



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

HARRISHEALTH
SYSTEM

Well Powered Living 2.0

Taught by Harris Health System Employee Wellness Team

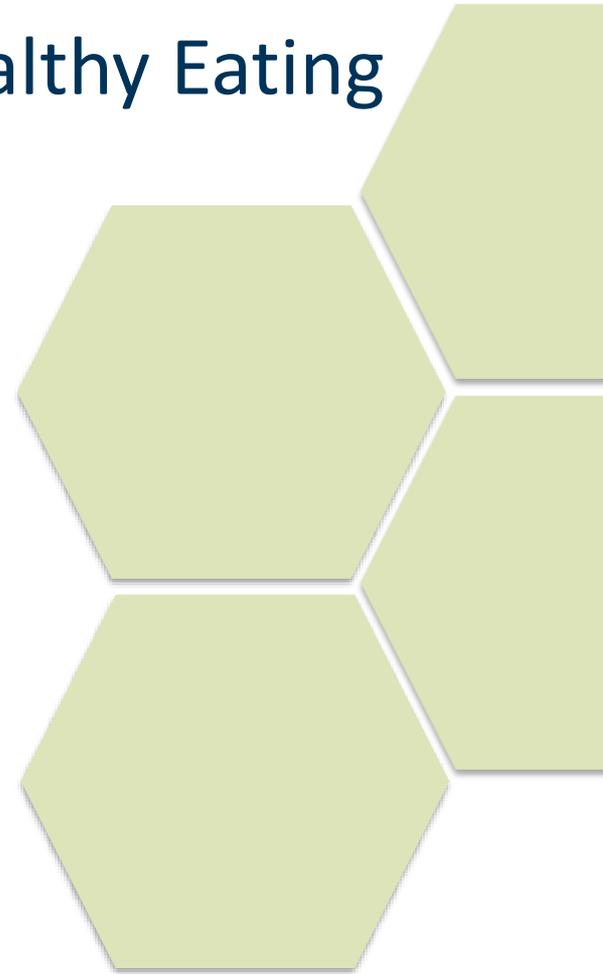
2.0 Class Outline

