





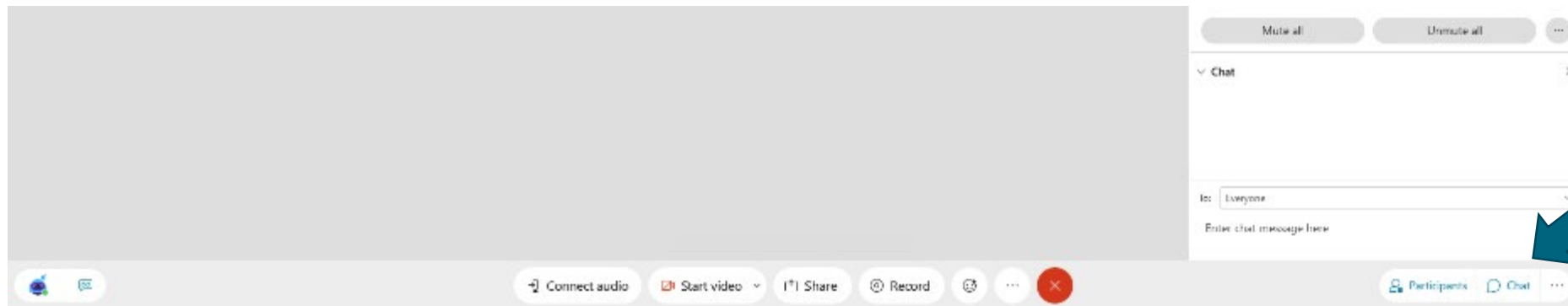
Awe

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



Healthy@Harris Employee Wellness Team



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Awe

An overwhelming feeling of amazement for something that is grand, special or unique



“Flavors” of Awe

- Threat
- Beauty
- Ability
- Virtue
- Supernatural



When did you last feel awe?

Activity:

- Think of the most recent experience you've had that involved the feeling of awe.
- Describe it in writing with as much detail as possible.
- Share in the chat!

Awe vs. Wonder

Awe

- Use perception words (“heard”, “saw”)
- Can have an element of fear
- A direct and initial experience or feeling

Wonder

- Use words with cognitive complexity or with tentative meaning (“think”, “perhaps”)
- Not frightening
- A reflective experience
- Leads to more open questions

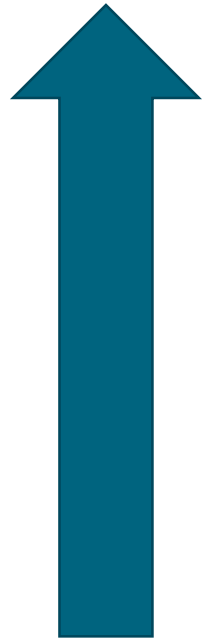


The Power of Awe



- We are connected to something bigger than ourselves.
- Our perception of time is slowed down.
- Our unity with humanity as a whole is increased.

Benefits of Awe



INCREASED:

- Generosity and kindness
- Sense of time available
- Connectedness to others
- Critical thinking
- Patience
- Humility



DECREASED:

- Short-term and long-term stress
- Materialism

Experiencing Awe to Improve Well-being

- Soak it up!
- Activate all senses
- Create space for awe in the mundane
- Unplug
- Spend time in nature
- Document awe-inspiring moments
- Explore



What can you do to experience awe day-to-day?



“Awe”some Places in and around Houston

- NASA
- The Museum District
([See free admission times](#))
- Houston Theater District
- Rothko Chapel
- Walk or bike the bayous
- McGovern Centennial Gardens at Hermann Park
- Eastern Glades at Memorial Park
- Brazos Bend State Park
- Galveston Island State Park
- Sam Houston National Forest

Resources – Stress Management and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com
 - Username: hhs
- Cigna Behavioral Health
 - Visit myCigna.com or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at 800.274.7603.
 - Go to Cignabehavioral.com for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - 713-873-6407 or Latecia.Murphy@harrishealth.org
- Well Powered Living Class Series
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

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[Visit our website!](#)



#6 in America



#1 in Texas

