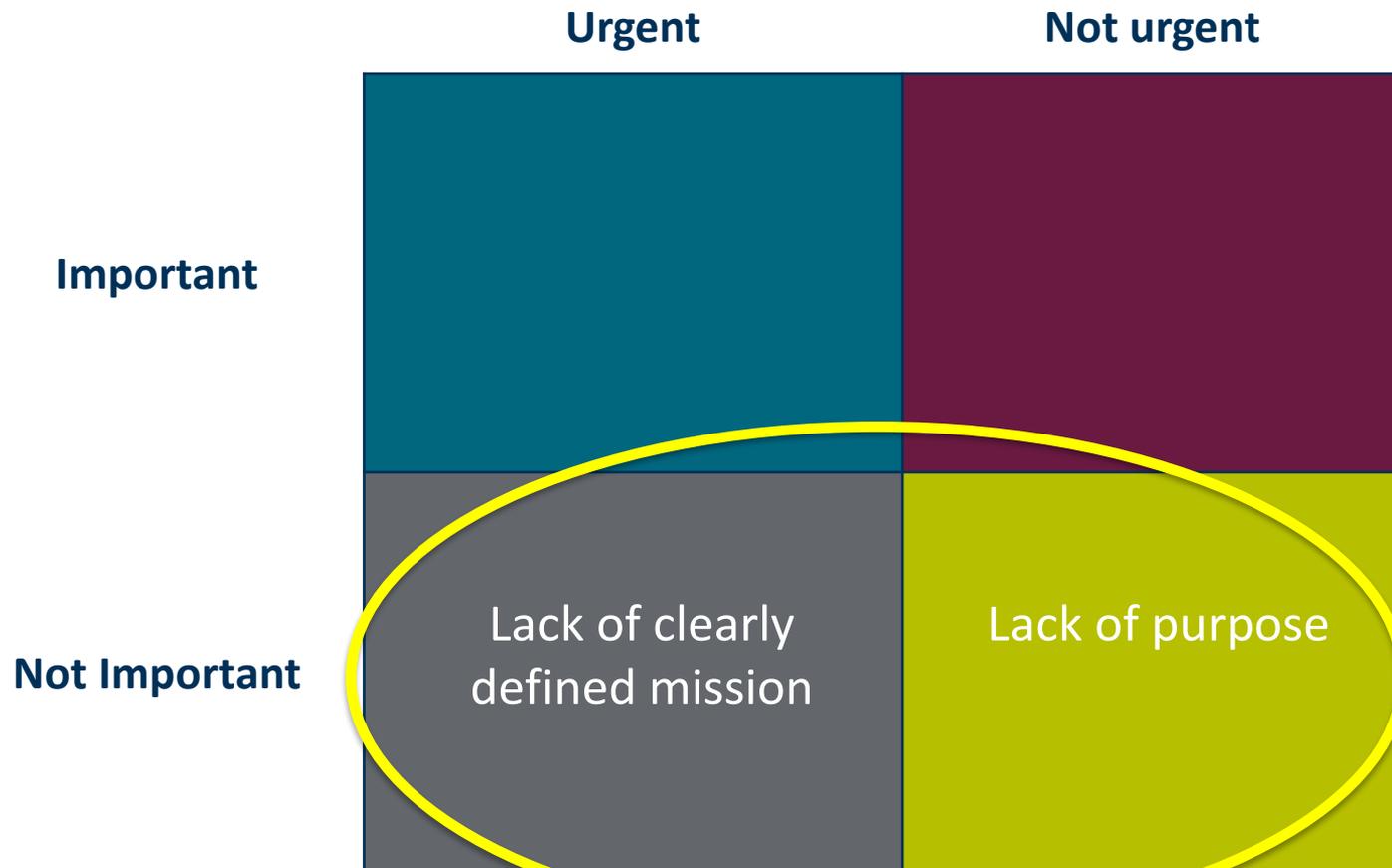


Week 3 Review: Mental Energy





Are you reacting?



Value-Based Leadership

What makes a leader?

What are Harris Health Values?

Diversity & Inclusion

Our Patients, Staff and Partners

Compassionate Care

Integrity

Trust

Communication

Mutual Respect

Education, Research, Innovation



Discover your values

Explore

What was their body language?

What was the tone of voice?

Were there changes in tone?

Were any words repeated?

What did the person say?

Take Action

Identify the values

Name the values

Determine your “Rules of engagement”

“When your values are clear to you, making decisions becomes easier.”