Class 1: Review of WPL 1.0 and Healthy Eating

Class 2: Movement

Class 3: Sleep

Class 4: Self-Care

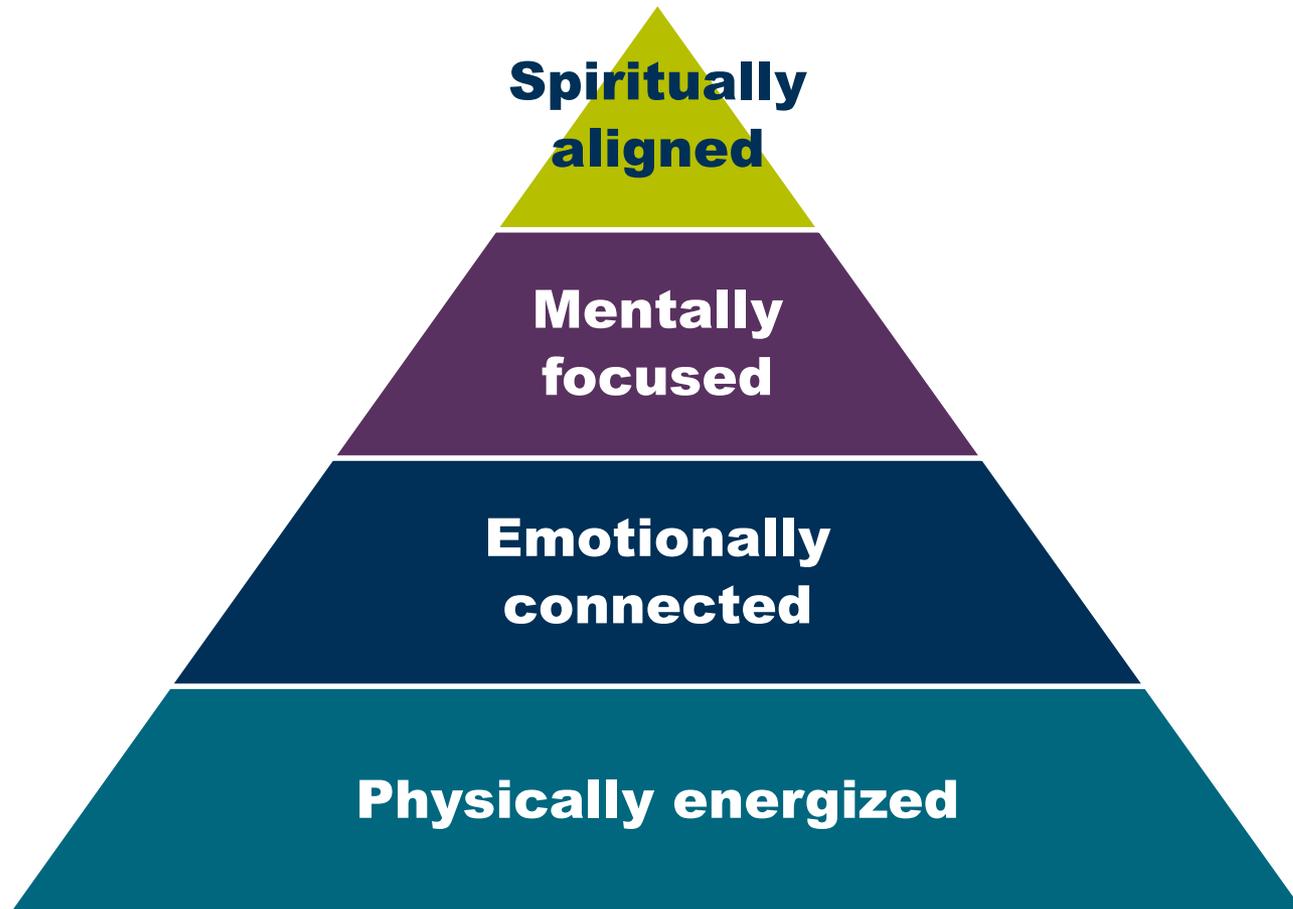


REVIEW OF WPL 1.0

Time Management

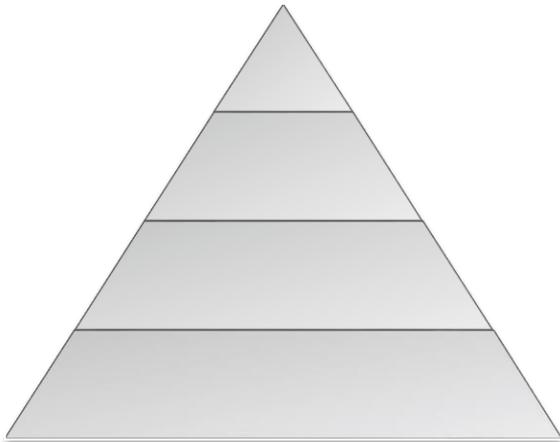


Full engagement requires you to be...



