



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

Brain Power

Our Brain's Response to Motivation

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

FY23 Premium Rewards Program

Active Employees September 1, 2020 through April 30, 2021

Deadline: August 31, 2021

Follow these steps to be eligible for \$100 per month in premium rewards. Premium rewards are effective March 1, 2022 through February 28, 2023.

- **Step 1:** Complete the MyCigna online Health Assessment (250 Premium Points)
- **Step 2:** Complete an Annual Physical with Lab Values (250 Premium Points)
- **Step 3:** Earn at least 500 additional points through programs and activities (1,000 total Premium Points)

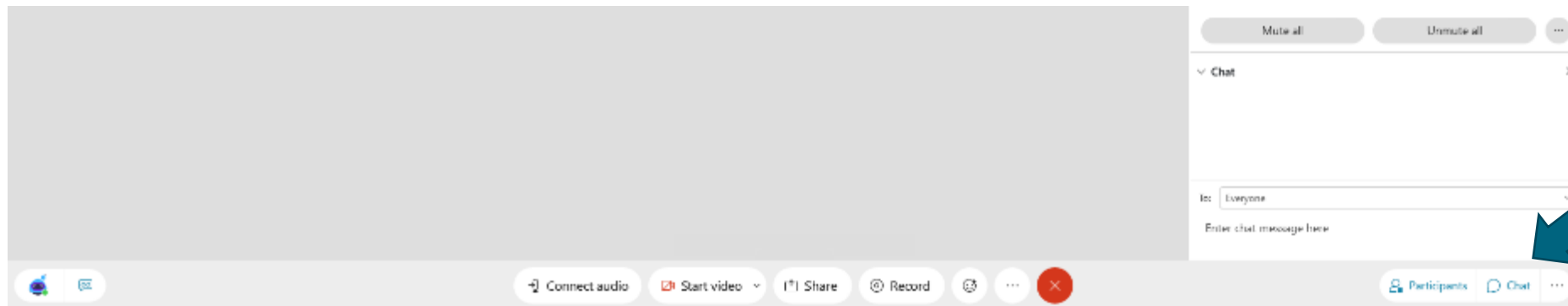
- If you have a covered spouse on the Harris Health Medical Plan, both you and your spouse must each complete the program by August 31, 2021 to be eligible for the full premium rewards.

Visit www.mycigna.com to view your premium rewards status.

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.



Employee Wellness Team



Michele Hunnicutt, MSHP, CHES, WWPC
Director of Employee Wellness & EAP
Harris Health System



Courtney Karam, MPH, CHES
Sr. Employee Wellness Coordinator
Harris Health System



Ellen Ogedegbe, M.Ed., CHES, CWC
Employee Wellness Coordinator
Harris Health System



Haley Love, MPH, CHES
Employee Wellness Coordinator
Harris Health System



Latecia Murphy, M Ed, RN, BSN, CHES
Cigna Onsite RN Health Coach
Cigna



Leah Garcia Campbell
Sr. Client Engagement Manager
Cigna



Crystal Cunningham
Onsite Client Service Partner
Cigna

Learning Objectives



- What happens in our brain when we become motivated?
- The role of a Growth Mindset
- Calling on our intrinsic motivation
- How to STAY motivated and is that enough?

How did you feel when...

