



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

Leave a Little Sparkle Wherever You Go!

Wellness Workshop

Taught by the Harris Health Employee
Wellness Team

HARRISHEALTH SYSTEM

Employee Wellness Team



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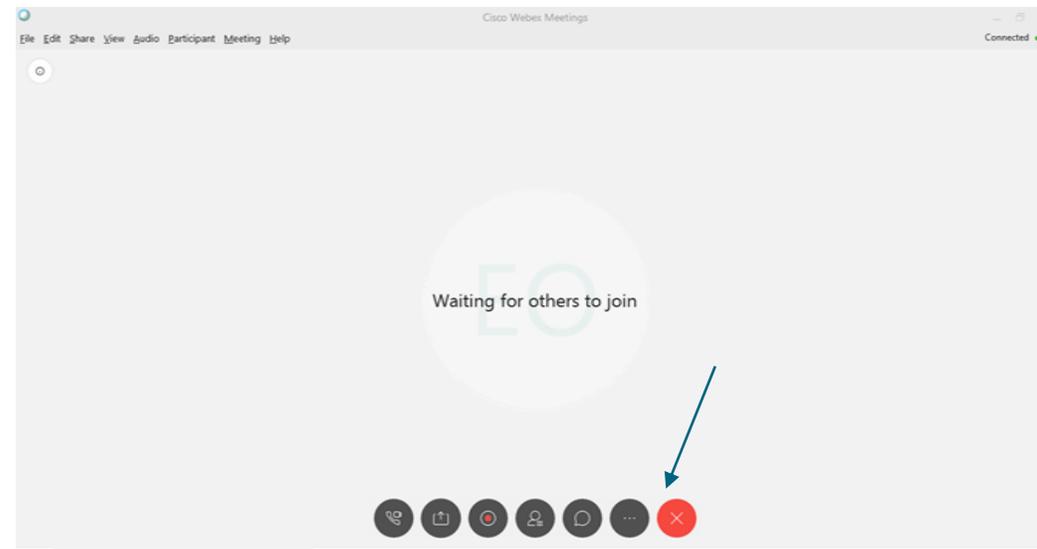
Leah Garcia Campbell
Sr. Client Engagement Manager
Cigna



Crystal Cunningham
Onsite Client Service Partner
Cigna

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 or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.



Learning Objectives

- Sprinkle A Little Sparkle on Others
- Sprinkle A Little Sparkle on Yourself
- Health Benefits of Sparkling

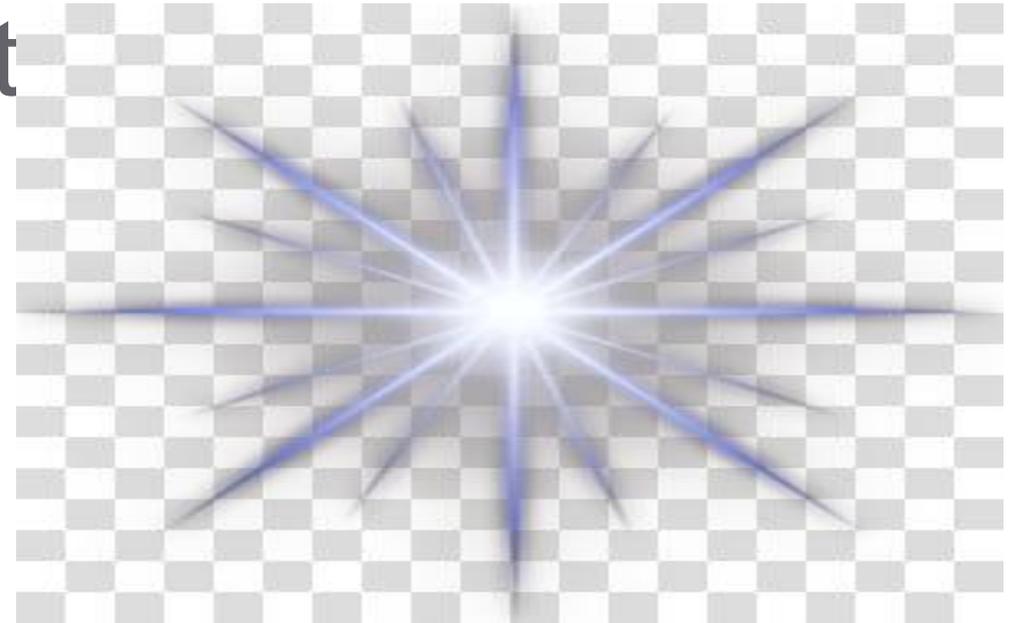
Leave a little
SPARKLE
wherever
you go

Sprinkling Sparkle On Others

- Try to see the best in people
- Volunteer for a cause you feel passionate about
- Help those in need
- Be optimistic
- Be a good listener

Sprinkling Sparkle On Ot

- Don't be afraid to be silly
- Compliment Others
- Laugh and Smile
- Speak Positively
- Speak with Passion



Sprinkling Sparkle On Yourself

- Make Yourself Laugh
- Be Confident
- Do Something You Love
- Show Your True Personality
- Be Weird



Health Benefits of Sparkling

- Releases Feel-Good Hormones
- Eases Anxiety
- Good For Your Heart
- Can Help You Live Longer
- Reduces Stress
- Prevents Illness



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

