

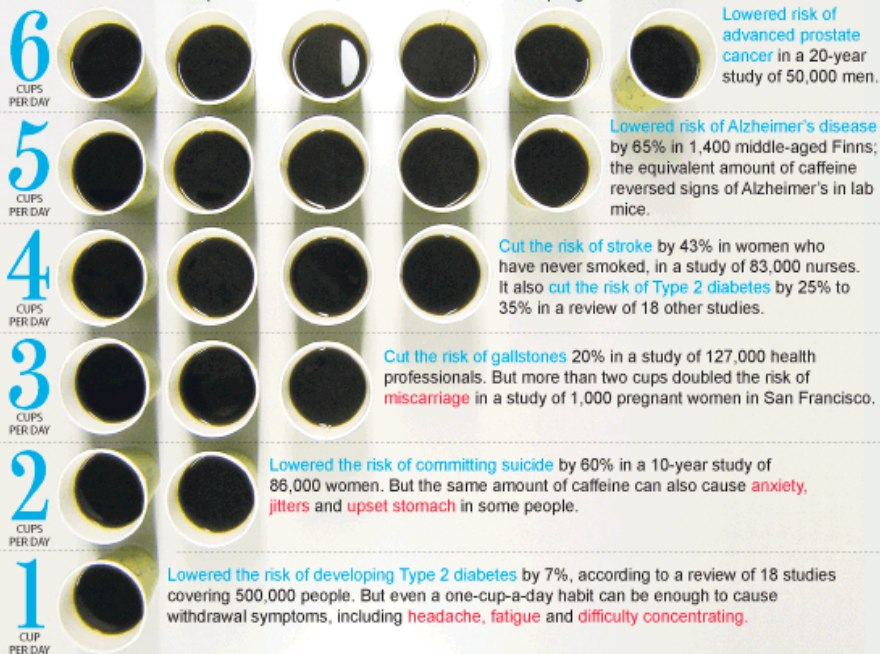
# Living and Leading The Good Life: Personal and Professional Wellness



## Pass the coffee!



Researchers' cups runneth over with studies linking coffee drinking and health. But in the quest for **benefits**, there are **tradeoffs**. A sampling:



Note: \*Cups\* are generally for 8 ounces of coffee, with 100 mg of caffeine, and comparisons are with non coffee-drinkers.

Sources: 1) Archives of Internal Medicine, 2009; Psychopharmacology; 2004; 2) Archives of Internal Medicine; 1996 3) Gastroenterology, 2002; American Journal of Obstetrics and Gynecology; 2008; 4) Circulation, 2009 and Archives of Internal Medicine, 2009; 5) Journal of Alzheimer's Disease, 2009; 6) poster presented at the American Association for Cancer Research, 2009

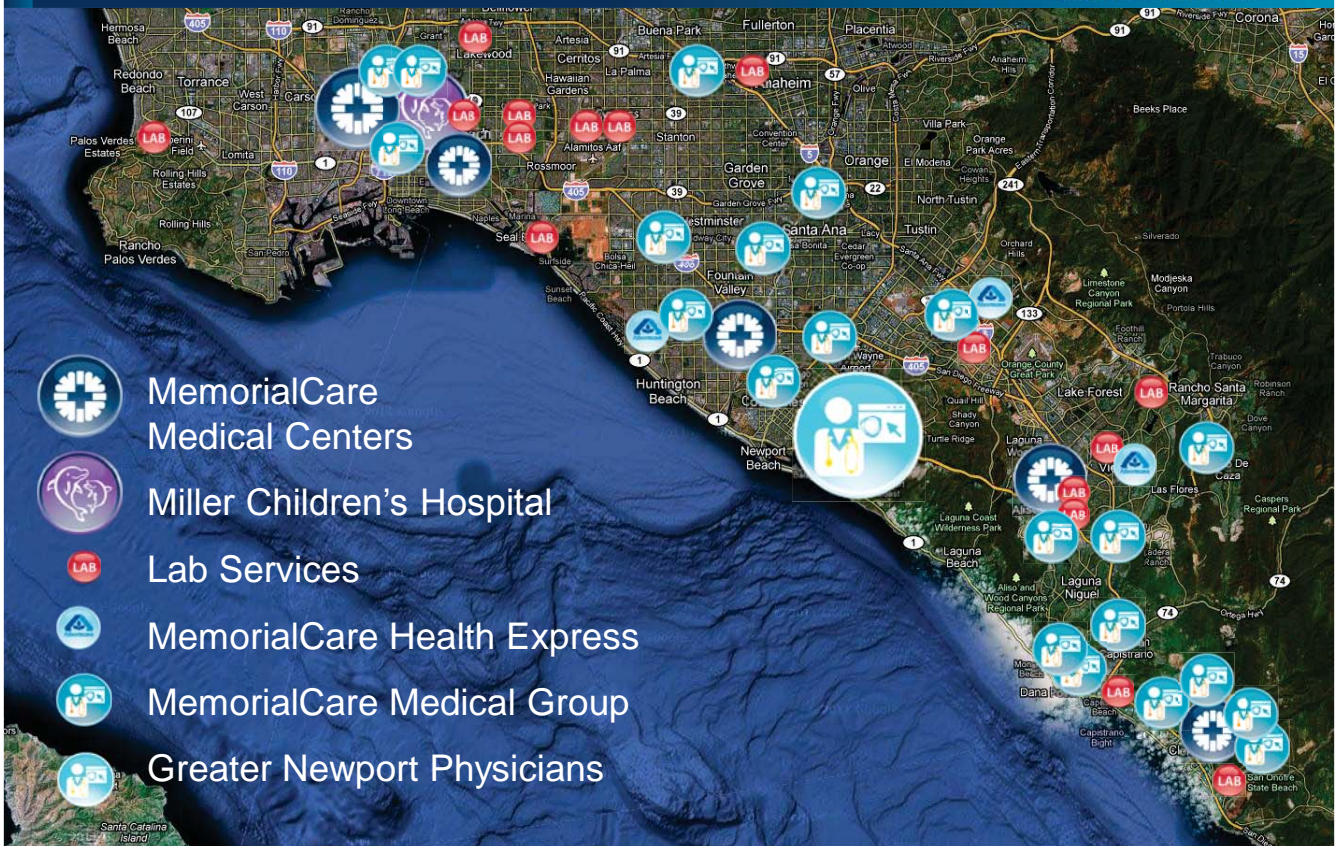
Photo: Jon Protas for The Wall Street Journal

