Finding your Balance: Achieving Wellness

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Wellness Defined

- “A dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle.”
  - World Health Organization (WHO)

- “Choice living; a compilation of the daily decisions we make that lead us to the person we choose to become...”
  – Anonymous
Wellness Wheel (Present)
Healthy You...

- Affirmed
- Balanced
- Focus
- Goals Setter
- Happy
- Health Habits
- Hobbies
- Positive Mindset
- Role Model
- Sets boundaries
- Stress Management
- Time Management
This framework is made up of 7 dimension of Wellness:
Physical Wellness

- Process of making good choices to create flexible, cardiovascular fit, energetic, strong bodies.
- The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits while avoiding unhealthy habits
  - Eat Well
  - Rest
  - Sleep
Physical Wellness: Eat

- Healthy guidelines that we highlight
  - Nutrition 101
  - Hot Topics
- When to eat
5 Stress fight superfoods

- **Spinach**: Three cups of spinach supplies 40% of your daily magnesium, a mineral that blunts stress effects on the body by stopping blood pressure from spiking *(Beth Reardon RD Duke Integrative Medicine in Durham, North Carolina)*

- **Oranges**: A study from Carnegie Mellon University in Pittsburgh finds a brief bout of tension can influence your immune system, but vitamin C in citrus bolsters your own.
5 Stress fight superfoods

- **Chocolate**
  - Cocoa boosts your body’s levels of neurochemicals, which act in parts of the brain to help produce a sense of happiness and relaxation, says Alan Hirsh MD, director of the Smell & Taste Treatment and Research Foundation in Chicago.

- **Fish**
  - Test takers who consumed more of the healthy fats for 3 weeks halted a surge in stress hormones when they were faced with a tough quiz, according to a study in *Diabetes & Metabolism*.

- **Oatmeal**
  - Author of Nutrition at your Fingertips (Alpha Books), Elisa Zied, RD writes that the B vitamins in oats stimulate production of serotonin.

*Adapted from Self Article:
Physical Wellness: Relax & Sleep

- Skip the caffeine boost & replace with:
  - Quick power naps
  - Fresh air & brief walk
  - Chat with a friend
  - Eat a healthy snack (<200 calories)
- Moment meditation (http://youtu.be/F6eFFCi12v8)
- Relaxation techniques
  - Breathing exercises
  - Shoulder & neck rolls
  - Self massage
The Sleep Cycle

The average adult is recommended to sleep for 7 to 8 hours a night. Each stage of sleep serves as a function in keeping the body and brain healthy.

**Stage 1**
- 5 minutes into sleep
- Easily awakened
- Body begins to relax

**Stage 2**
- Heart rate and breathing slows
- Body temperature drops

**Stage 3 & 4**
- Most restorative sleep, also known as “Beauty Sleep” during this state the body repairs itself and builds energy for the next day
- Plays major role in maintaining your health, stimulating growth and development

**Stage 5**
- Brain is active and renewed
- This stage sleep renews the brain by playing a key role in learning & memory.

“The most critical period of sleep for memory consolidation is in the hours immediately following a lesson” Harvard Sleep Division

**Did You Know?**

Only 12% of CSUF students report getting enough sleep to feel rested 6-7 days in the last week.

Begin to feel more rested by...
- Avoiding stimulants before sleep
- Develop a regular sleep schedule
- Reserve your bed for sleeping only

**Ideal Nap Time**

Suggested length: 20-30 mins
Prime nap time: 1pm-3pm

Project Zzz
Physical Wellness: Sleep

Non-REM vs. REM effects on your body

- Deep sleep (Non-REM) is when your body repairs itself and builds energy for the day ahead.
- Important for...
  - Stimulating growth & development
  - Repairing muscles & tissues
  - Boosting immune system

- Most damaging effects of sleep deprivation are from inadequate deep sleep.

To wake up energized & refreshed, getting quality deep sleep is essential!

- REM sleep renews the mind
- Plays a key role in learning & memory
- In REM...
  - your brain processes the information you've learned during the day.
  - Forms neural connections that strengthen memory
  - Replenishes its supply of neurotransmitters
    - Like serotonin & dopamine that boosts your mood during the day

Sleep more to dream more to feel good!
Intellectual Wellness

- Process of using our minds to create a greater understanding and appreciation of the universe and ourselves.
- Involves ongoing curiosity and the pursuit of knowledge
  - Making connections
  - Examining one’s opinions and judgments
  - Questioning
  - Not dependent on intelligence or ability
Path to Intellectual Wellness Tips

- Workshops
  - Ted talks
- Enroll in a class
- Book clubs
- Art galleries

The development of personal strengths (potentials) in the context of a balanced life may be the key to well being.

