



Life @ Home Managing the Stressors

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Engaging and Earning Points

- **Chat Box**

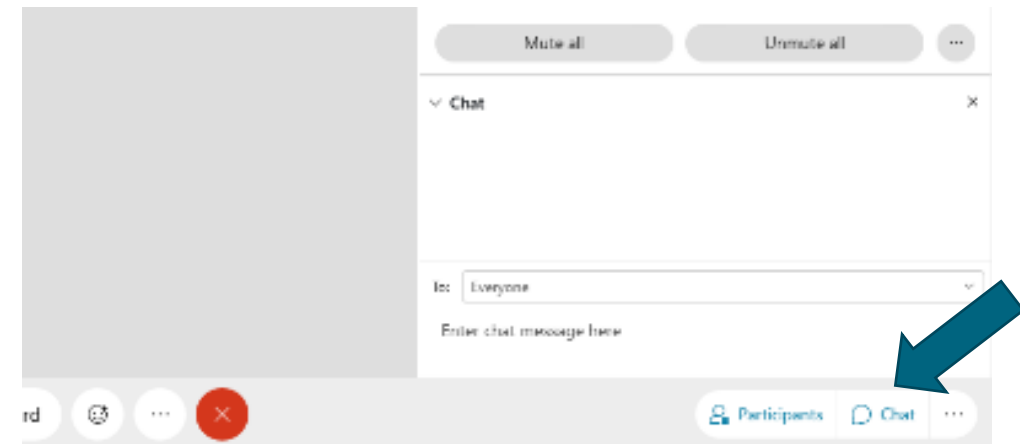
- Type questions, thoughts, examples, in the chat box. The more interaction the better.

- **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 points to be reflected in MyCigna.

- **Calling in**

- If you called in, make sure your phone number is connected to your registration ID in the participant list.
- If not, Webex will not count you as attended. Please rejoin the Webex.



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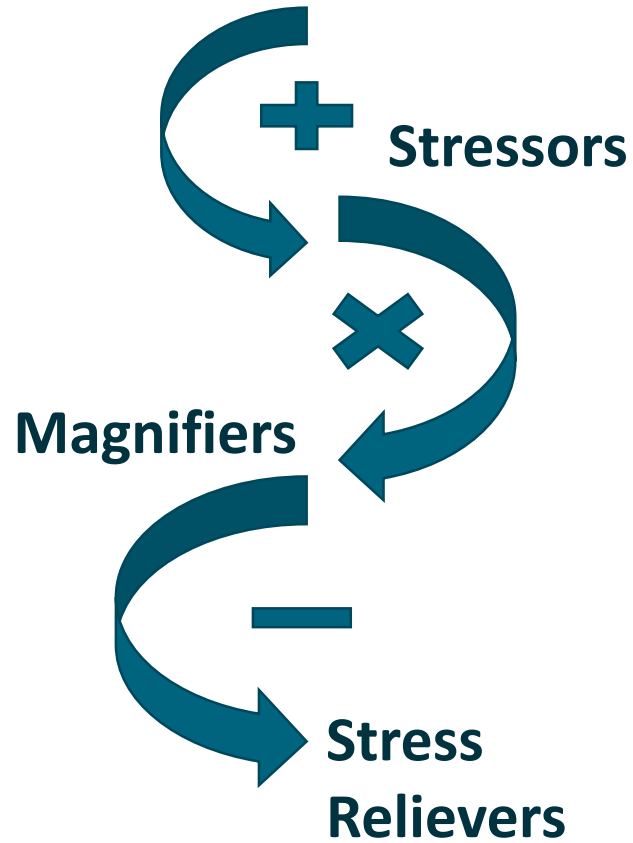
**In the face of adversity,
we have a choice**

**We can be bitter or
We can be better**

Learning Objectives

- Understand the stressors of life at home
- Explore mind, body and spirit stress inoculators
- Discuss specific strategies for work at home, living alone, families, caregivers

Stress equation



Flat worried restless

Disappointed bored

Irritable sensitive uneasy

discouraged numb

determined lost

angry over it

Isolated anxious

emotional sad

antsy defeated

resigned cut off

unmotivated insufficient

unsure disconnected

Frustrated confined on edge

nervous unsettled

more reactive disrupted

vulnerable shaggy

stressed raw worn out

powerless off balance trapped
on alert humbled

Lonely impatient

Rebalancing The Equation



Acknowledge stress points

Build up
Stress-resistance

Address specific stressors

Stress Inoculators: MIND



- Use structure of routines and policies to stay focused and ease decision-making
- Invest in purposeful pursuits to distract but also to fulfill and create momentum
- Try a “control/can’t control” filter to let go of unhelpful worry and frustration

One thing you can control: news and social media triggers. Go on a media diet to limit “unhealthy” types of and amount of news.

What is one way you can practice using your mind as a stress inoculator?

Stress Inoculators: BODY

- Physical activity reduces stress hormones in the body
- Getting enough sleep can help stabilize emotions
- Eat mindfully to understand impulses and slow down
- Be aware of and limit unhealthy coping behaviors
- Relaxation techniques can calm the body and quiet the mind



Motivation may be low. Don't wait for it. Just start

What is one way you can practice using your body as a stress inoculator?

