GPS: Growth Potential Strategies

1. Describe four + strategies to promote individual health and wellness and the evidence to support why they are significant.
2. Review additional resources to help prioritize and promote resiliency for yourself and loved ones.
3. Develop your WOOP self care plan.

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**THE ROAD TO WELLBEING AND RESILIENCY**

Seena Holmes, PharmD., BCACP, FNAP, FAPhA, FCCP, FASHP, CHWC
Professor and Chair Department of Pharmacy Practice
Fear Vs. Anxiety

Nearly 1 in 10 Americans suffer from some form of anxiety (B.C)

Most common mental health concern

Fear and Anxiety are COMPANION

Fear is our flight or fight from actual threat

Anxiety is the anticipation of a threat (catastrophizing)

Depression can be a COMPANION to anxiety when persists overtime

Phases of Psychological Crises

Emergency: shared, clear goals and urgency make us feel energized, focused and perhaps more productive

Regression: we realize the future is uncertain; lose sense of purpose; get tired, irritable, withdrawn, and less productive

Recovery: we begin to reorient; revise our goals, expectations, and roles; and begin to discuss on moving beyond vs. just getting by

Amy Cuddy, PhD
Moritz Wedel-Wedelborg PhD
While our genes control some of our health and well-being, we are in the driver's seat for at least 50% of our health, well-being, and quality of life. Look for trends and patterns.
Happier People Tend To:

- Nurture social relationships
- Have an attitude of gratitude
- Are the first to help others
- Practice optimism about the future
- Savor pleasures and live in the present moment
- Make physical activity a habit
- Committed to meaningful goals
- Often spiritual or religious
Renewable Energies - 4 Dimensions of Personal Energy

- Emotional Energy
  - Fuel + Emotions
  - Define Negative Emotions
  - Reverse Lens

- Mental Energy
  - Reduce Interruptions
  - Schedule time to respond to emails/VMs

- Spiritual Energy
  - Find Your FLOW
  - Spend last 20 mins of day relaxing
  - Use Core Values

- Physical Energy
  - Get Sleep
  - Move Body
  - Nutrition is KING
  - Take Breaks!

Fuel + Emotions
Defuse Negative Emotions
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Find Your FLOW
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Move Body
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Harvard Business Review Article

Social Connectedness
Gratitude

Daily Routines

- Socialconnectedness.org
- Learnersedge.com
- https://99designs.com/blog/creative-thinking/page/2/

- Purpose

- Mindfulness

Destination #1 - Checking Under the Hood - Daily Routines

- Designate a workspace/create boundaries
- Be aware of audio/visual distractions (hurtful vs helpful)
- Each night identify the most important challenge for the day and make it the first priority (aim for 2-3 overall)
- Have a start/finish line (work hours) (mark your calendar)
- When are you most productive/uninterrupted? Schedule high priority items in this space/most valuable activities you do (mark your calendar)
- Take brief and regular breaks at 60-120 minute intervals in the day & build in transition/mental time as you close work
- Reduce interruptions by performing high concentration tasks away from phones and email (respond to VM and emails at designated times throughout the day)
- Preserve ~90 minutes unscheduled time (buffer) for interruptions
- Wake up and go to bed at consistent time each day
- Have your workout gear ready to go, even if you are working out at home
- Work Oasis/Have Fun
  - Release Dopamine ~3 a day (15 min)
  - Plan for Personal Oasis (30 min)
**No-Mobile Strategies**

1. Track screen time (check in your settings “screen time”)
2. Take a conscious break
3. Ask for help with family and friends (automatic response/notifications)
4. Increase boredom tolerance
5. Do a brain dump
6. Keep phone out of bedroom
7. Find new ways to self-soothe
8. Do a digital fast
9. Cultivate physical senses
10. Choose a physical practice to separate you and/or get outdoors
11. Photo free day
12. Meditate
13. Commit to 1 hour a day of doing one thing at a time
14. Actual face time
15. When someone speaks put device down/eye contact
16. Delete that APP

**Destination #2- Checking Under the Hood**

Social Connectedness

- Virtual Trivia Night
- Virtual Happy Hour
- Virtual Lunches in “Break Room”

**PIT CREW OF SUPPORT - CIRCLE OF 5**

WHO ENERGIZES VS DEPLETES YOU?
Destination #3 - Checking Under the Hood
Attitude of Gratitude

Gratitude Practices

Destination #4 - Checking Under the Hood
Purpose in the Pandemic
Develop a Daily Purpose Mindset Exercise

What values do you want to bring to this day?

What three key strengths do you want to use today?

What three individuals/groups/causes do you want to have a positive impact on today?

What are your three biggest fears or anxieties right now?

What commitments can you make to live out a purpose mindset?

# Pandemic Purpose

Because I value __________, __________ and __________ today I will use my gifts for __________, __________ and __________ to positively impact __________, __________ and __________ and __________, and still make conscious, purpose-based commitments to __________, __________ and __________.

Fill Your Tank…… Back to Energy Boosters

Physical Touch
- Physical Activity
- Massage
- Weighted Blanket!

Acts of Service
- Acts of Kindness
- Cleaning
- Delegating

Quality Time
- Meditation
- Hobbies
- Creative Flow
- Relationships

Words of Affirmation
- Positive Self-Talk
- Journaling
- Daily Affirmations
- Mantras
Yoga Means Union – Breath is 1st poses are second
- Find the power of the breath (deep in the diaphragm)
- Supports parasympathetic response
- Find alignment
- Find grounding
- Let go of perfection
- Clear monkey mind
- Develops a life-long learner mindset
- Poses can be geared to a sport

MBSR: Awareness of breath, awareness of body sensations, walking meditation, & mindful movement

Over 36 million people practice yoga!

Re-Wirement planning

Dream Realization Plan (WOOP)
1. Wish
2. Outcome
3. Obstacle
4. Plan

Mental Health Self Care Wheel

Social Connectedness
Gratitude
Purpose

Unsplash.com, Martin Seligman
Thriving in Life

Building Blocks Of The Good Life

- Physical Health
- Emotional Wellbeing
- Relationships
- Money
- Achievement
- Vitality

Yoga Apothecary, LLC.
www.wellbeingelixir.com

3/12/21

CFO, Chief Fitness Officer
Co-Founder Yoga Apothecary, LLC.
Senior Contributor - Wellbeing Elixir

https://www.instagram.com/yoga.apothecary/
https://www.youtube.com/c/YogaApothecary/videos

Website for other resources: http://www.wellbeingelixir.com

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