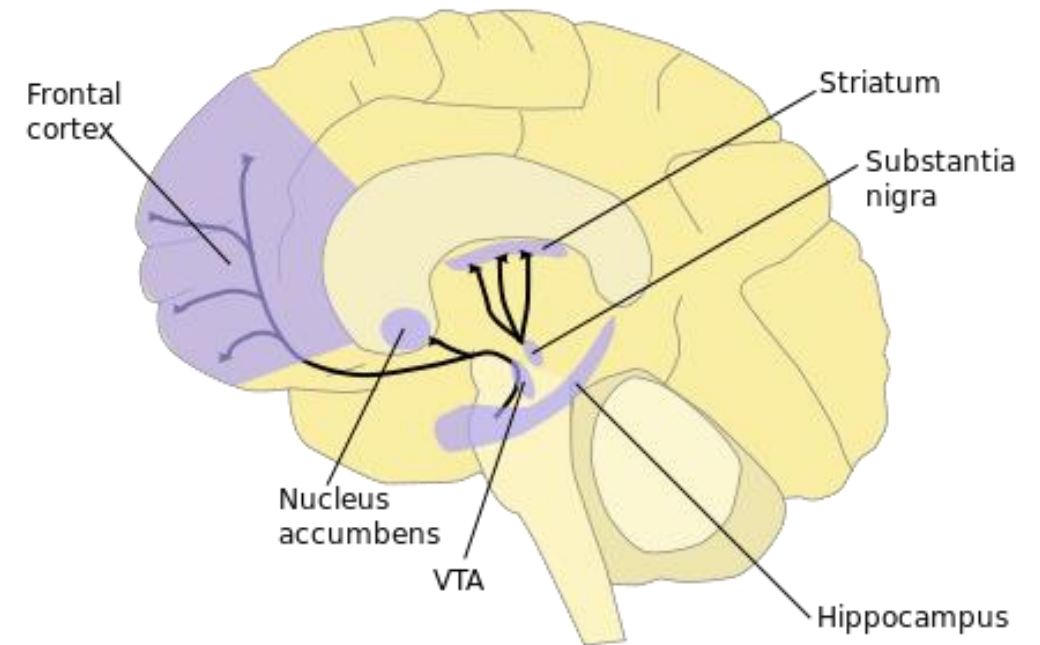
What you achieved **surpassed** your expectations?

What you achieved simply **met** your expectations?

What you achieved **failed** to meet your expectations?