Energy Management

Truth

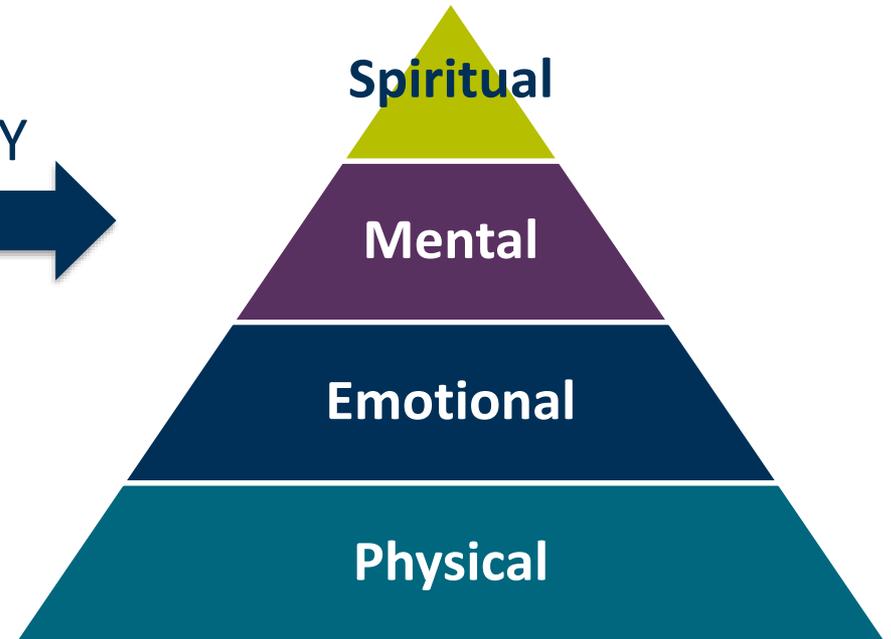


**Where have you been?
(Past)**

ENERGY



Purpose



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

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

HEALTHY EATING

Class 1 Learning Objectives

- Learn why dieting may be more harmful than helpful
- Learn how to identify the dieting mentality
- Distinguish between whole versus processed foods
- Commit to one healthy swap

Why dieting does not work

Too restrictive

Most people regain
weight

May lead to disordered
eating patterns

May be more likely to
overeat

Can make you feel like a
failure

May negatively impact
your metabolism

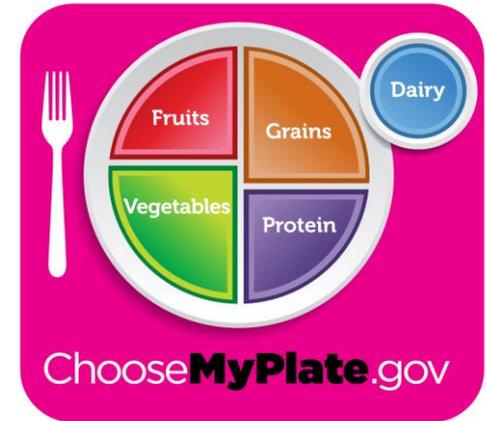
“80% of people who successfully lose at least 10% of their body weight will gradually regain it to end up as large or even larger than they were before they went on a diet.”

What does work?

Intuitive eating

Adopting healthy behaviors

Focus on health not weight



Issue	Diet Mentality	Non-Diet mentality
Eating/ Food Choices	<ul style="list-style-type: none"> • Do I deserve it? • If I eat a heavy food, I make up for it. • I feel guilty when I eat ... • I usually describe a day of eating as good or bad • Food is the enemy 	
Exercise Benefits	<ul style="list-style-type: none"> • I focus primarily on the calories burned • I feel guilty if I miss a designated exercise 	
Progress is viewed as:	<ul style="list-style-type: none"> • How many pounds I lost? • How I look? • What other people think about my weight? • If I have good willpower? 	

Adopt Healthy Behaviors

Don't skip meals

Snack smarter

Drink more water

Focus on whole foods



Nutrition

“Your body is a
blank canvas;
choose wisely
what you put into
it.”
- unknown



Choose This, Not That

Veggies and dip



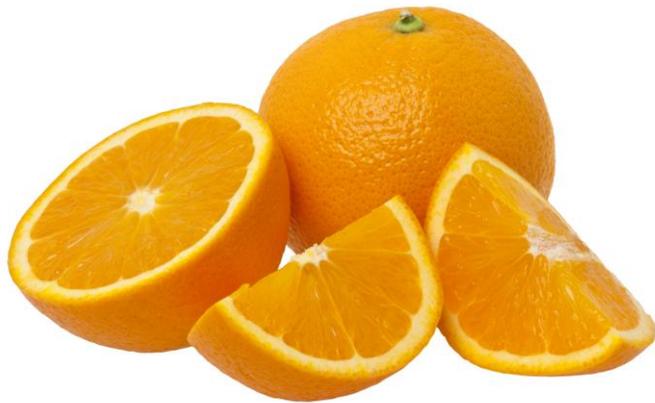
Veggie Chips



Valleynewslive.com

Choose This, Not That

Orange



Orange Drink



<https://www.sunnyd.com>

Choose This, Not That

Homemade Cookies



Store-bought cookies



Choose This, Not That

Plain yogurt with fresh fruit



Yogurt sticks



Choose This, Not That

**Plain oatmeal with raisins,
cinnamon, apple sauce**



Parents.com

**Maple and brown sugar instant
oatmeal**



Seriouseats.com

Choose This, Not That

Plain brown rice



Flavored rice



Focus on health not weight

Increased energy

Better sleep

Less pain

Better mobility

Blood pressure control

Blood glucose control

Reduce medications

Emotional stability

Better GI function

Feel comfortable

Breathe better



*“Health is not about the weight you lose,
but about the life you gain.”*

- Dr. Josh Axe

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



Summary

- Ditch the diet mentality and focus on healthy behaviors instead
- Swap processed foods for whole foods
- Start with 1-2 small behaviors (don't crash diet!)