- Roy E. Disney

Write Your Ritual: Spiritual Alignment

Examples:

- Within 15 minutes of waking up, prioritize who and what will get my best energy today
- At the end of each day, review my rules of engagement for my energy and hold myself accountable
- Review my rules of engagement and ask, “was my behavior today a solid reflection of my core values.”
- Spiritual reading for 15 minutes daily
- Do community volunteer work at least once each month

Summary

- Are you reactive or proactive? At home? At work? In relationships?
- Knowing your values can help you align with your purpose
- There are no good and bad values

Homework:

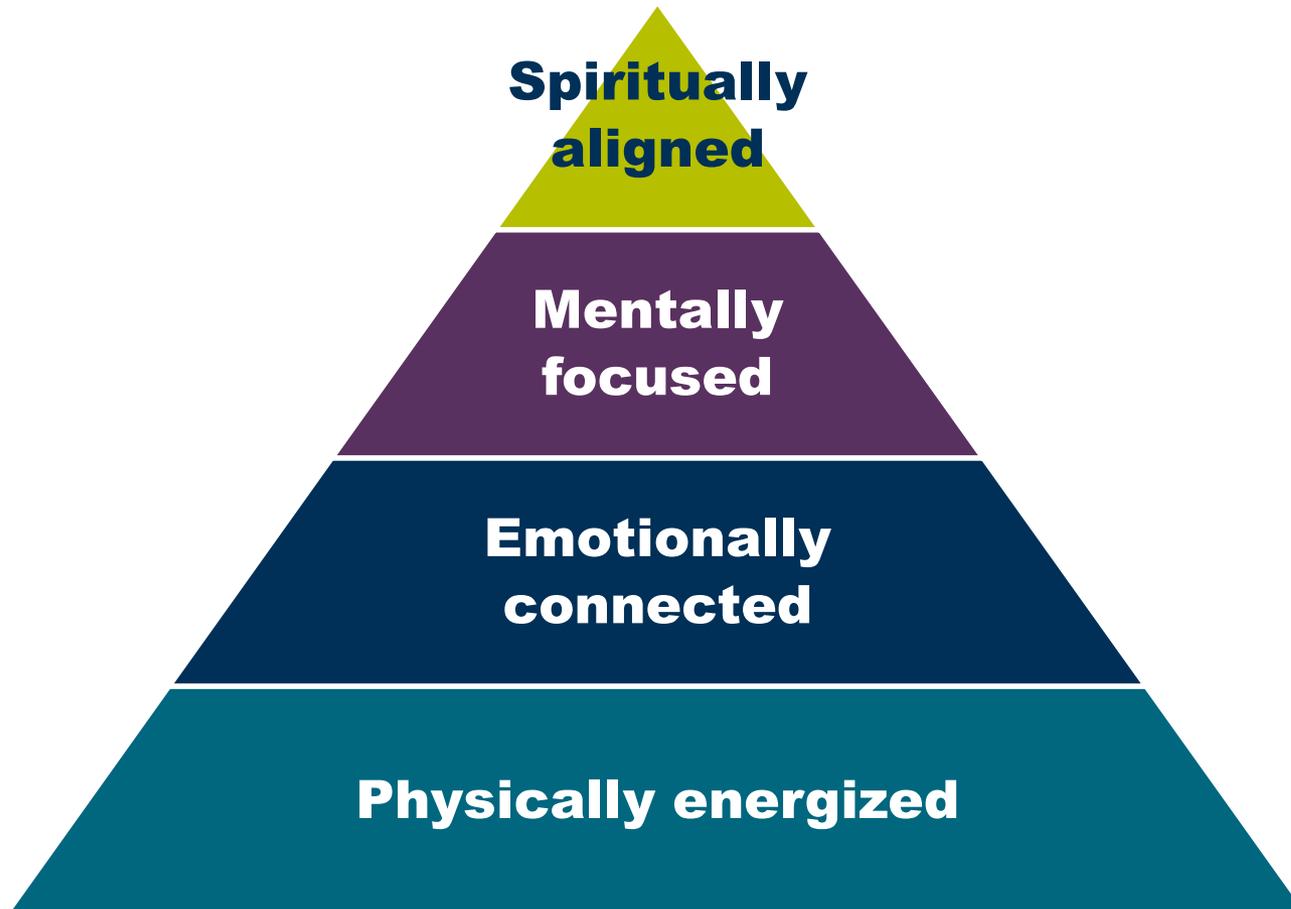
Identify at least 3-5 core values and name them
Track your rituals (physical, emotional, mental, spiritual)

Up Next: Your personal journey begins!



Well
Powered
Living

Well Powered Living: Review



The Next 90 Days

- Re-write your new story at least 6 times
- Design your rituals based on your mission
- Take Action: Turn rituals into habits
- Live Well Powered!

*“Success is the sum of small efforts,
repeated day in and day out.”
- Robert Collier*



Well
Powered
Living

Contact Us!

HEALTHY@HARRIS
Caring for ourselves so we can care for others

713-566-6686

employeewellness@harrishealth.org

[Visit our internet site!](#)