The Rewards System

- Necessities & Rewards
- Reward Learning
- Rewards vs. Punishments

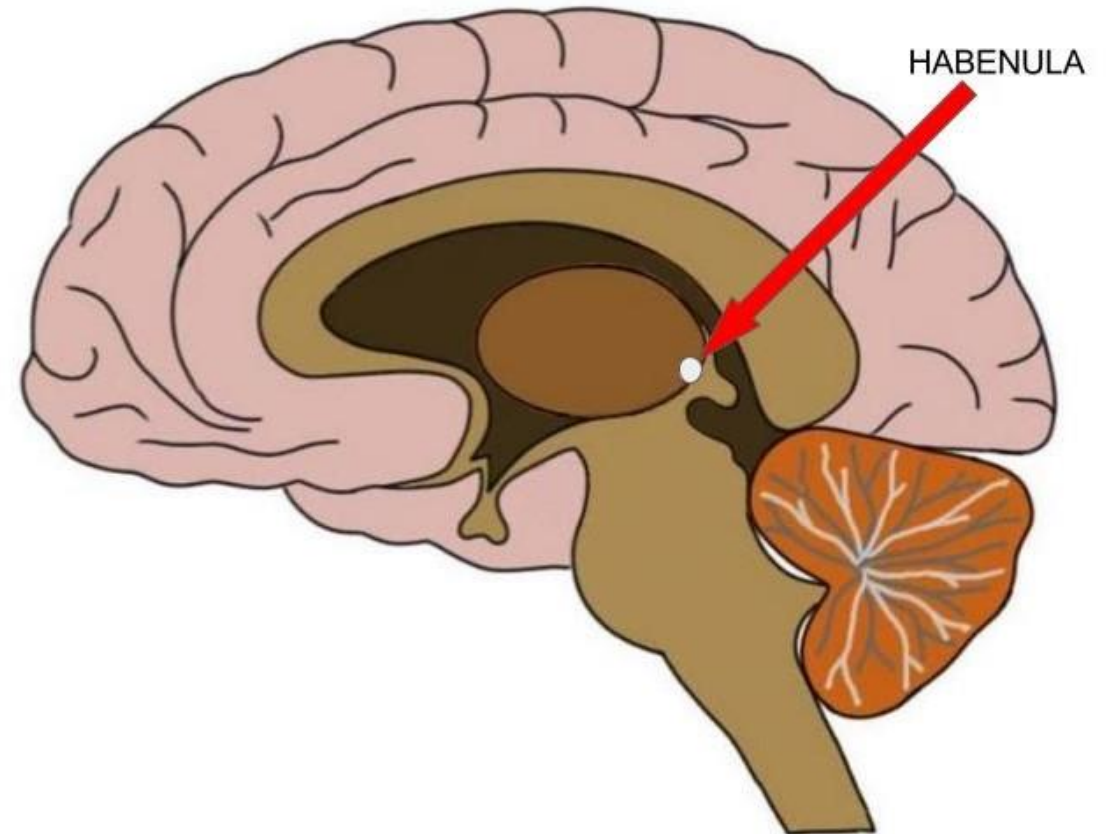


The regions of the brain comprising the “reward system” use the neurotransmitter dopamine to communicate. Dopamine-producing neurons in the ventral tegmental area (VTA) communicate with neurons in the nucleus accumbens in order to evaluate rewards and motivate us to obtain them. – BrainFacts.org

What goes up...must come down.

The Anti-Reward System

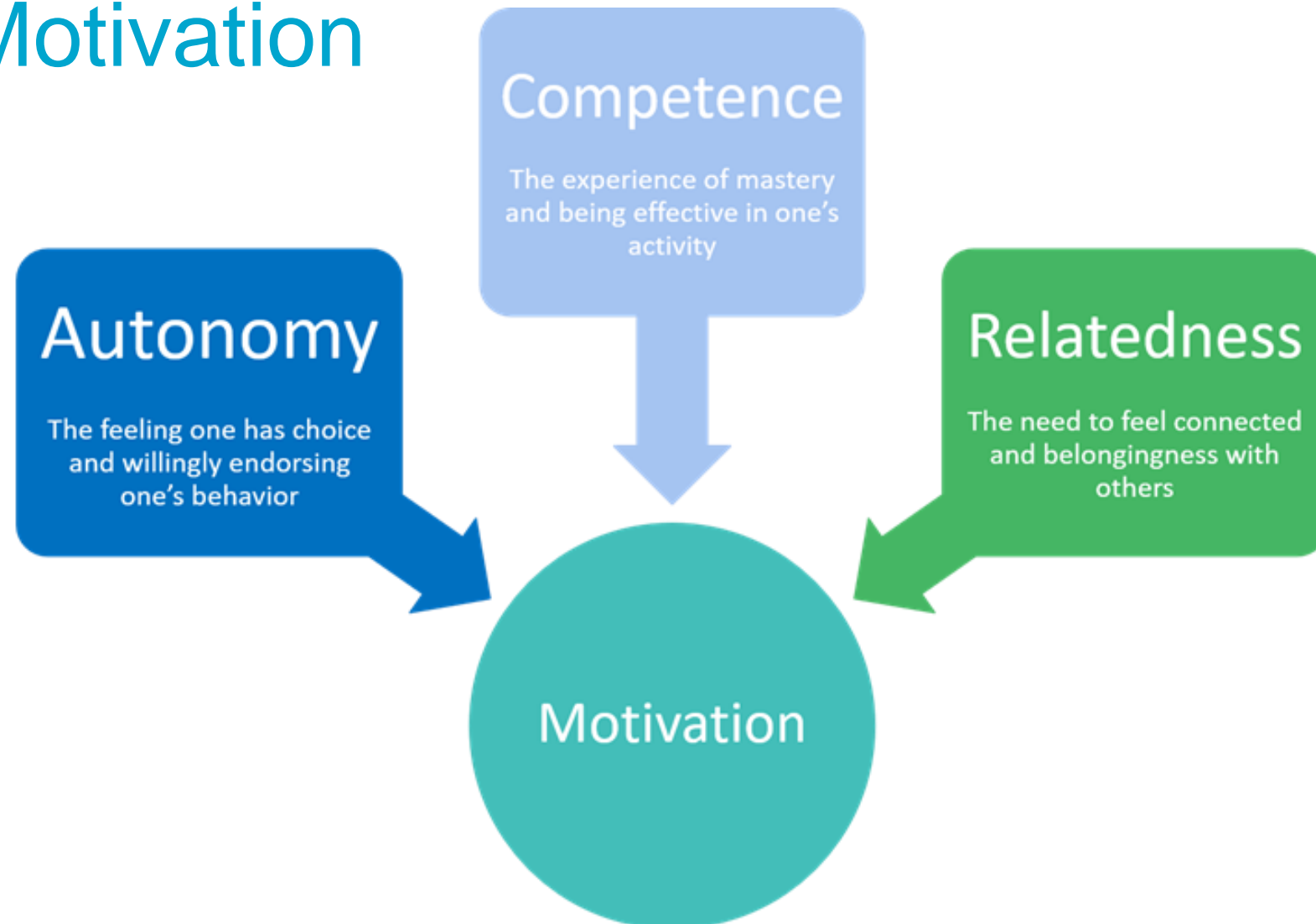
The HABENULA is a tiny pea-sized part of our brains that works to keep our pleasure-seeking in check.



