Effectiveness – The Whole Health Approach!

Feel Your Best and Be Your Best While Leading and Serving Others.

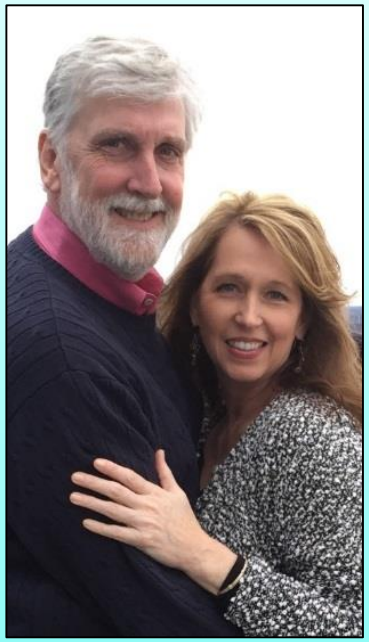
Please Complete Your Health Assessment

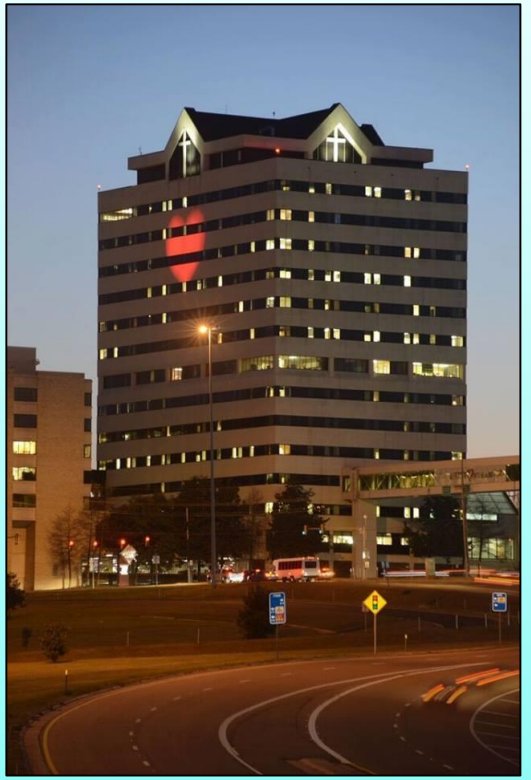
and

Write Your Best Personal Wellness Tip on the Green Index Card

Write Your Best Wellness Program Idea for Volunteer Programs on the Blue Index Card

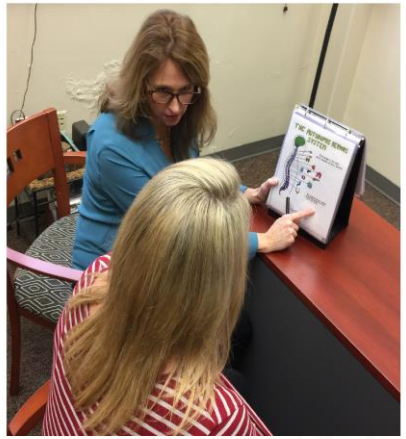
About Me…





DELTA STATE UNIVERSITY
1924
CLEVELAND, MISSISSIPPI

ΣΩ
NIWH
National Institute of Whole Health



I am a Whole Health Educator

Volunteer Coordinator

Wellness Coach

Wellness Program Developer

MBTI – Myers-Briggs Personality Assessment Practitioner

Franklin Covey's - The Seven Habits of Highly Effective Teens - Course Facilitator

FranklinCovey certified facilitator

CAPT®

LifePlus Wellness

Feel Your Best to Be Your Best

- Functioning at our Best
- Lifestyle Medicine

Sickness

Health Outcomes

"Most deaths are from what we do to ourselves in this country and 70% of health outcomes are predicted by behavior and environment."

Journal of American Medical Association
Rimm Stampler

Well-Being Index and State of Well-Being Rankings for Older Americans

Environment

External Influences

You can change how your genes are expressed just by what you eat and how you live.

Take a “Soil Sample.”

- Consider the quality of your diet – is it SAD?
- Stressors
- Toxins
- Trauma
- Exercise
- Energy
- Mind/Body

Everything is Connected to Everything

1. Spiritual
2. Nutritional
3. Physical
4. Emotional
5. Social

Social Element

Spiritual Element

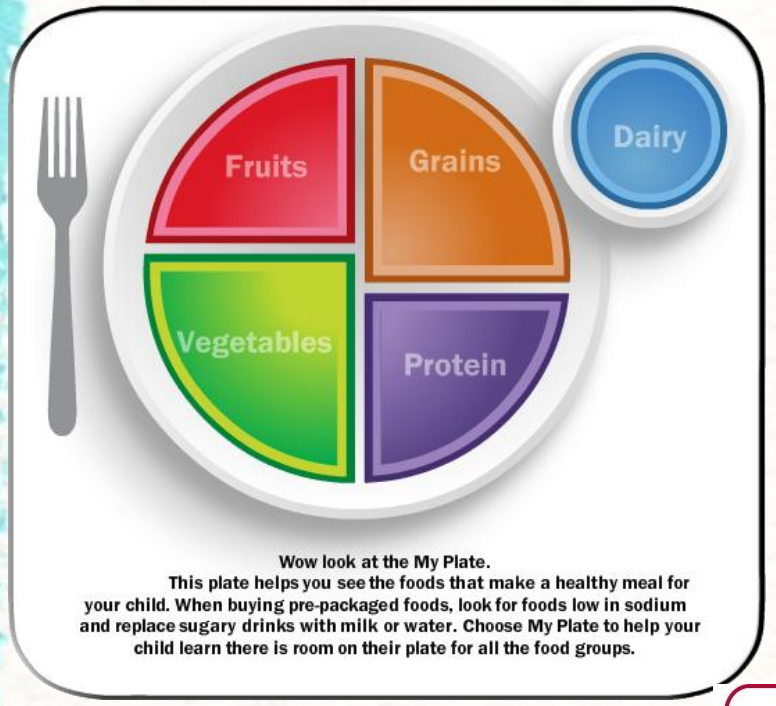
What is the holiest of days?

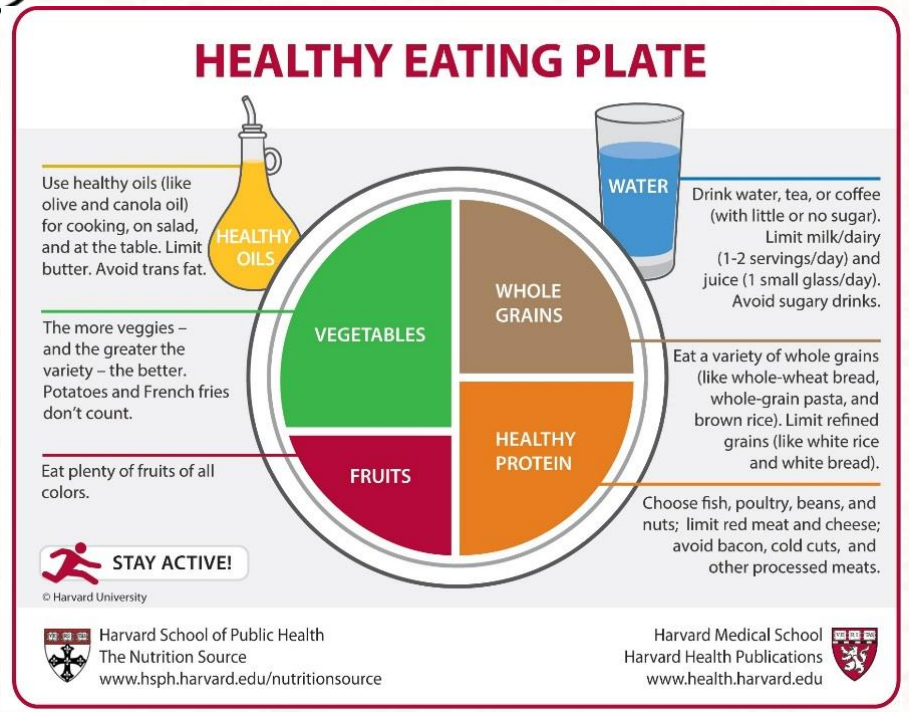
Eat real food
Not too much
Mostly plants

Michael Pollan

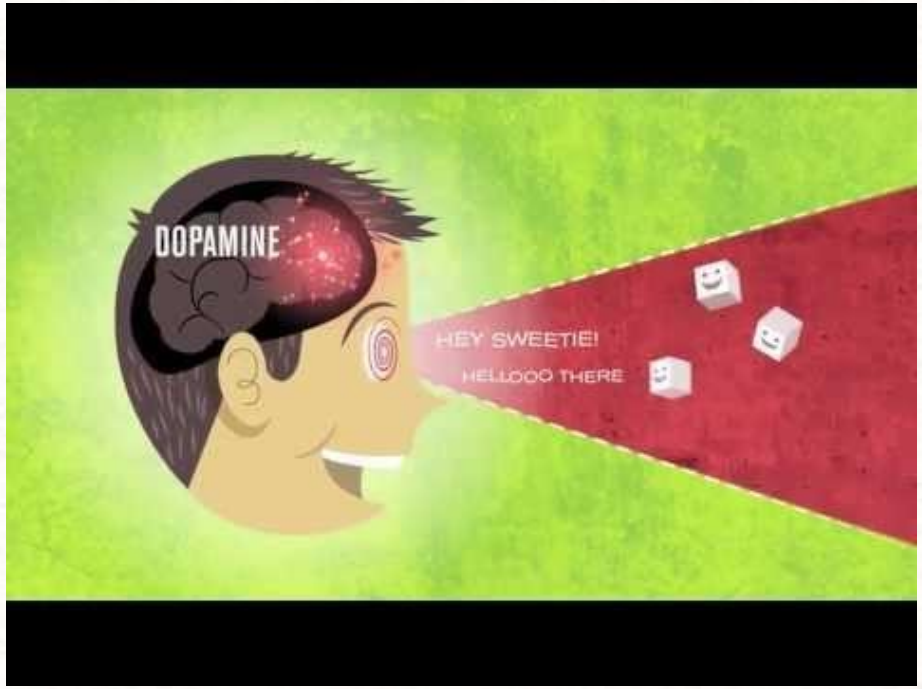
USDA Plate

And Other Options





Sugar



- Treat, Treats as Treats
- **S**ave **s**ugary treats for Celebrations
- Let Go of thinking it's about deprivation.

