

Self-Care



Adrienne Clark, Program Manager Wellness

Certified Health Education Specialist

DrPH candidate

200HR YTR

What does the word “wellness” mean to you?



- Work-life balance
- Health
 - Physical
 - Mental
- Eating/Nutrition
- Creating Change
- Moment for Ourselves



What does that mean?



Career/Work

Home

Family/Friends

Self

Health or Life Coach

Therapist or Counselor

Acupuncture

Yoga

KNOW YOUR NUMBERS

- Blood Pressure
- Cholesterol
- Blood Sugar
- Body Mass Index (BMI)

What are Healthy Numbers?



Blood Pressure

Less than 120/80 is Healthy

120-129/ less than 80 is At Risk
(prehypertension)

140/80 or higher is High (hypertension)



Source: CDC.gov

What is healthy fasting blood sugar?

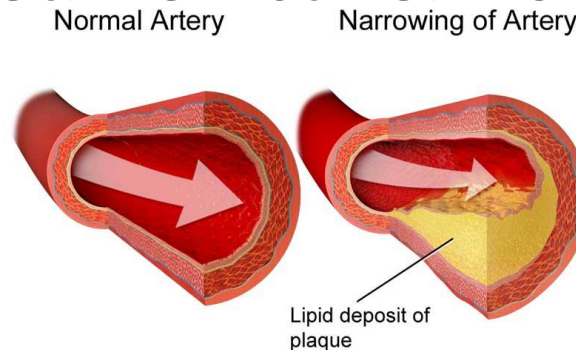
Less than 100.

Do not be alarmed if your levels are high on one blood sugar test. Your physician will perform multiple blood sugar tests before diagnosing diabetes.

What is healthy total cholesterol?

Total cholesterol less than 200 is healthy.
You also want to keep your LDL, or bad cholesterol, less than 100.

Healthy Diet. Be Active. Do Not Smoke.

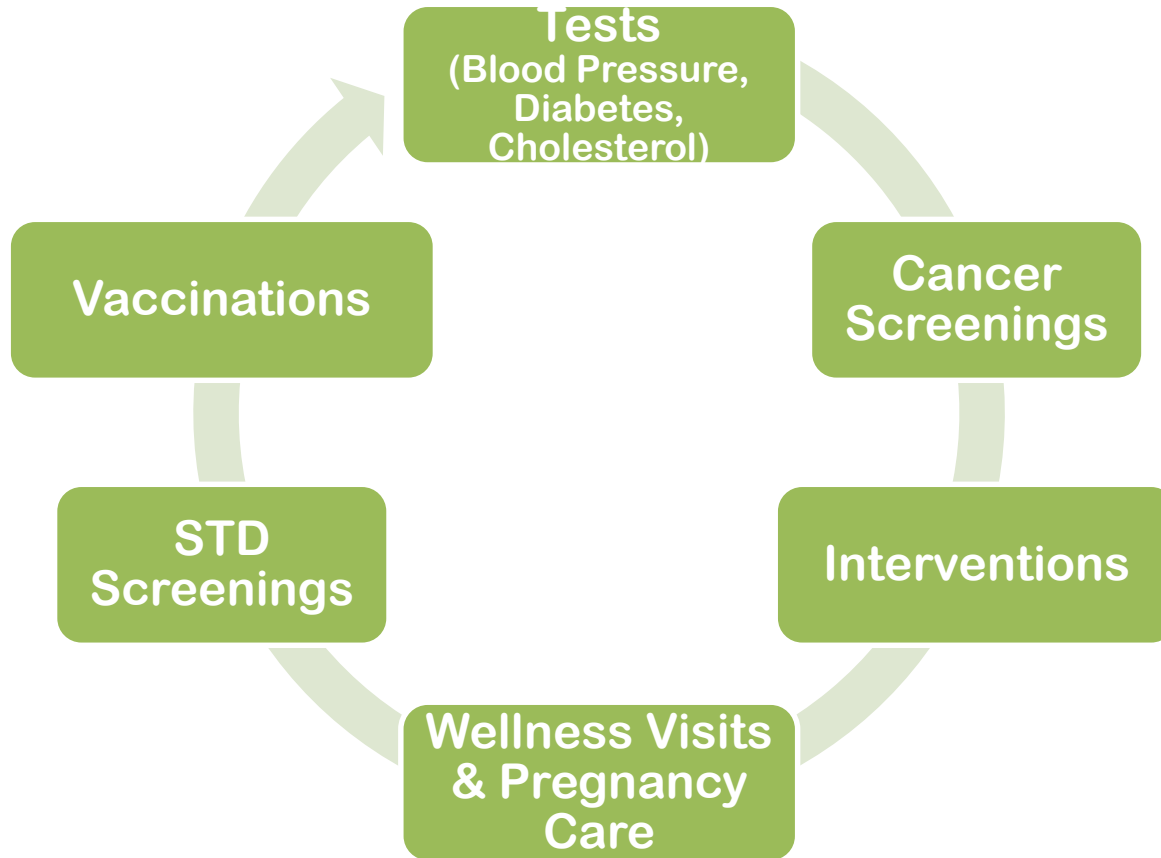


Under the Affordable Care Act, preventive services are covered at

100%

But what are preventive services?