Who
cares
?



Intrinsic Motivation



Why do you invest time and effort
into taking care of yourself?

Grit – The Key to Staying Motivated

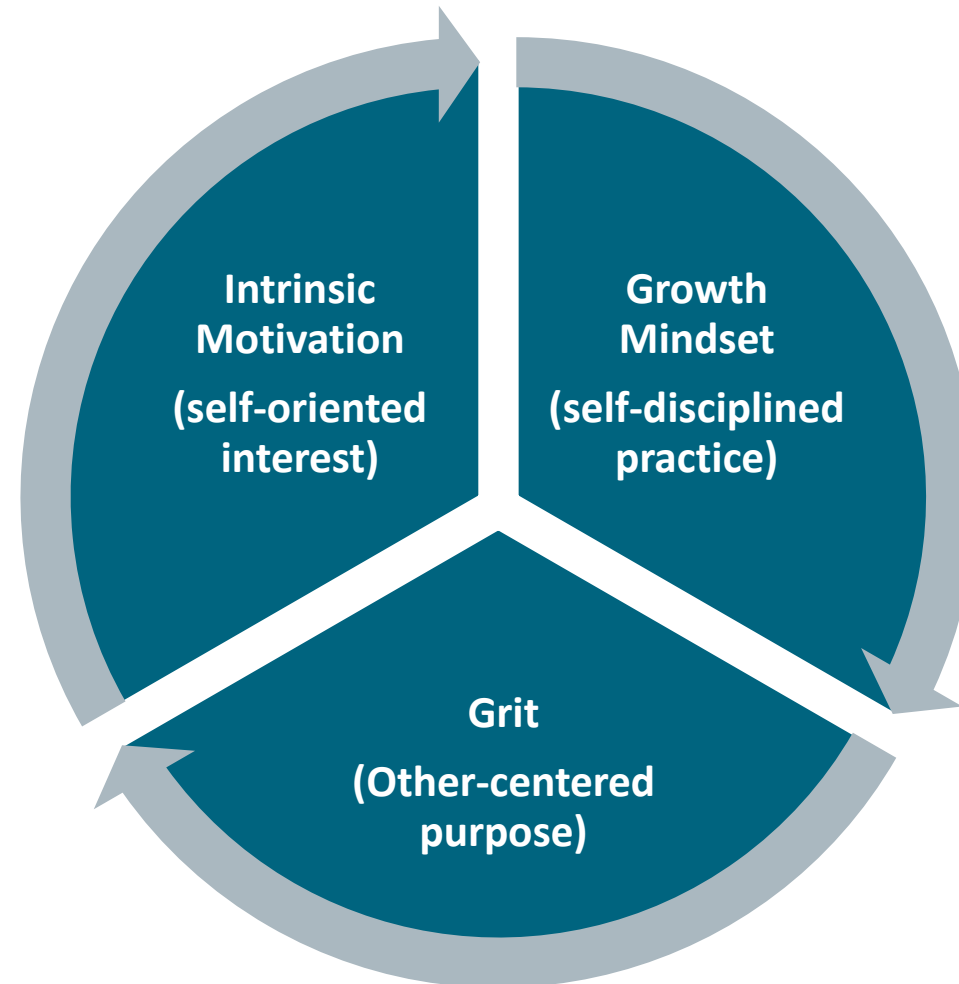
Grit is passion and perseverance for very long-term goals.

Grit isn't talent. Grit isn't luck. Grit isn't how intensely, for the moment, you want something.

Instead, grit is about having an "ultimate concern"—or a top-level goal you care about so much that it organizes and gives meaning to almost everything you do. And grit is holding steadfast to that goal. Even when you fall down. Even when you screw up. Even when progress toward that goal is halting or slow.