Stress Inoculators: SPIRIT



- Be intentional about rebalancing with “soothers” and “time outs”
- Make sure you have meaningful social connections and support
- Finding gratitude in the midst of challenges helps rewire the brain

Even small moves can help re-spark your spirit.
“Better to light one small candle than to cure the darkness”

What is one way you can practice using your spirit as a stress inoculator?

Working from Home: WORK/LIFE BLUR



- Create separation with boundaries
- Have a flexible child care plan
- Tame tendency to overwork
- Take your breaks; revitalize

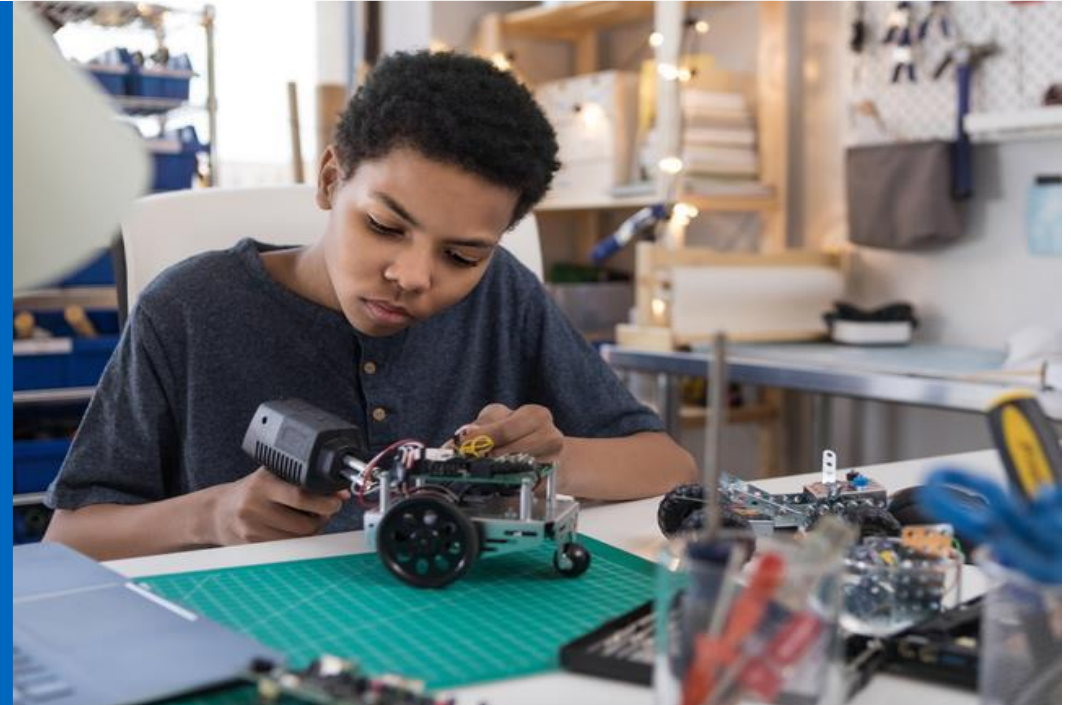
On the Job: CARING FOR PATIENTS



- Practice radical acceptance
- Engage in healthy eating habits
- Invest in healthy relationships
- Take breaks from work
- Make time for exercise

The Full House: CARING FOR KIDS

- Make peace with remote learning
- Balance being busy with down time
- Help teens navigate challenges
- Remember that kids are resilient



Parents of children under age 18 are disproportionately likely to say their lives have been disrupted by the pandemic.

The Full House: CAREGIVING



- Put boundaries around fears
- Allow emotions; get support
- Be prepared to bend a little

A caregiver's stress "equation" may be even more unbalanced. Know that self-care is vital in order to reclaim that balance.

The Full House: RELATIONSHIPS UNDER PRESSURE



- Give each other space
- Actively practice empathy
- Build in calm connections
- “Refill the cup”

If issues escalate, reach out for support

The Empty House: ALONE AND LONELY

- Nurture existing connections
- Explore new connections
- Be willing to be authentic and open
- Lean into solitude



Be wary of internal dialogue. Being lonely is a natural, hard-wired cue that we're missing something we need – not a shameful indicator of low worth.

Finding the Silver Linings

- Time...to slow down, think, imagine
- Family...bonding in new ways
- Appreciation...of life through new lens
- Freedom...to be who we are

What have you gained or discovered?



Navigating With Resilience

“Do what you can with what you have where you are”

-Theodore Roosevelt

- Aim for your best day
- Be OK with “not OK”
- Let go of “should”
- Live in the present; believe in the future
- Prioritize kindness

"DON'T STRESS THE
COULD HAVES, IF IT
SHOULD HAVE, IT
WOULD HAVE."
- UNKNOWN

Resources

Stress Management 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
 - 713-873-6407 or Latecia.Murphy@harrishealth.org

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Caring for ourselves so we can care for others

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#6 in America



#1 in Texas