What Are Preventive Services



Find out what services you need at:
<http://www.cdc.gov/prevention/>

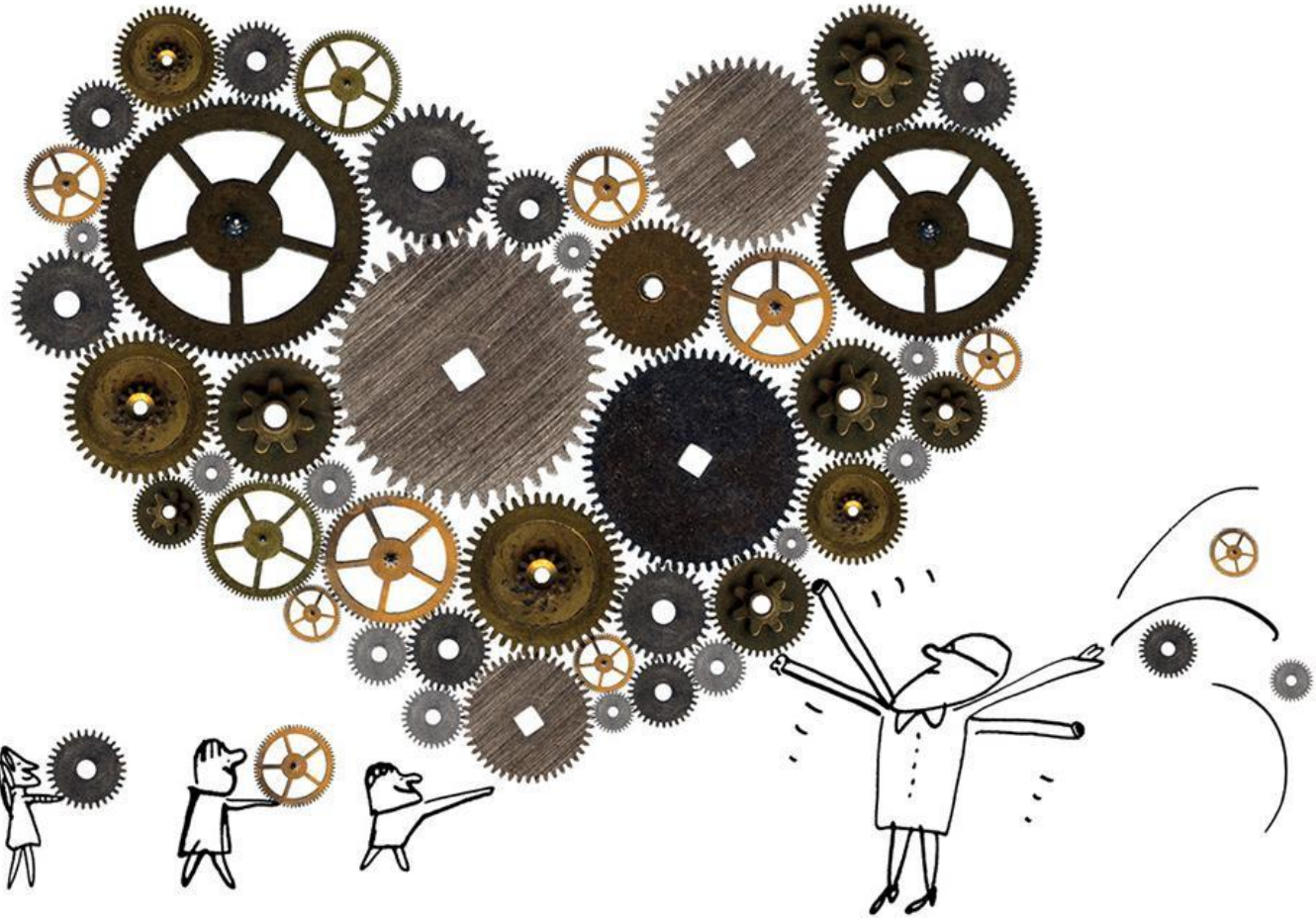
Learning to cope with stress in a healthy way will make you, and the people around you more resilient.

- Feelings of fear, anger, worry, sadness, or frustration
- Changes in appetite, energy, desires and interests
- Difficulty sleeping
- Physical reactions-headaches, body pains, skin rashes, stomach problems
- Increase use of tobacco, alcohol, other substances

Ways to Cope

- Take breaks from watching, listening or reading top news stories
- Take care of your body
 - Exercise regularly
 - Try to eat healthy
 - Take deep breaths, meditate, stretch
- Make time to unwind
- Connect with others (virtually)





Healthy Eating Tips

- Throw the fad diets out the window
- Think about well-rounded diet
- Add healthy fats
- Cut the sodium out
- Increase your fiber intake
- Aim for a variety of colors on your plate



**MAKE A
CHANGE!**



Setting Goals

Specific

S
G

What do you want to do?

Measurable

M
O

How will you know when you've reached it?

Achievable

A
A

Is it in your power to accomplish it?

Realistic

R
L

Can you realistically achieve it?

Timely

T
S

When exactly do you want to accomplish it?

Think Differently



What are some things that you could do differently to increase your moral?

Guided Meditation



“Nurturing yourself is not selfish-
it’s essential to your survival and
well-being”

- Renee Peterson Trudeau

**THANK
YOU!**