Homework: write down your ritual and strategy

Class 2 : Movement



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Well Powered Living 2.0 Class 2

Taught by Harris Health System Employee Wellness Team

Class 2 Learning Objectives

- Review rituals from Class 1
- Learn the health risks associated with sedentary behavior
- Discuss the barriers to movement
- Identify ways to reduce sedentary behavior

Review Nutrition Ritual



MOVEMENT

Sedentary Behavior

What it is



What it is not

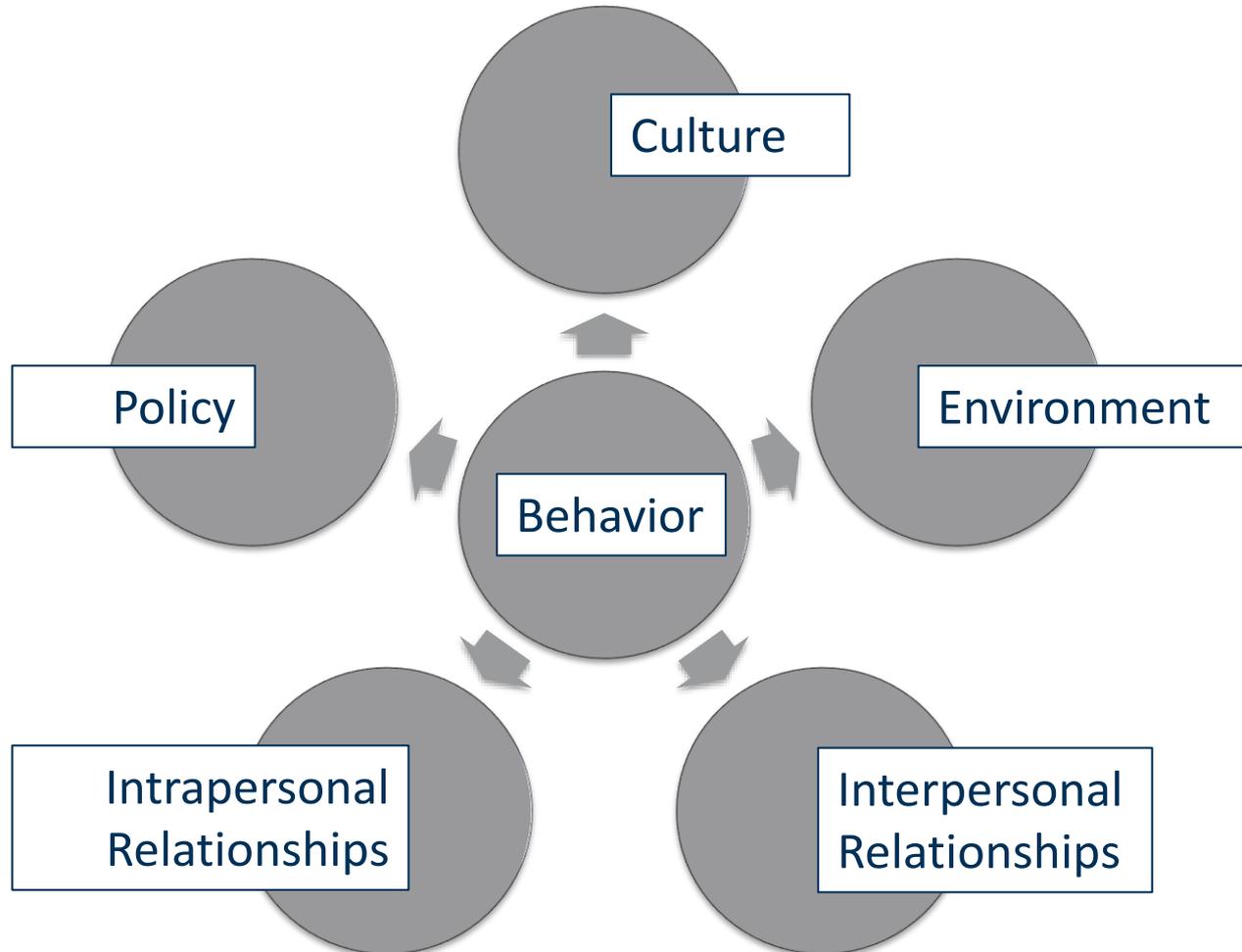


What are the risks

[Video: Are You Sitting Too Much?](#)



Influences on behavior



Recommendations

Small movement:

Stretching every 30-45 minutes

[Video: Easy 10-minute desk workout](#)

Large movement:

Walking every 90-120 minutes



Tips to get moving

1. Standing rather than sitting on public transport
2. Walking to work
3. Taking walks during lunch breaks
4. Setting reminders to stand up every 30 minutes when working at a desk
5. Investing in a standing desk or asking the workplace to provide one
6. Taking a walk or standing up during breaks
7. Spending more time doing chores around the house, especially DIY or gardening
8. Making excuses to leave the office or move around the building
9. Taking phone calls outside and walking around at the same time
10. Spending some free time being active rather than watching television or playing video games
11. Getting up and walking around during television commercials
12. Taking the stairs instead of using the elevator
13. Park farther away from the entrance