# Objectives

- ★ Introduction to *MemorialCare*
- ★ State of the Nation
- ★ The big one: stress and *The Good Life*
- ★ Practical tips for you to fit wellness into your workday.



# Who We Are



- MemorialCare Medical Centers
- Miller Children's Hospital
- Lab Services
- MemorialCare Health Express
- MemorialCare Medical Group
- Greater Newport Physicians

# MemorialCare



- 6 Acute Care Hospitals
- More than 50 ambulatory sites of care
- More than 2,800 physicians
- 11,000 employees and 8,000 dependents
- Gallup Great Work Place Award 2011 and 2012



# Fit Friendly Recognitions



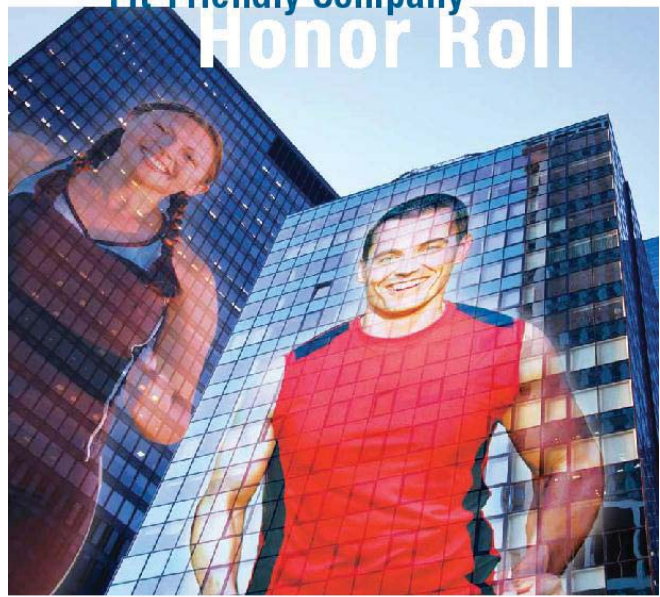
Campuses  
Recognized by  
American Heart  
Association as Fit  
Friendly Gold  
Awardees



This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.



Fit-Friendly Company  
Honor Roll



# The Facts

- Approximately 129 million adults in the U.S. are overweight or obese.
- Being overweight or obese increases the risk of developing hypertension, hypercholesterolemia, cardiovascular disease, stroke, type 2 diabetes, osteoarthritis, and certain types of cancer.



## How did we get here?

We don't have an obesity crisis. We have a physical inactivity crisis.



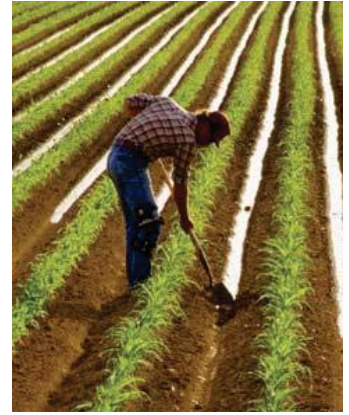
University of Tennessee Dept. of Health observed an old Amish order without cars or modern conveniences

- Amish men = 18,425 steps
- Amish women = 14,196 steps

**Average American =  
5,000 steps**



In 1960, 50% of American jobs were physically active. Now? **1 in 5.**  
 We've engineered **1500-2400** calories out of our daily routine.