What the Heck am I Supposed to Eat?

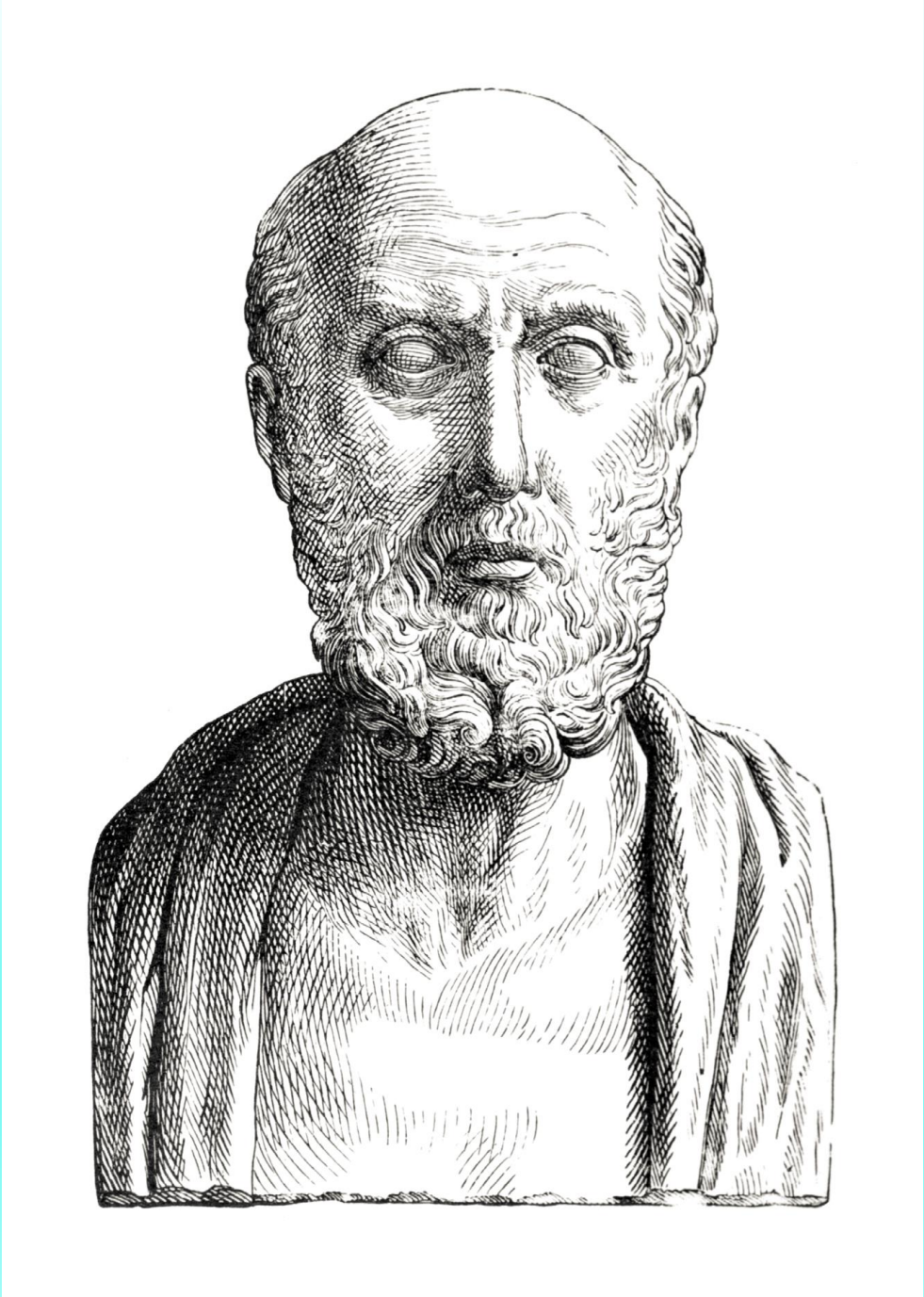
Every decade since 1960, we've been eating too much of everything.