-- Aristotle
Emotional Wellness

- is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings.
  - Being in tune with your emotions
  - Acknowledging those feelings
  - Identifying the origins of those feelings
  - Being able to express these feelings in a healthy matter
Path to Emotional Wellness Tips

- Awareness of thoughts and feelings
- Accepting mistakes and learning from them
- Having a positive attitude or outlook
  - Affirmation Jar
- Seeking support and expressing emotions in a suitable manner
- Setting priorities and goals
Spiritual Wellness

- Discovering meaning and purpose in life, and demonstrating values
  - Acceptance of the concepts of wholeness, unity, diversity, individual uniqueness
  - The need for community
  - Personal responsibility to oneself and the community
Path to Spiritual Wellness

- Getting it out of your mind
  - Journaling
- Look for deeper meanings
- Reflecting and processing
- Travel
  - Seeing different perspectives
- Think positively
Social Wellness

• Creating and maintaining healthy relationships, deal with conflict and to be a part of a positive social network.
  • Being mindful of your roles:
    • Parent, sibling, coworker, friend, student, and etc
Path to Social Wellness

- Learning and practicing good communication skills
- Development of assertiveness skills not passive, aggressive ones, or passive-aggressive
- Balancing social and personal time
Environmental Wellness

• Making choices that will contribute to sustaining or improving the quality of life (i.e., water, air, & land) in the universe.
  • Learning about and protecting yourself against hazards and environmental threats
Environmental Wellness

- Limiting daily showers to 5 - 7 minutes
- Turn running water off while brushing your teeth
- Carpooling
- Recycling
Financial Wellness

- is understanding the importance of sustaining ourselves financially for the short and long term.
- an intricate balance of the mental, spiritual and physical aspects of money.
  - This unique combination is an ideal to strive towards in our dealings with money.
Can Money Buy Happiness?

http://youtu.be/JSIkdWxotKw
Path to Financial Wellness

- Creating and maintaining a healthy budget
- No spending one day a week
- Carry cash
- Automate your savings
- Apps or websites?
Wellness Continuum

The dimensions of wellness interact continuously, influencing and being influenced by one another.

Low levels of Wellness  |  Physical, mental, other issues  |  Change and growth  |  High

Malaise/Turmoil  |  Vital, Meaningful Life
Developing Wellness

- What is something that you could do to aim for wellness?
- An active ongoing practice to maintaining and achieving wellness
- We wish you wellness.
Resources

- Student Health & Counseling Center –
  - Health Education & Promotions
  - [www.fullerton.edu/shcc](http://www.fullerton.edu/shcc)
- Human Resources, Diversity and Inclusion –
  - Lunch and Learns, trainings, and benefits
  - [http://hr.fullerton.edu/](http://hr.fullerton.edu/)
- Titan Recreation Center
  - [http://www.asi.fullerton.edu/src/](http://www.asi.fullerton.edu/src/)
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Your Path to Achieving Wellness

The 7 Dimensions of Wellness

Physical Wellness
Intellectual Wellness
Emotional Wellness
Spiritual Wellness
Social Wellness
Environmental Wellness
Financial Wellness
Physical Wellness

I practice physical wellness by:

- _________________________________
- _________________________________
- _________________________________
- _________________________________
- _________________________________
- _________________________________

- Get daily exercise (150 mins per week – moderate level activity)
- Get yearly check-ups: dental, vision and routine
- Responsible use of alcohol and other drugs

Intellectual Wellness

I achieve intellectual wellness by:

- _________________________________
- _________________________________
- _________________________________
- _________________________________
- _________________________________

- Going to concerts
- Watching documentaries
- Listening to talk radio
- Learning or improving a new skill
Emotional Wellness

I balance my emotional wellness by:

- The ability to talk with someone about your emotional concerns and share your feelings with others.
- Saying "no" when you need to without feeling guilty.
- You feel content most of the time.
- Feeling you have people in your life that care about you- a strong support network.
- Being able to relax.
- Feeling good about who you are.

Spiritual Wellness

I aim for spiritual wellness by:

- Develop a capacity for love and forgiveness
- Developing love self-love
- Attending yoga and meditation sessions
Social Wellness

I maintain social wellness by:

- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________

- Mutually loving, supportive people in your life
- Learning and practicing good communication skills
- Developing the capacity for intimacy
- Cultivating a support network

Environmental Wellness

I practice environmental wellness by:

- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________

- Lessing food packaging (i.e. plastic containers for lunch or snacks, reusable bags, and etc.)
- Turning off the lights
- Support local farmers and produce
- Removing the plug when not in use
Financial Wellness

I practice financial wellness by:

- _________________________________
- _________________________________
- _________________________________
- _________________________________
- _________________________________
- _________________________________
- _________________________________

- Balance between needs and wants
- Planning and preparing for future emergencies, unplanned expenses, and retirement
- Setting short term and long term goals