-Angela Duckworth

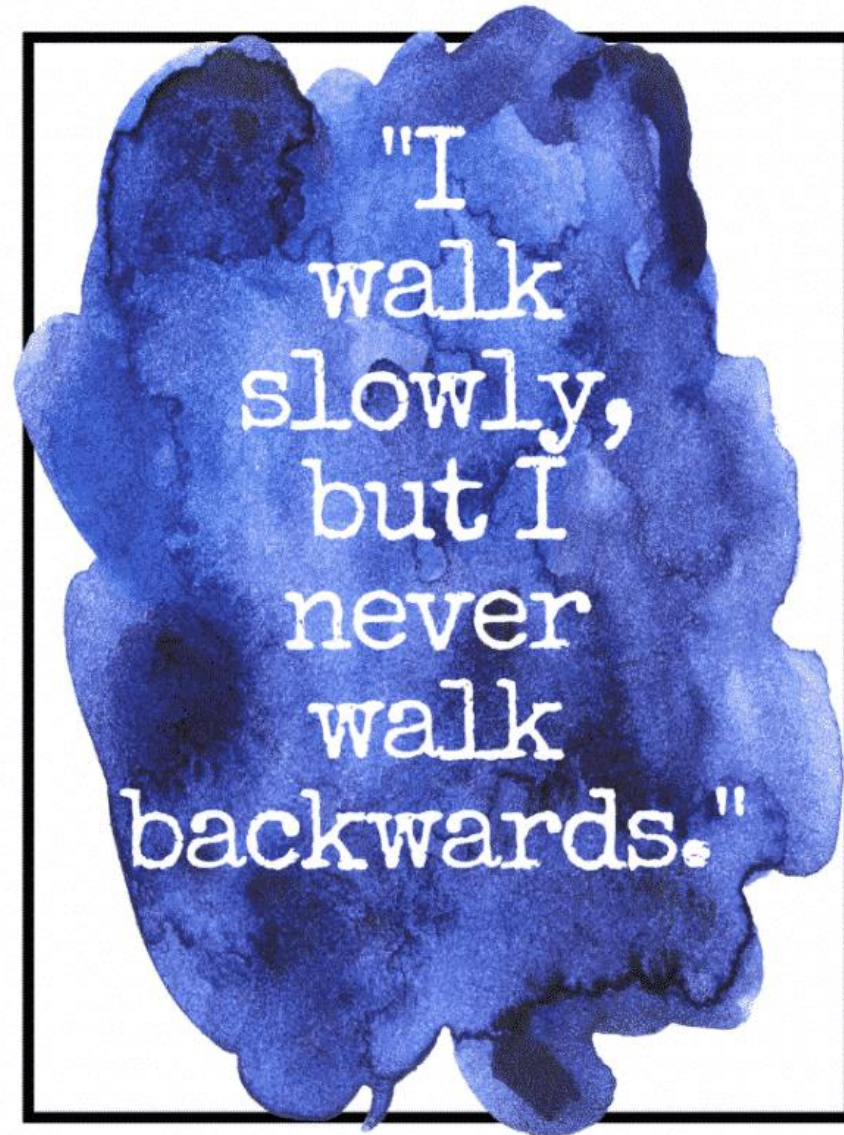
How many of you are still pursuing the dreams you held at 10 years old?



Grit Assessment

	Very much like me	Mostly like me	Somewhat like me	Not much like me	Not like me at all
New ideas and projects sometimes distract me from previous one					
Setbacks don't discourage me. I don't give up easily.					
I often set a goal but later choose to pursue a different one.					
I am a hard worker.					
I have difficulty maintaining my focus on projects that take more than a few months to complete.					

	Very much like me	Mostly like me	Somewhat like me	Not much like me	Not like me at all
I finish whatever I begin.					
My interests change from year to year.					
I am diligent. I never give up.					
I have been obsessed with a certain idea or project for a short time but later lost interest.					
I have overcome setbacks to conquer an important challenge.					



Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- 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
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

employee wellness@harrishealth.org

[Visit our website!](#)



#1 in Texas



#6 in America

