

PRESENTER

Laurie Kovens



Laurie R. Kovens, LCSW, is a Licensed Clinical Social Worker in practice since 1993. She has served as a clinician in medical and employee assistance settings. She has worked with clients, families, community members, and co-workers to help them adapt in the face of ongoing physical, emotional, and organizational change. Laurie works with clients from a person-centered, strengths-based approach. Treatment orientation includes: short-term, solution-focused counseling, mindfulness, cognitive/behavioral therapy (CBT), motivational interviewing, medical crisis counseling, narrative healthcare, and spiritual and psychodynamic counseling.

Laurie is also an NASW-Certified Clinical Supervisor. She is currently pursuing a Master's degree in writing with a focus on Narrative Healthcare. Laurie is a frequent presenter, focusing on prevention and recovery from burnout, organizational management and development, resilience, and the use of writing and reflection for self-care and personal and professional growth.



LEARNING OBJECTIVES

- Discuss the four cornerstones to a healthy mind
- Identify barriers to a healthy mind
- Review strategies you can implement to create your own healthy mind toolkit



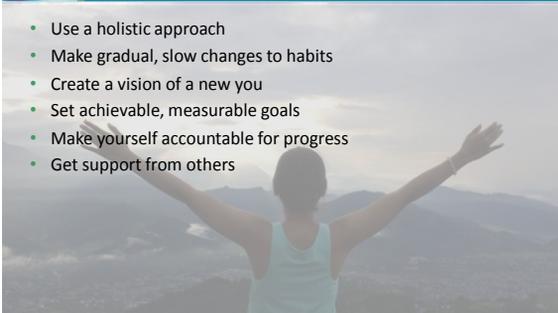
CURRENT STATE OF AFFAIRS

- Super-sized portions
- Availability of fast food
- Too busy
- A pill will save me
- Repeated failures with quick fixes
- Presenteeism and longer working hours
- Poor resiliency



WHAT WORKS?

- Use a holistic approach
- Make gradual, slow changes to habits
- Create a vision of a new you
- Set achievable, measurable goals
- Make yourself accountable for progress
- Get support from others



YOUR BODY AND MIND DEPEND ON YOU

Take Control: Four Cornerstones to a Healthy Mind



"Eat food. Not too much. Mostly plants."

Michael Pollan



EAT RIGHT AND SMART

- Plenty of fruits, vegetables, and whole grains (brown rice, quinoa)
- Lean protein sources
- Minimize saturated and trans fats
- "Right size" Omegas
 - Increase Omega-3 fatty acids (fatty fish, flax seeds, walnuts, avocados)
 - Reduce Omega-6 (corn, soybean, etc. oils)
- Vitamins and minerals
- Avoid refined and processed foods
- Consider "anti-inflammatory" foods
- Limit sugar – starve infections
- Control portions



Sources: American Dietetic Association (n.d.), Casey (n.d.), Center for Science In the Public Interest (n.d.), Meadows (2008), and Sandon (n.d.)

EXERCISE REGULARLY

- Increases energy levels
- Improves self-esteem
- Strengthens the immune system
- Reduces stress levels



"SITTING DISEASE"

- "For people who sit most of the day, their risk of heart attack is about the same as smoking" [Martha Grogan](#), Cardiologist, Mayo Clinic
- "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression, and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease" [James Levine](#), MD, PhD
- "Prolonged sitting should be considered within occupational health and safety policies and practices just like other elements of posture" [British Journal of Sports Medicine](#)

Source: JustStand.org (n.d.)



REFLECTION ACTIVITY

Take a moment and calculate how long you sit in any given day.

- Commute?
- Desk Job?
- TV?
- Smart Device?



POLL

How many hours of sleep do you get per night?

- A. 4-6 hours
- B. 6-8 hours
- C. 8-10 hours
- D. Less than 4 hours



DO YOU GET ENOUGH SLEEP?

- We need, on average, between 7-8 hours of sleep each night
- People who sleep 7-8 hours tend to live longer
- If less than 7 hours sleep:
 - Depressed immune system
 - Lapse of attention
 - Slow thinking
 - Irritability
 - Poor memory
 - Poor judgment
 - Anxiety and depression
 - Increase in accidents
 - Decrease in work performance



10 TIPS FOR BETTER SLEEP



TIPS 1 THROUGH 5

1. Go to bed and wake up at the same time – even on weekends/days off
2. Create an environment for sleep
3. Sleep comfortably
4. Have a routine – let your body know to relax for sleep
5. Mind what you eat and drink



TIPS 6 THROUGH 10

- 6. Avoid nicotine, caffeine, and alcohol
- 7. Exercise and enjoy physical activity
- 8. Be careful with napping
- 9. Go to bed tired
- 10. Limit the use of sleeping aids



POLL

It's not what happens to us but how we respond to what is happening that has the strongest impact in our lives.

- A. True
- B. False



THE "RECIPE" FOR RESILIENCE

- 1. Pay attention to your feelings
- 2. Focus on what you have
- 3. Recognize your options
- 4. Be mindful of self-care



1. PAY ATTENTION TO YOUR FEELINGS

- Identify and "label" your specific emotions
- Ask yourself, "Do I see patterns in my reactions to events or people?"
- You will then be able to understand your reactions and have more insight to address or resolve the situation



2. FOCUS ON WHAT YOU HAVE

Perceptions may exacerbate stress.

- Interpret outside events
- Filter through your "mindset"
- See things as they are
- Determine if your mind is creating the stress
- Identify your thoughts
- Know your mood



3. RECOGNIZE YOUR OPTIONS AND INFLUENCE YOUR OUTCOMES

- Identify the problem/challenge
- Brainstorm as many solutions as possible
- Get input
- Choose and implement your option of choice
- If it works – keep at it
- If not, try another option – there is more than one right answer



4. BE MINDFUL OF SELF-CARE

- Eat a nutritious diet
- Get enough sleep
- Exercise
- Know your limits
- Get support
- Use relaxation techniques

Reminder:
Take
Care of
Myself



MINDFULNESS



Mind Full, or Mindful?

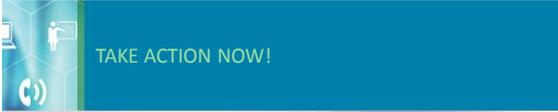


1 minute Breathing Space

Use your breath as an anchor to the present

- **S**top for awhile whatever you are doing...
- **T**ake a slow deep breath & let go of the business in the head...
- **O**pen to the experience of present moments (bodily sensations, sounds, colors)
- **P**roceed & reconnect with your activity with a smile & a sense of calmness...

Source: Mikkeli,
Lappeenranta University of Technology
(2014)



TAKE ACTION NOW!

1. Make it a priority.
2. Keep it simple.
3. Build a routine.
4. Make gradual changes.
5. Leverage resources and tools.





TAKEAWAYS

Write down 4 things you can start today

1. Nutrition?
2. Exercise?
3. Sleep?
4. Mindfulness?





**ALWAYS AVAILABLE.
ALWAYS CONFIDENTIAL.**

FOR ADDITIONAL ASSISTANCE
CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)



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