Use HAND for Portion Control

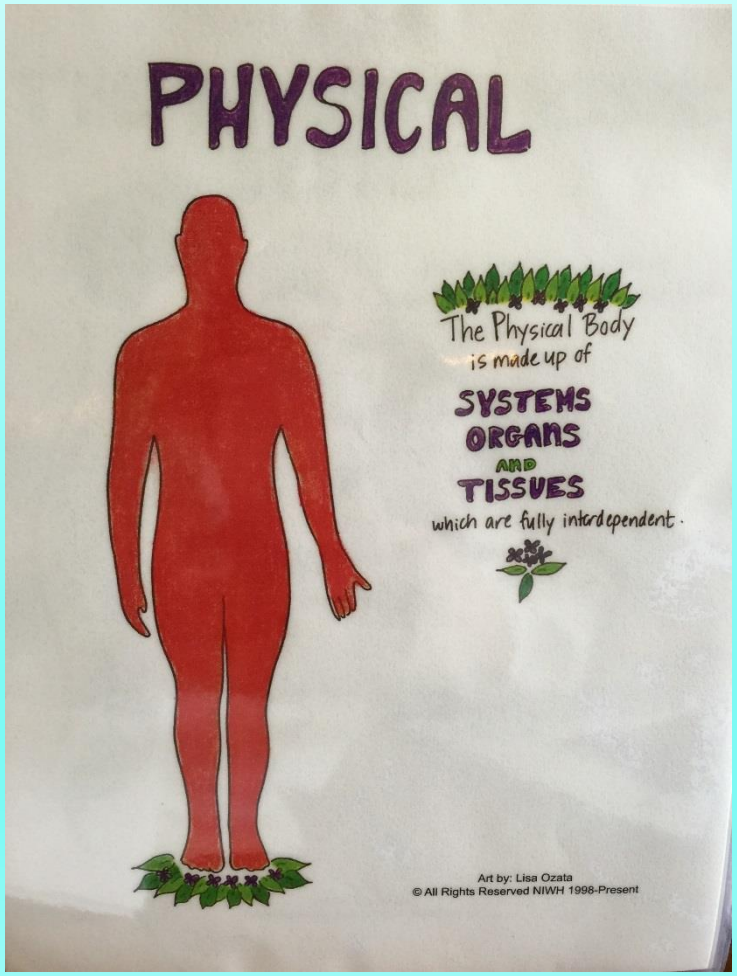
Vitamins and Minerals

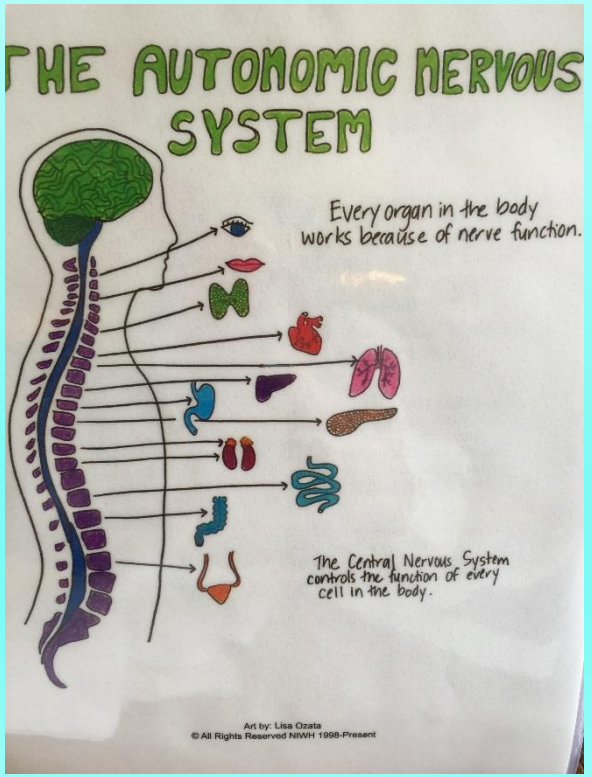
Super Foods

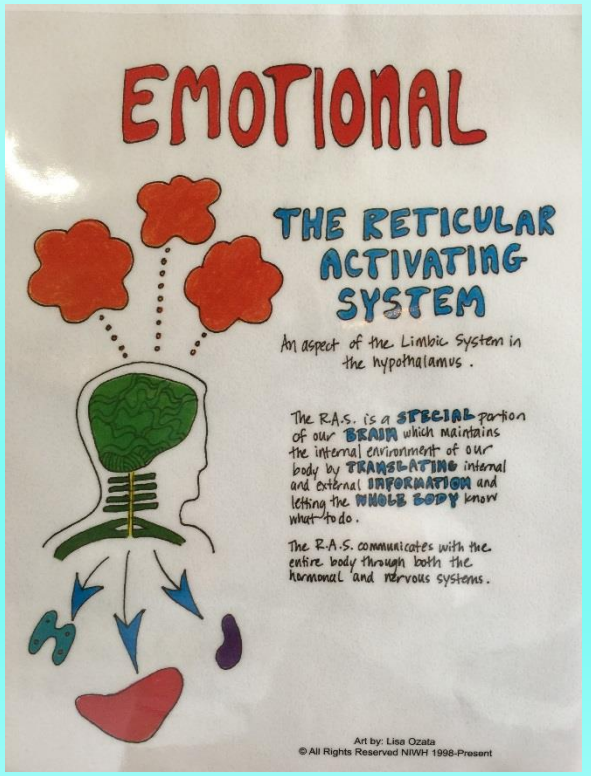
“Let food be thy medicine and medicine be thy food.”
— Hippocrates



Physical Element







Activity Level

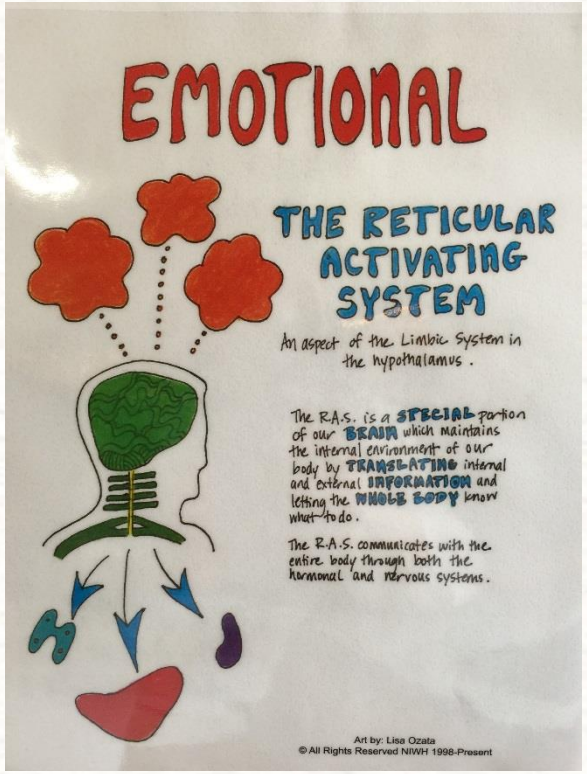
Stay Active and Strong

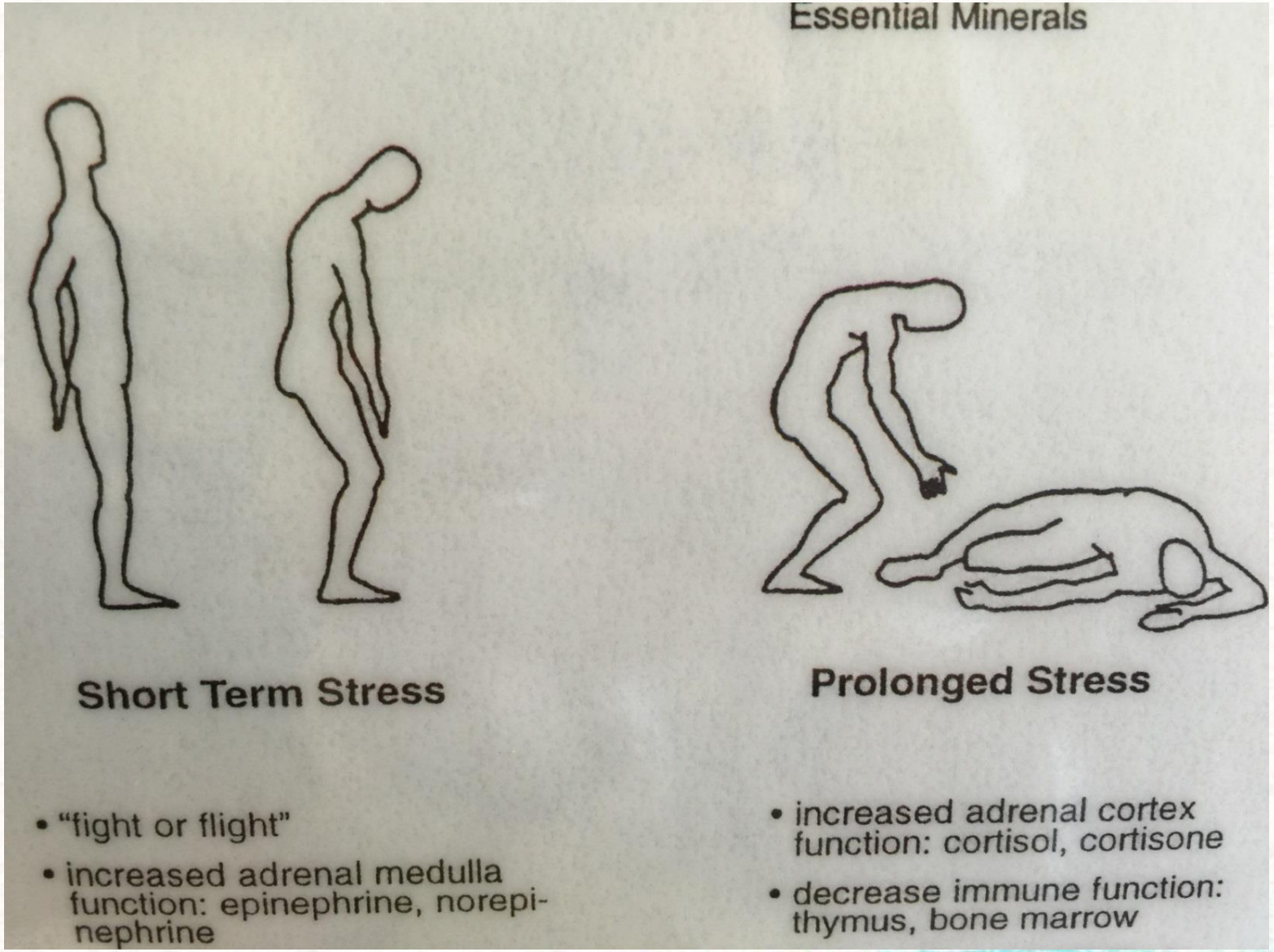
Push Yourself a Little – (We can do so much more than we think we can.)

Sit on the Floor

What you do today trains your body for the future!

Emotional Element





Ways to Manage Stress…

- Organizational skills
- Daily Routines
- Being Prepared
- Prayer
- Meditation
- Letting Go and Knowing What Will Be, Will Be
  (After you've done your best, put it to rest.)

Remove:

Anger and Hatred, Judging Others, Discouragement, Complaining, Resentment or Bitterness, Over-Spending

How and Where is Lifestyle Medicine Working?

Dean Ornish Programs – Reversing Heart Disease
Blue Zones – Identifying Longest Living Individuals on Earth
Preventative Medicine, Lifestyle Medicine

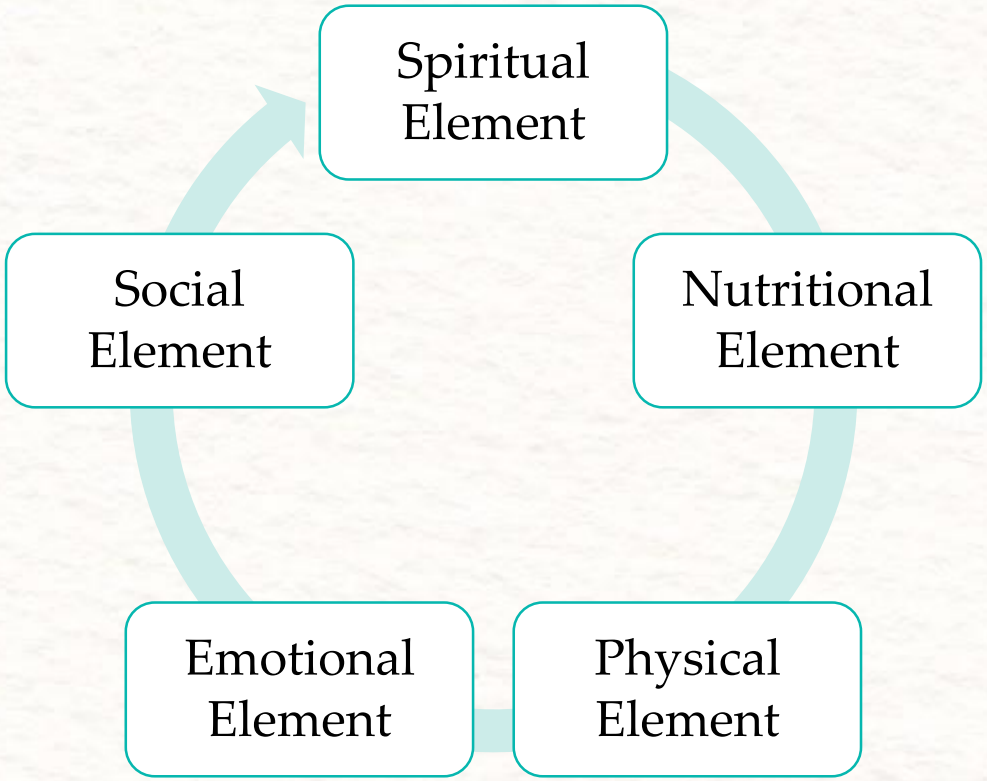
Blue Zones

Move Naturally	Know Your Purpose	Down Shift
80% Rule	Plant Based	Wine
Social Network	Spiritual Life	Family