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

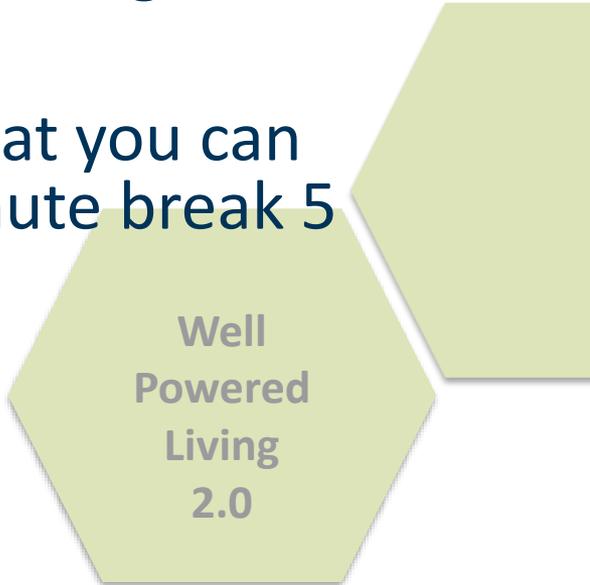


Summary

- Sedentary behavior is associated with increased health risks
- Exercise does not negate the negative effects of sedentary behavior
- Don't go more than 2 hours without moving

Homework: Choose two desk exercises that you can perform at work and commit to a 5 minute break 5 days/week

Class 3 : Sleep



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Well Powered Living 2.0 Class 3

Taught by Harris Health System Employee Wellness

Class 3 Learning Objectives

- Review rituals from class 2
- Learn how to identify if you are not getting enough sleep
- Discuss the health benefits sleep
- Learn tips for improving sleep



Review Movement Ritual



SLEEP

Did you know?

- Lack of sleep is costing the US Economy up to \$411 Billion a year
- Annually, the US loses an equivalent of 1.23 million working days due to insufficient sleep
- Sleep deprivation is linked to higher mortality risk



Signs of Poor Sleep Patterns

Daytime sleepiness

Taking too long to fall asleep

Difficulty waking up in the morning

Forgetfulness

Mood swings

Cravings

Weight gain in midsection



“Have you ever been in one of those moods where you don’t really know what’s wrong, but you feel really irritated with everyone and everything?” -unknown

Benefits of Sleep

Sharper Brain

Improved mood

Healthier heart

Athletic achievement

Blood glucose control

Improved immune function

Weight control



“Sleep is the cheapest form of healthcare”

