



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

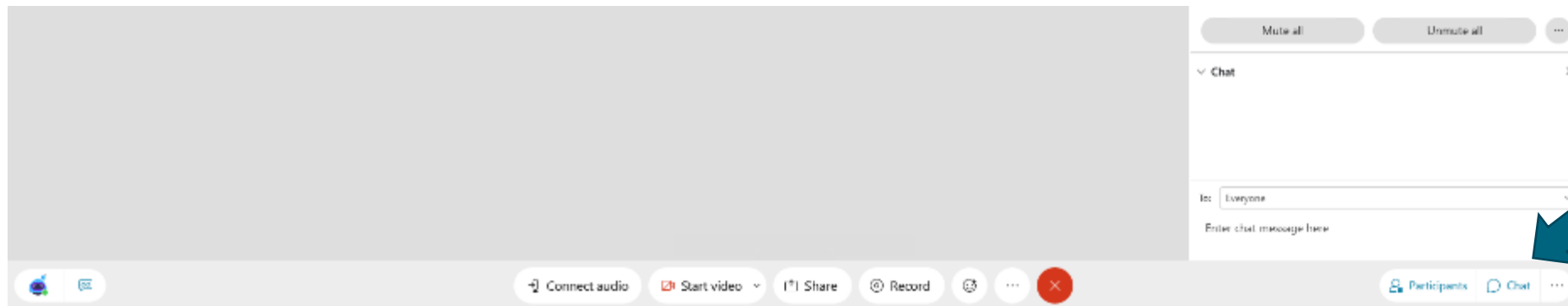
Get In The Zone - Finding Your Flow

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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How might the performers be feeling in this photo?



What is Flow?

- You are fully immersed in whatever you're doing.
- You are “in the zone.”
- Things just seem to click.
- You lose track of time.
- The chatter in your mind disappears.
- Your awareness of existence seems to be suspended.
- Tends to happen during challenging and engaging activities



A Path to Happiness

Flow is correlated with improved:



Subjective well-being
Life satisfaction
General happiness
Productivity
Motivation
Engagement
Mood
Creativity



7 Conditions of Flow

1. Focused, concentrated
2. A sense of ecstasy – being outside everyday reality
3. Great inner clarity
4. Knowing that the activity is doable
5. A sense of serenity
6. Timelessness
7. Intrinsic motivation

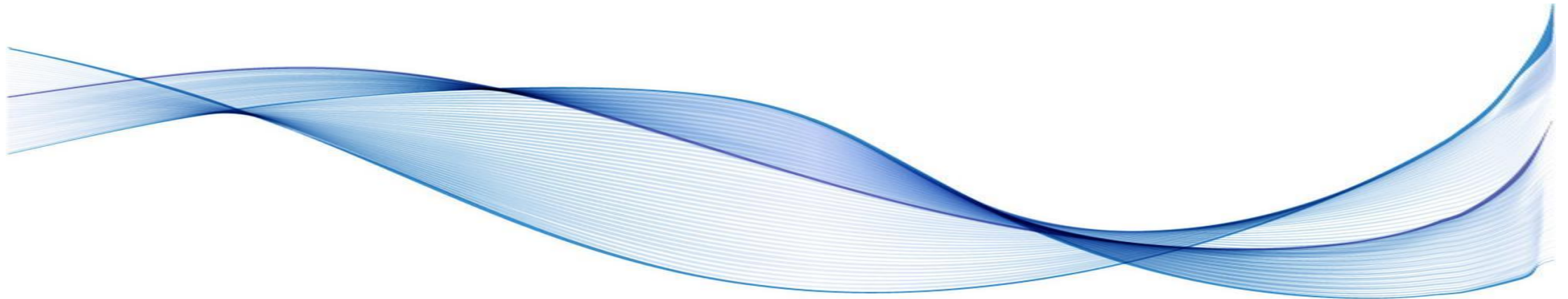
Flow at Work

Challenge + Resources + Support

Activity: Finding Your Flow

How to Find Your Flow?

1. Identify when you're in flow
2. Understand how you got there
3. Practice purposefully



Describe a time when you felt “in the zone.” You were completely focused and time seemed to fly.

Identify

- What do you like doing?
- When have hours passed by without your realizing it?
- What tasks give you a sense of ease?



Understand

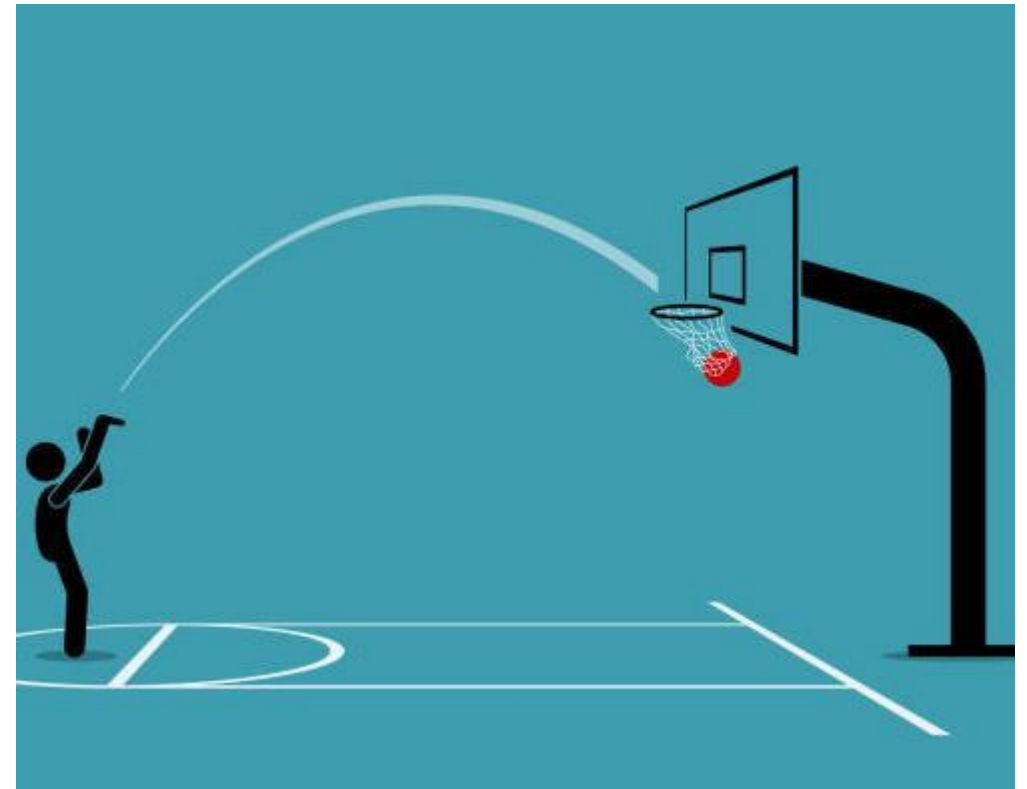
- What were you doing when you last found yourself in flow?
- Notice your surroundings.
 - Are you alone or with others?
 - What are you doing physically?
 - What are you doing mentally?

Practice Intentionally

Try to recreate your flow state

Tips for success:

- Limit distractions
- Focus your attention on the present
- Setup flow triggers
- Ensure the task is not too challenging or too easy



Flow Triggers

- **Social** – listen and engage
- **Creative** – take risks
- **Environmental** – experience something new
- **Psychological** – envision success



Resources

More Information on the Topic

- TED – [Flow, The secret to happiness](#) by Mihaly Csikszentmihalyi

Stress Management and Counseling

- 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.

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[Visit our website!](#)



#6 in America



#1 in Texas