Life Plus Self - Health Assessment

	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Spiritual Life					
Nutrition					
Physical					
Emotions					
Social					

Whole Health



Just like a stool….

Leader Care

Take care of yourself so you can feel well, stay well and be effective while leading and serving others.

What Is In Your Basket?

What is Your Best Wellness Tip?

Basket Basics

Add Steps to Your Day

Practice Mindfulness

Limit Processed Foods

Remove Sodas From Diet

Reduce Meat, Increase Plants

Find a Health Partner

Take Quality Supplements

The soul longs for wholeness and will reveal the path to wellness and wholeness when we are truly willing to slow down, become centered and listen to ourselves and to each other.
(Living Compass)

Wellness for Volunteer Programs

Triple A

Volunteer Services to the Rescue!

Just like Triple A

Attitude – Within the Office

Appreciation – To the Volunteers

Action – Creating an Environment Full of Wellness Opportunities

Why Wellness?

How Wellness Helps Our Program and Our Volunteers

- Targets Everyone
- Volunteers Tell Others
- Healthier Volunteers
- Creates Positive Dialogue
- Provides Purpose and Opportunities to Serve (to avoid seasonal blues and loneliness)
- Access to Great Programs, Systems and Care

Recruiting Through Wellness

Contact Fitness Centers – Invite Members to Participate in Wellness Program

Host Special Presentations

- Nutrition
- Workshops – Vision Board, Natural Products, Mindful Eating, Therapeutic Coloring

Organize Lunch and Learns for Volunteers

- Healthy Cooking, Introduction to Yoga

Be the Guest Speaker at Local Group Meetings

- Mind/Body Connection
- Brain Health
- Personality and Health
- Overall Wellness
- Stress Reduction

Include Many Departments – More Awareness of Volunteer Services

Tangible Things in the Office

- Provide Healthy Snacks
- Give No-Calorie Gifts
- Provide Water
- Have a Lending Library
- Have Fitness Items in the Office, Hula Hoop, Exercise Ball, light weights (to promote conversation)

Support Throughout the Hospital

- Invite Administration to Join Effort
- Cheers Cards
- Stand up Desks
- Lunch and Learns
- Hold Walking Meetings

Things to Encourage Volunteers to do

- Park Further Out and Walk In
- Encourage Using the Stairs
- Choose Healthy Foods in the Cafeteria
- Walk Before or After You Volunteer
- Encourage Volunteers to Participate in Things Offered Around the Hospital

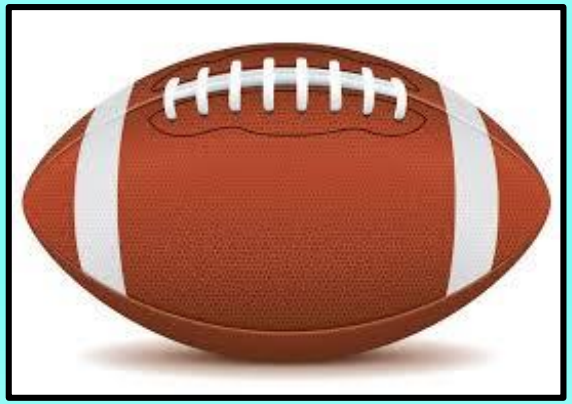
Attitude created Within the Volunteer Office

Show Interest

Stay Positive

Be Willing to Build Relationships

Keep Things Interesting and Fresh



Laughter Therapy

Music

Gratitude Journal

Have Some Fun

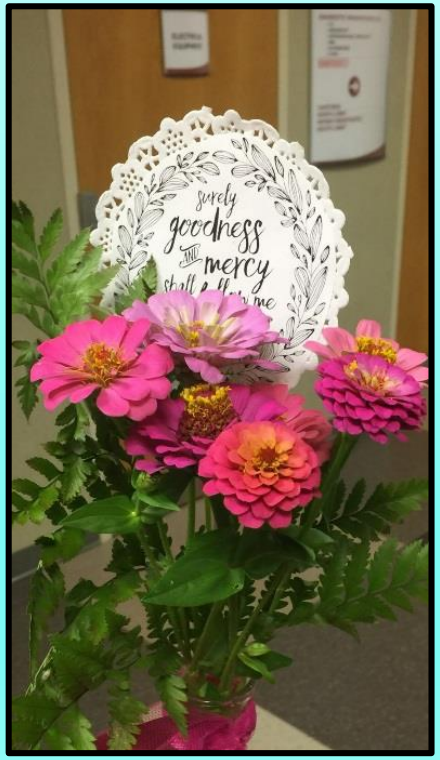
Volunteer Positions

Create Movement from within positions.

Provide Purpose – Ensure positions are meaningful.

Create Opportunities for at home service that can support departments.

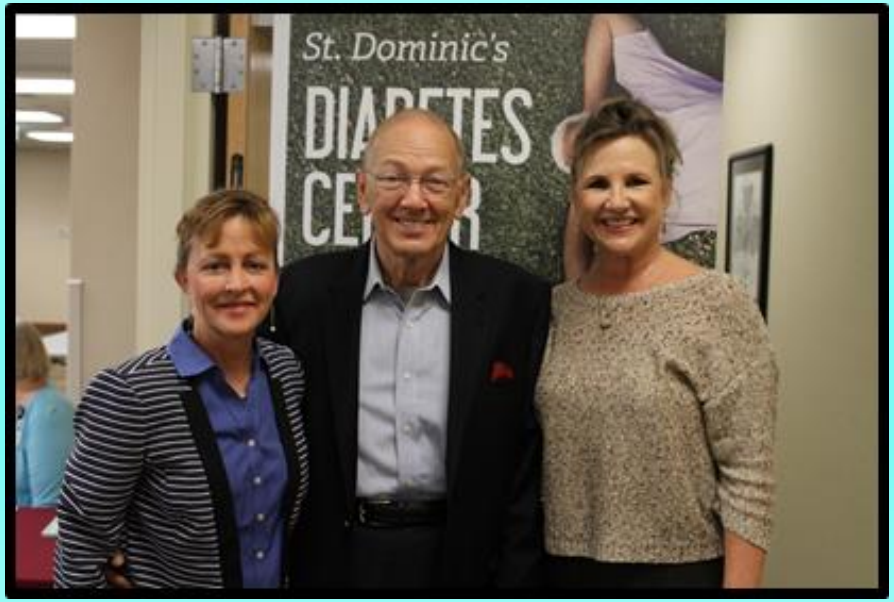
Volunteers can teach others new skills



Meaningful Work, Purpose


UNITED STATES
OSTAL SERVICE


Mail Carrier
Bag


St. Dominic's

Ways to Organize a Program

- Present One Wellness Topic Each Month of the Year
- Run a Program for 3 Months
- Host Activities Throughout the Year
- Schedule a Wellness Week
- Weekend Wellness Warrior Challenge
- Everyday Wellness

Everyday Wellness

Emotional *Spiritual* *Mental* *Nutritional* *Physical*

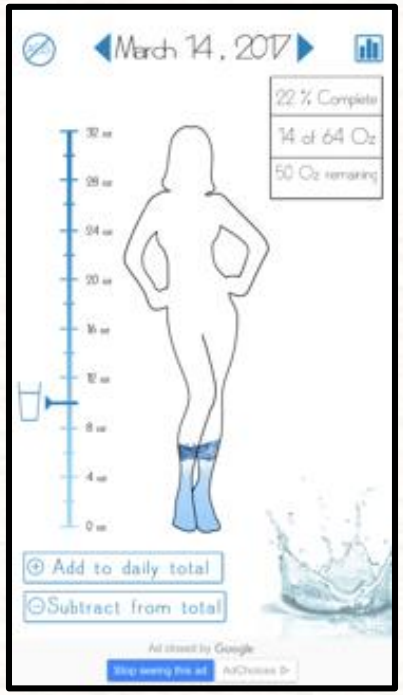
Programs and Activities to Host

1. Water Challenge
2. Scavenger Hunt or Tours for New Volunteers
3. Host a Homemade Product Workshop
4. Mindful Eating Workshop
5. Grocery Store Tour
6. Make Walking Trails within Hospital
7. Modern Conveniences Challenge – "Take it Old School"
8. Super Senior and Youth
9. Virtual Walk
10. Brain Health – Mission Possible

#1 *Water* You Drinking? Water Challenge

- **Collect water bottle caps to support a cause.**
- **Put personalized labels or your volunteer department labels on water bottles and distribute for recruiting.**
- **Share weekly tips for drinking more water.**
- **Give benefits of drinking water.**

Water You Drinking?
Water Challenge



I'm taking the WATER CHALLENGE!