**How? We're not NEAT:**

Everything we do outside of intentional exercise that contributes to our caloric expenditure throughout the day.

*Dr. James Levine,  
 Mayo Clinic*



## Serving Sizes 20 Years Ago and Today



We're growing with our food!



140



350



210



500



333



590

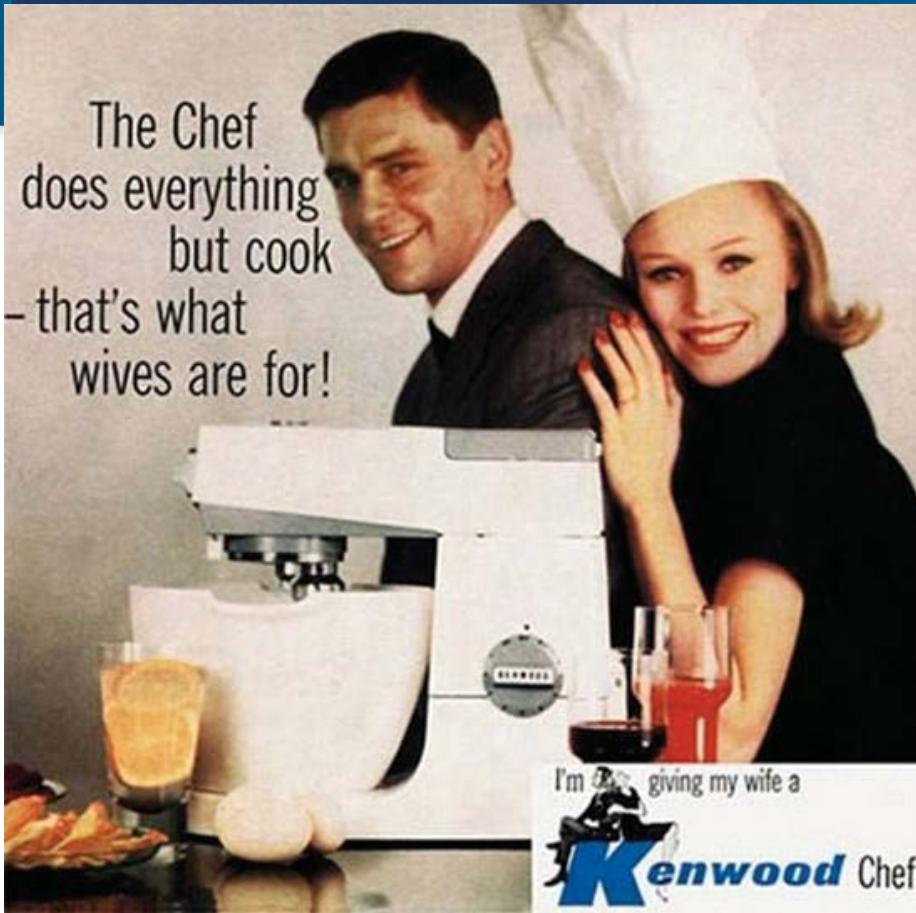


210



610

The Chef  
does everything  
but cook  
- that's what  
wives are for!



Back  
in  
the  
day....

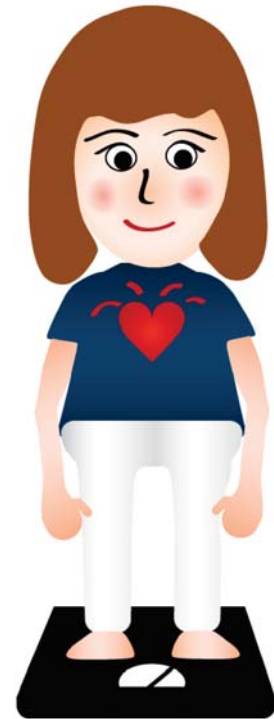
Now our lives look like  
this.....



# We must be different!

Out of **10,849** employees across our health care system, we are:

- Predominantly **female**
- Average age of **43.6**
- Might have one or more of our **top 7 chronic health conditions:**
  - Hyperlipidemia (high cholesterol)
  - Hypertension
  - Diabetes
  - Gastritis/Dyspepsia/GERD
  - Thyroid disorders (mostly hypothyroidism)
  - Asthma
  - Depression



**Empowering MemorialCare employees to maintain or improve their complete wellness.**

# The Good Life Elements

## 4 Lifestyle-Related Choices

make a significant impact on health:

- ✓ **Quitting Smoking**
- ✓ **Getting in Shape**
- ✓ **Eating Healthy**
- ✓ **Stress Management**



That's why *The Good Life* is focused on these initiatives!