- Matthew Walker, PhD

Tips for Better Sleep Hygiene

Establish
relaxing routine

Avoid caffeine
or stimulants
before bedtime

Don't go to bed
hungry or full

Exercise

Exposure to
sunlight during
day

Create a
pleasant sleep
environment

Emotional
regulation

Sleep

“There is a time
for many words,
and there is also a
time for sleep.” -
Homer, The
Odyssey



Resources

Sleep Apps (From American Sleep Association)

- Awoken
- Sleep Cycle Alarm Clock
- Relax Melodies
- Sleep Cycle Power Nap
- Pzizz
- White Noise
- Relax & Sleep Well Hypnosis

Sleep Meditation

- YouTube – free videos
- Headspace – paid program

Cigna

- Talk to your doctor
- Telephonic Coaching

Fitbit

- Sleep tracking (on some devices)

“First, you need sleep before learning to actually get your brain ready to initially soak up new information”

- Matthew Walker

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



Summary

- The signs of insufficient sleep are more than just feeling sleepy
- There are several health benefits to getting enough sleep
- Aim for 7-9 hours of sleep

Homework: Track your rituals
Class 4 : Self care



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Well Powered Living 2.0 Class 4

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Class 4 Learning Objectives

- Review rituals
- Define self-care
- Discuss the 5 different types of self-care
- Learn to identify when and where you need self-care
- Take away tips for implementing your own self-care ritual

“When you make a commitment to yourself, do so with the clear understanding that you’re pledging your integrity.”

- Stephen Covey

Review Sleep Rituals



SELF-CARE

Self-Care

What it is



What it is NOT





Physical Self-care



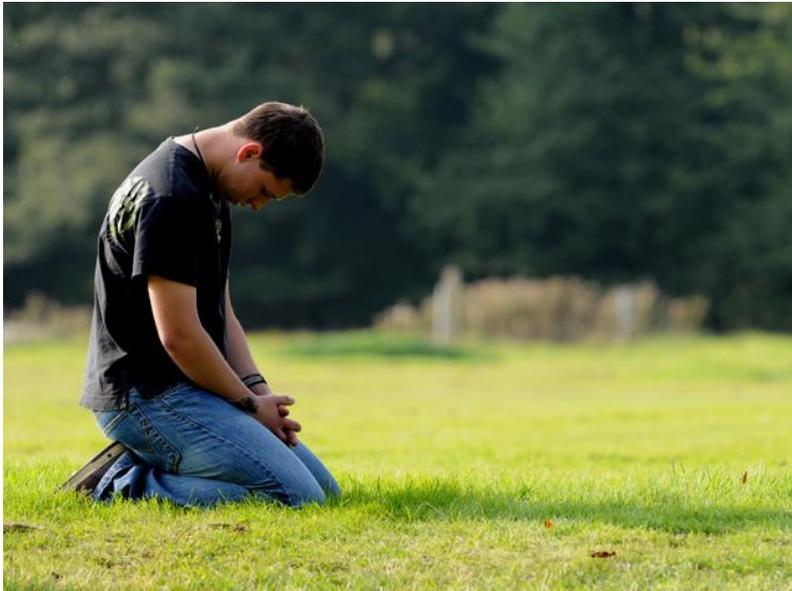
Social Self-Care



Mental Self-Care



Spiritual Self-Care



Emotional Self-Care



Strategies for Self-care

- ✓ Know what you need and actively plan for it
- ✓ Set clear boundaries
- ✓ Give energy to things that matter
- ✓ Disengage from people or events that drain you
- ✓ Eat nutritious meals
- ✓ Exercise in ways that you enjoy
- ✓ Get enough sleep
- ✓ Laugh
- ✓ Spend time with loved ones
- ✓ Follow up on your mental and physical health

When I feel

Insecure

Empty

Confused

Exhausted

It Means

I'm human

It's time to fill my tank

I'm scared to decide

I've given more than I have

I need

To speak positively to myself

To do more of what I love

To know what I want and create a plan

To set a boundary



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



Summary

- Self-care refuels us
- Self-care can look different for different people
- It is important to know exactly what you need
- Have a plan for your self-care

Homework:

Implement your self-care plan



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The Next 90 Days

- 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*



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