I'm taking the WATER CHALLENGE!

I'm taking the WATER CHALLENGE!

I'm taking the WATER CHALLENGE!

I'm taking the WATER CHALLENGE!

I'm taking the WATER CHALLENGE!

I'm taking the WATER CHALLENGE!

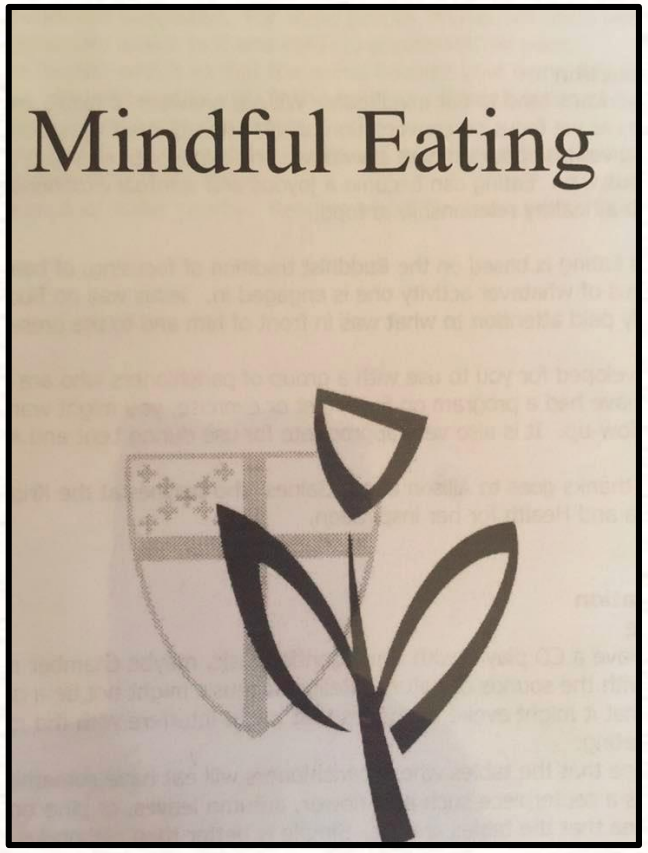
I'm taking the WATER CHALLENGE!

#2

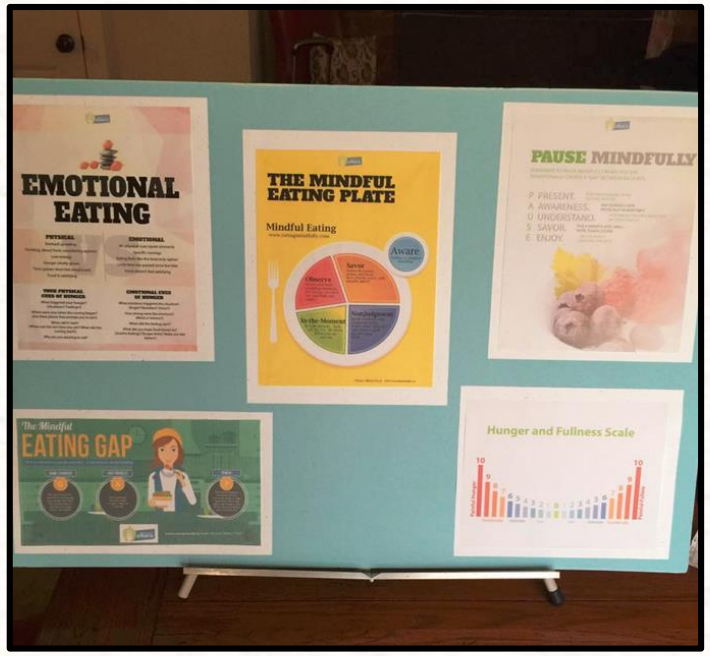
Homemade Product Workshop

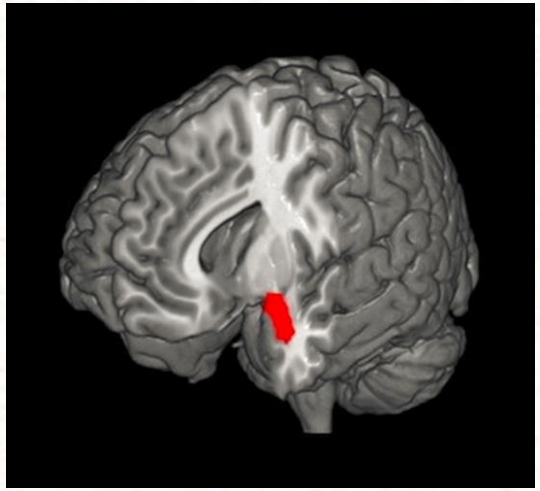
#3

Mindful Eating Class



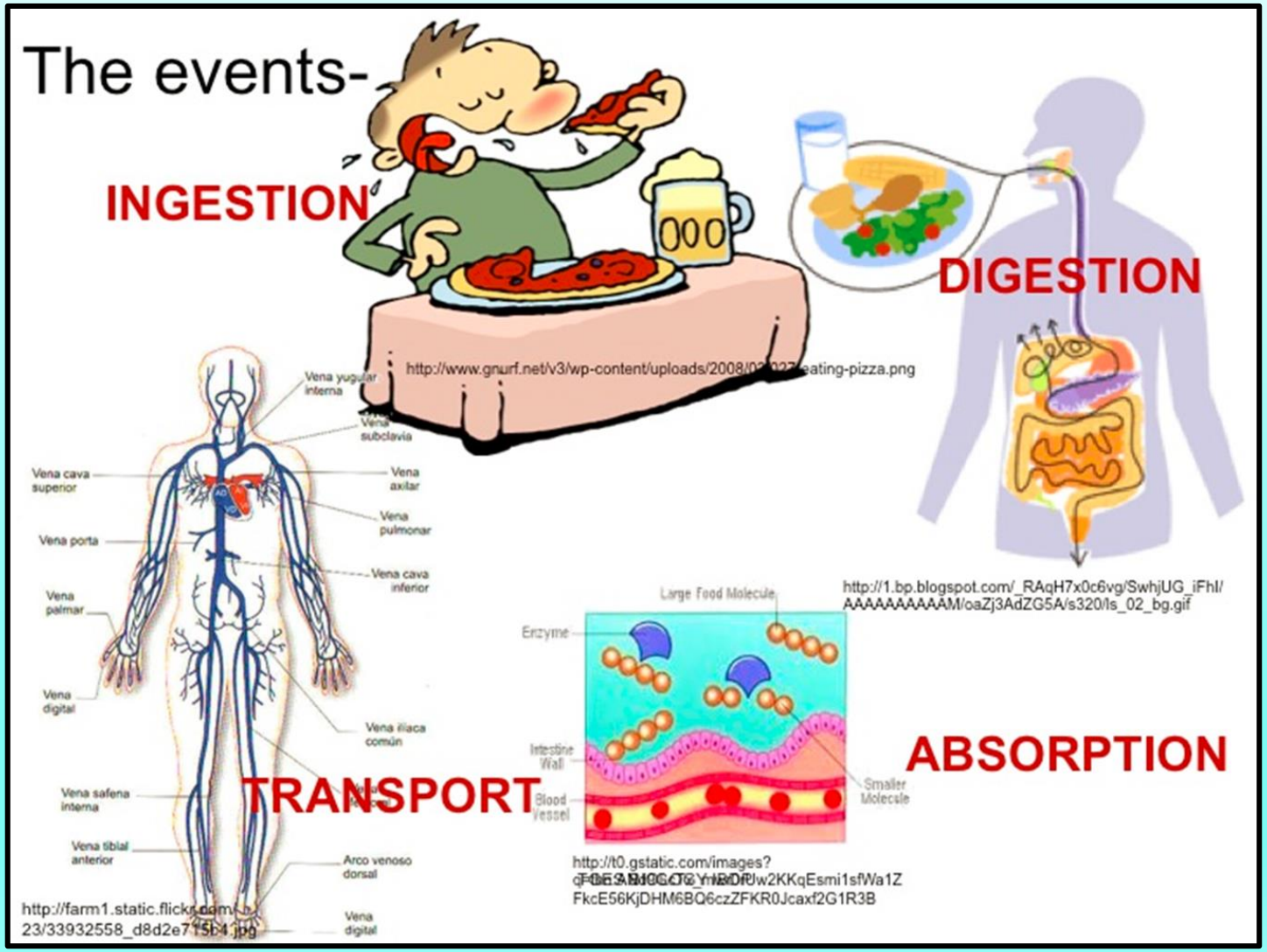
Mindful Eating Class



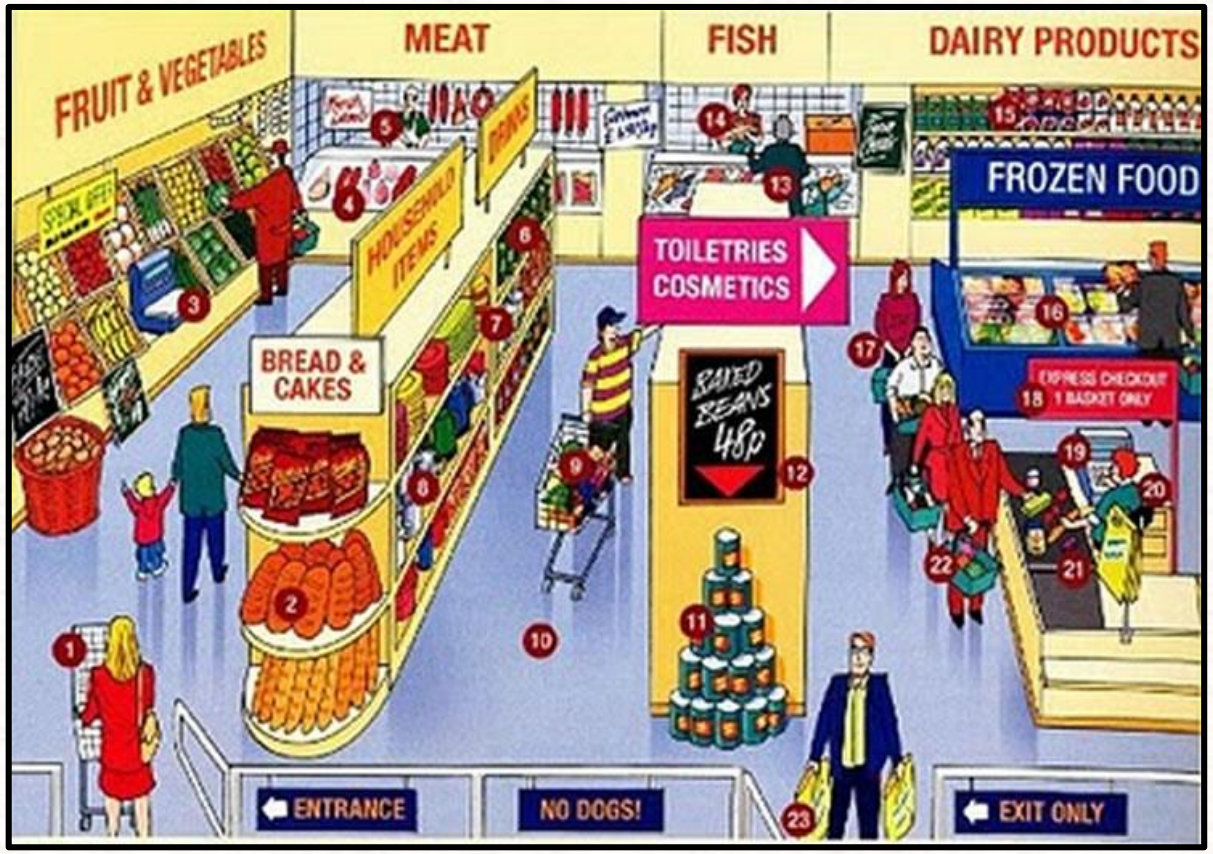


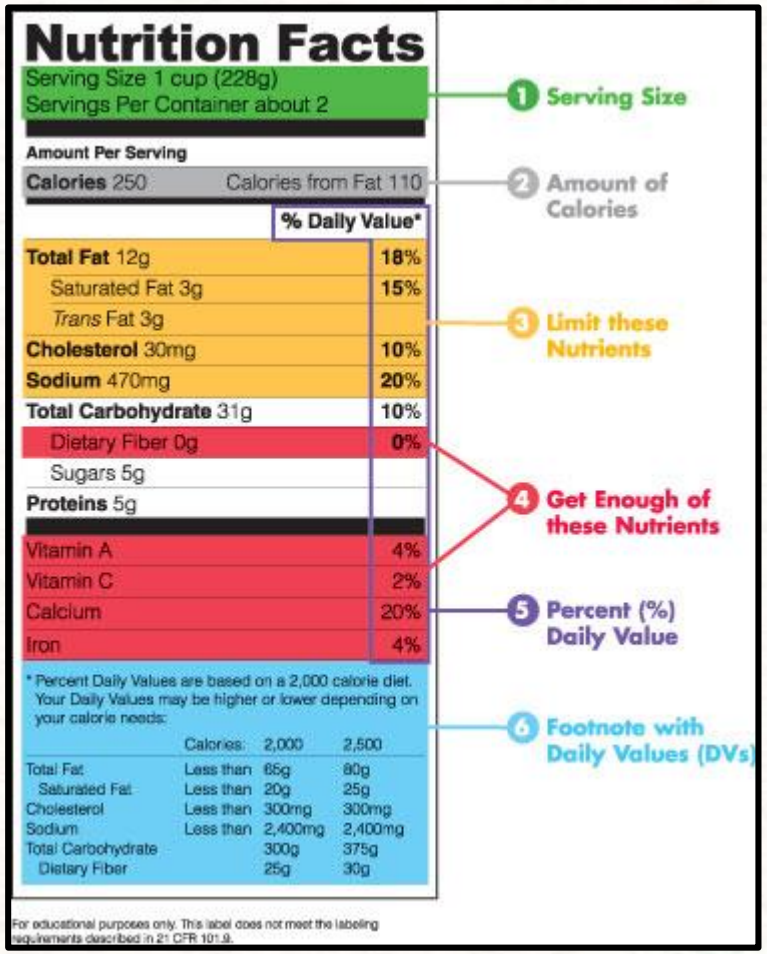
Mindfulness practice and expertise is associated with a decreased volume of grey matter in the amygdala (red), a key stress-responding region. (Image courtesy of Adrienne Taren)

Use Your 5 Senses

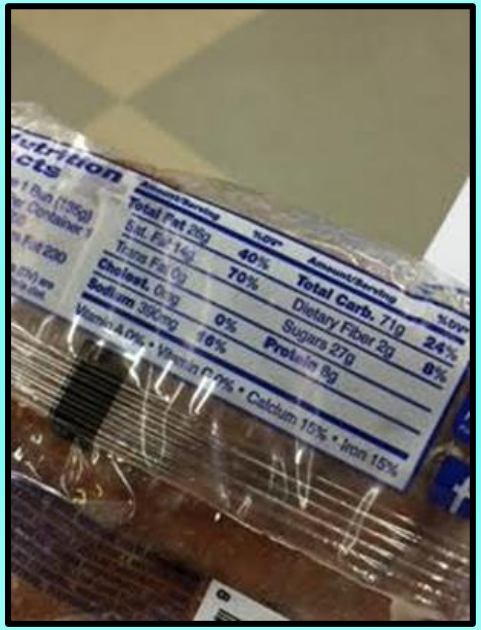


#4 Grocery Store Tour





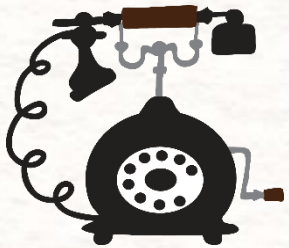

Your Roadmap to
HEALTHIER SHOPPING


Total Fat 25g
Total Carb. 71g
Dietary Fiber 2g
Sugars 27g
Protein 8g
Calcium 15% • Iron 15%


FREE
FREAK LOL

#5

Take it *Old School*



Add Steps to Your Day

Eat Nutritious Foods

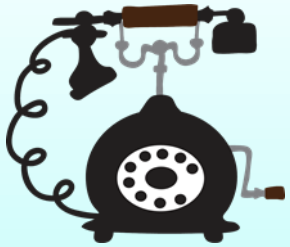
Engage your Mind

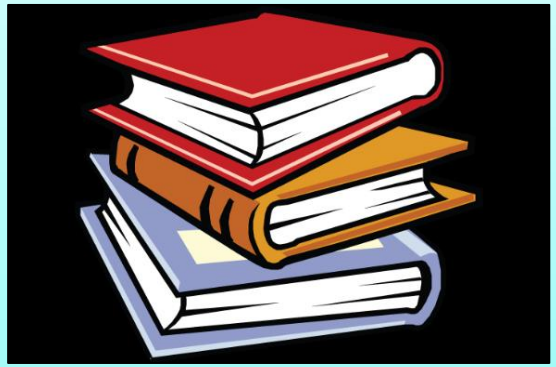
Improve Your Overall Health

"Sitting too much kills…."

Dr. James Levine, Mayo Clinic

Take it *Old School*






PEN
PAL


simplegreenliving.com


Paper
or Plastic?
I'M NEITHER.

#6

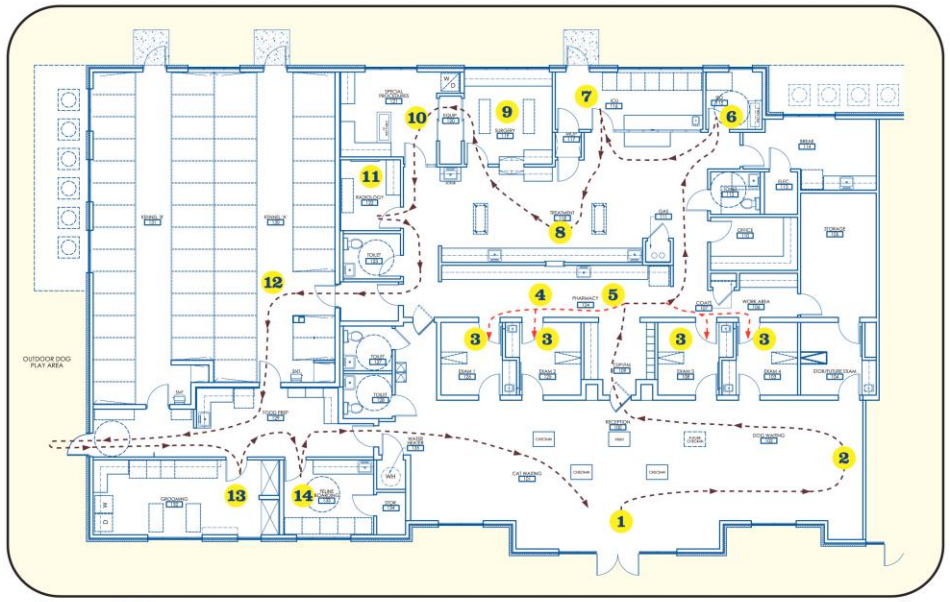
Super Senior and Youth

Blue Zones Legacy Project
or
Link Summer Program
Students With Super Seniors

#7

Scavenger Hunt or Hospital Tours

CAFETERIA



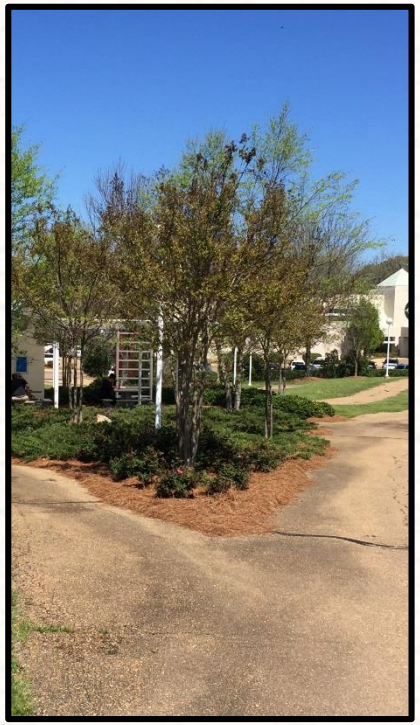
CareFirst
ANIMAL HOSPITAL
Grace Park

SELF-GUIDED FACILITY TOUR

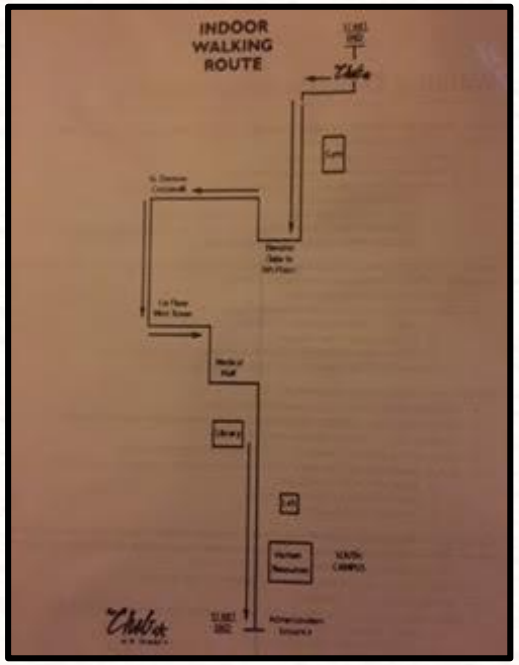
1. Reception Area
2. Retail Area
3. Exam Rooms (4)
4. Lab
5. Pharmacy
6. Isolation Room
7. Intensive Care
8. Treatment
9. Surgery
10. Special Procedures
11. Radiology
12. Kennel 'A'
13. Grooming
14. Feline Boarding

#8

Walking Trails



If you don't have an indoor or outdoor trail, you could create one! Measure the distance and provide maps.



#9

Virtual Walk

10 Week Program

4 Special Events
- Ornish Program Speaker
- Grocery Store Tour led by Dietician
- Mindful Eating Class
- Whole Health Wellness Presentation

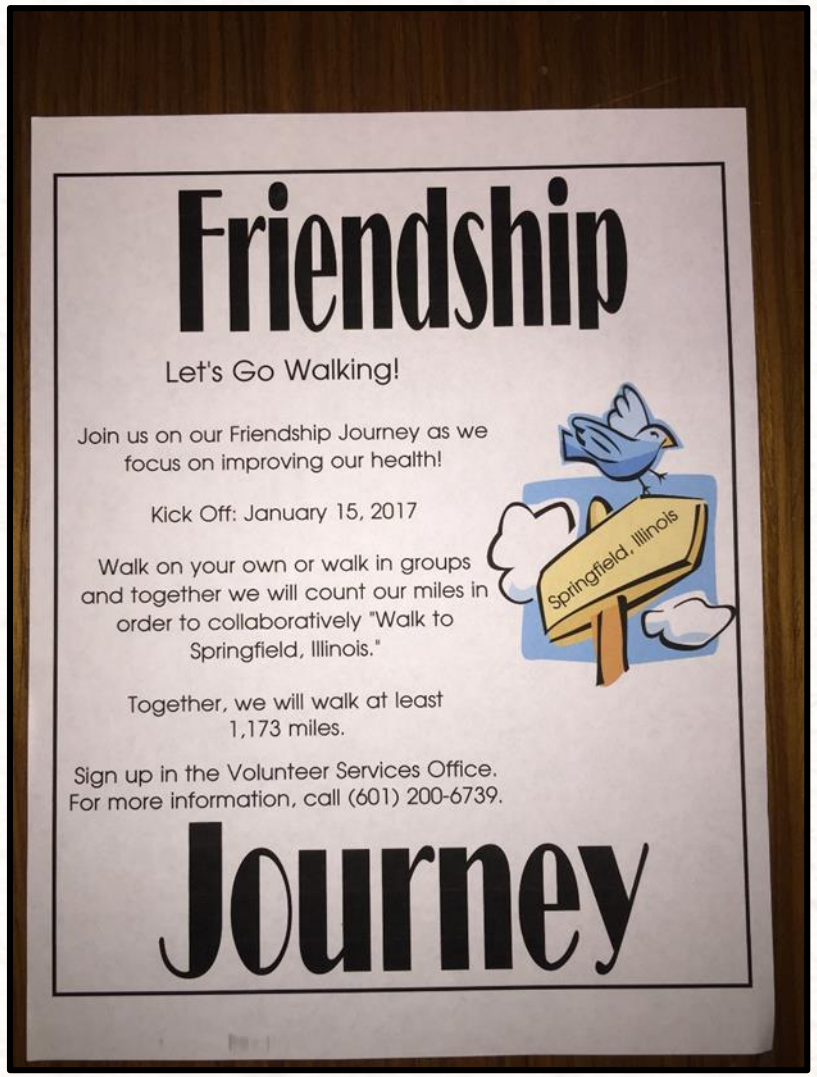
Weekly Email Update

Prizes Given throughout the Program

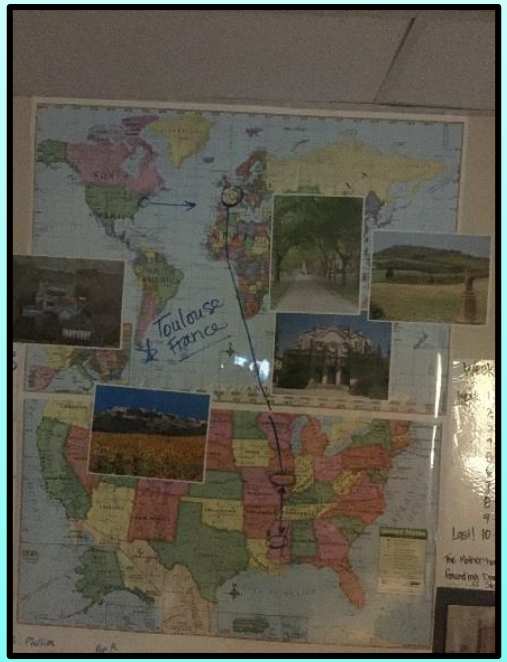
Include Administration and Some Employees

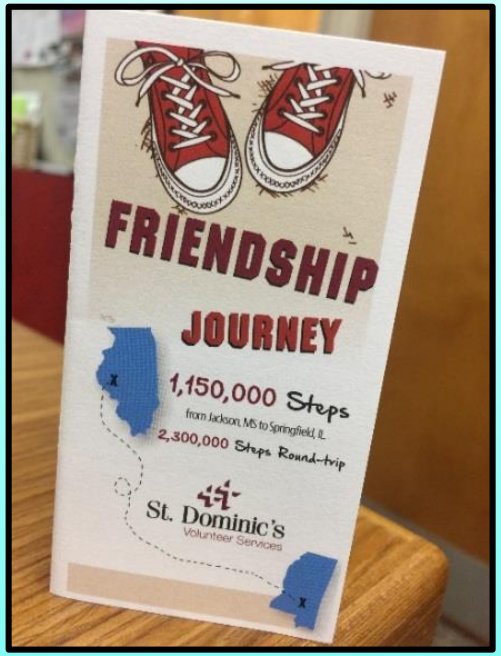
Lending Library in Volunteer Services

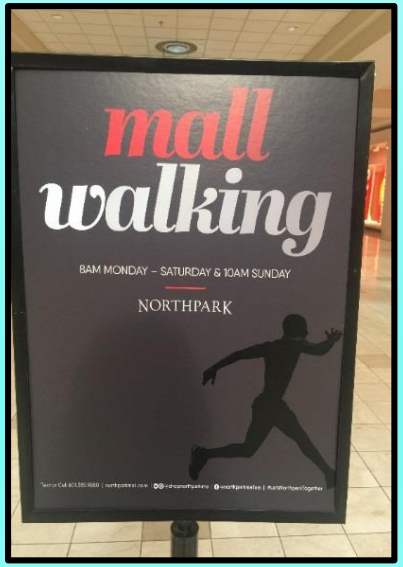
Free Weekly Offerings – Yoga, Mall Walking



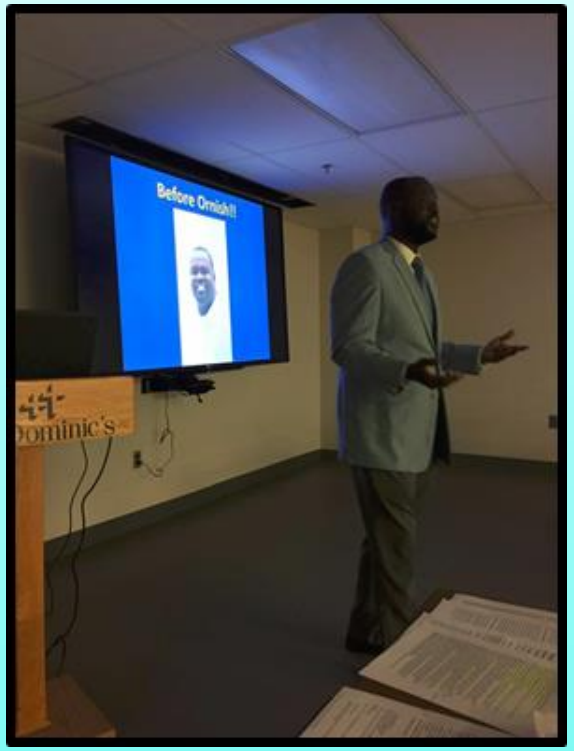
Friendship Journey

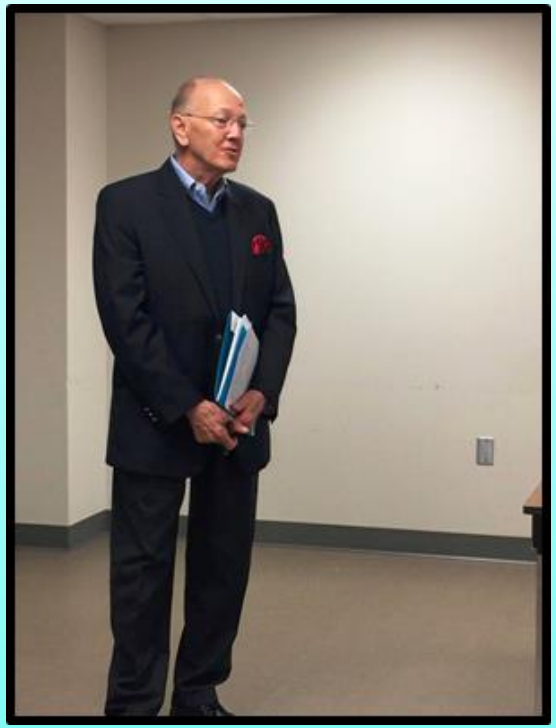







AIRBUS


Before Omicki!



#10

Brain-Health Mission Possible

- Your mission, should you decide to accept it, is to challenge your brain, nourish your brain and create new brain pathways!
- This 3 month program will streamline brain boosting techniques into your everyday life.
- Daily riddle challenges while you are at the hospital
- Weekly cognitive activities while you are away from the hospital
- Neuroscience Department Support

Exercise *your* brain:

12 EASY THINGS *you can do to* PREVENT MEMORY LOSS

Keeping your brain active is key to preventing memory loss at any age.

Try these simple ideas to mentally challenge yourself:

1 Read a book on a topic you're unfamiliar with.

2 Shop at a new grocery store.

3 Drive a different route to work.

4 Go swimming.

5 Take a daily walk.

6 Try a new recipe.

7 Play games that require strategy.

8 Have coffee with a friend.

9 Use a paper map to find your destination.

10 Take a class to learn a new skill.

11 Try a new restaurant outside your normal fare.

12 Challenge your grandchildren to a spelling bee.

To find more helpful tips on memory care, visit good-sam.com.

Good Samaritan Society

Extras

Bingo Yoga

Utilize Labyrinths and Therapeutic Coloring Sheets.

Add Wellness Challenge on Volgistics as they sign in – “Have you stretched today?”

Have a “Take the Stairs” campaign during your summer program for students.

Plan It!

Put the ideas out there expecting people to like it! Just try it!

Show Enthusiasm

Give yourself time to get prepared.

- Organizational Meeting – Set Kick-Off Date
- 2 Months Out – Prepare materials, Start talking about it
- 1 Month Out – Post Flier, Add to weekly update through email
  Speak to groups or email flier to departments after collaboration
- 3 Weeks Out – Promote Sign Up Period and Kick-Off Date
- 2 Weeks Out – Sign Up Period - Sign Name on Board, Pick up Participants Packet, Encourage participants to invite their friends and family to participate

How to Make it All Happen

- Time Restraints – Add a Little Wellness Each Year

- How to Get People on Board – Happiness and Wellness are Contagious

- Office organization – Clutter Free, Stress Free, Easy Access to Needed Items
- Financial Planning – Find Donations, Connect with Other Departments

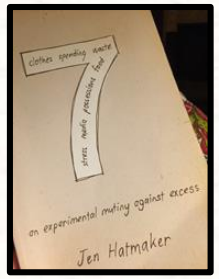
- If you are a One-Man-Show – Find Wellness Champions

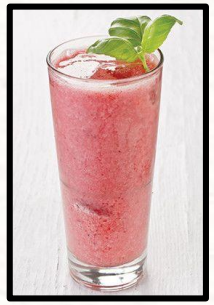
Volunteering is good for your health!

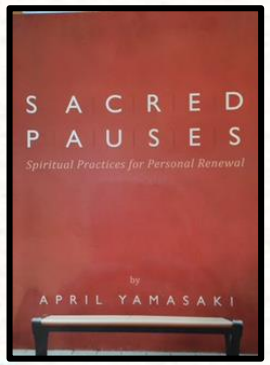
“New” and Popular Ideas

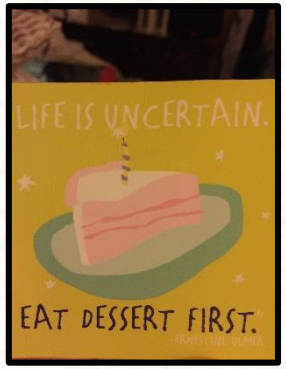
- Facia Blaster
- Ear Candling
- Oil Pulling
- Essential Oils
- Oxygen Therapy
- Apple Cider Vinegar
- Infrared Therapy
- Acupuncture
- Natural Makeup/Toiletries
- Dark Chocolate
- Beet Leaves
- Dandelion Root
- Teas
- Yoga
- Juicing
- Local Honey
- Garlic
- Fasting

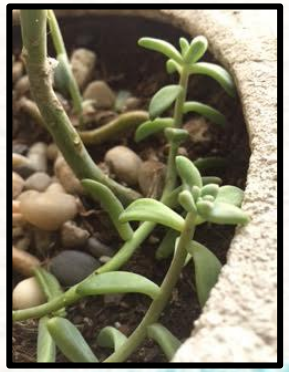
My Basket of Health











Mind-Body Connection

Nurture My Relationships

Attitude

Gratitude

Practice Mindfulness

Live Out Life Purpose

Engage My Mind

Practice Forgiveness

Keep things Simple

Be a Friend

Add Steps to My Day

Strive to be a Blue Zone

My Favorites:

Herbs
Local Honey
Beets and Beet Leaves
Ginger
Water
Hot Tea
Epsom Salt
Trying New Foods
Protein Drinks
Flexitarian Diet
Lemons
Dark Chocolate
Flaxseed Oil
Garlic
No Milk
“Safe” Toiletries
Quality Vitamins