# We know.....

Don't smoke,  
Exercise more,  
Eat better,  
But manage stress?

**HOW?**





# We're living a distracted life

- 43% of Americans categorize themselves as disorganized, 21% miss vital work deadlines
- Technology overload: we are multi-tasking beyond our cognitive limits
- 48% feel life has become more stressful in the last five years



# Worksite Stress Facts

- 47% of US executives surveyed in 2003 didn't use their vacation time due to job pressures.
- Up to 60% of all absences are caused by stress.
- 72% of US workers report emotional stress is pervasive in the worksite.
- More heart attacks occur on Monday mornings than any other day of the week.



# The Nature of Stress

There are two kinds of stress:

**Good Stress:** Euphoria or joy



(also known as "Eustress")

**Bad Stress:** Distress or simply, "STRESS!"

(also known as: anger, fear, despair, panic, worry, anxiety, impatience, frustration, guilt, annoyance, doubt, irritation, rage, embarrassment, intimidation, envy, hostility, and indignation, etc.)



## Short-term Effects of Stress Physiology

- Increased heart rate
- Increased blood pressure
- Increased rate of breathing
- Increased muscle tension
- Increased perspiration
- Increased metabolic activity

All of these physiological responses are triggered specifically as part of the fight or flight response for physical survival.



# Long Term Effects of Stress Physiology

- Hypertension (High blood pressure)
- Chronic pain (muscle tension)
- Suppressed immune system
- Colds and flus
- Symptoms of disease or illness
- General sense of fatigue
- Insomnia



**Stress is no longer only associated with chronic disease, it is a significant contributor.**



**Is this your  
stress  
management  
program?**

## Stress Reduction Kit

**Bang  
Head  
Here**

**Directions:**

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.



# Call to Order

Organize your mind to organize you life!

You must adopt the rules of order:



1. Tame the frenzy
2. Sustain attention
3. Apply the brakes



## #1 Tame the Frenzy

**Who's the boss?**

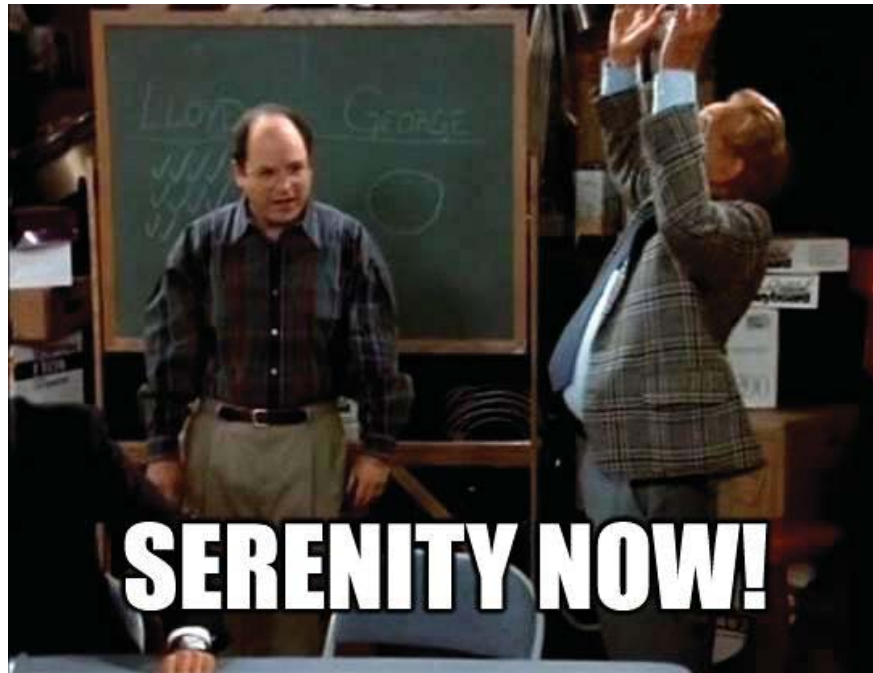
**Emotions can block the entrance to our path to become better organized**

- Primary emotions of sadness, anxiety, and anger
- The research: when turned on, interferes with basic building blocks of attention and focus

BUT, the brain has a back up!

Reappraisal-getting a new viewpoint-takes the stage away from emotions





## #2 Sustain Attention

- Your brain is a finite resource!
- Healthy adult can maintain focus and attention for up to an hour, max 90 minutes
- It's like a muscle! Needs rest too





# MULTITASKING

Because we needed another word for "unable to focus on the task at hand"



PSA: Driving while using the cell phone reduces brain activity by 37%!

ORIALCARE<sup>®</sup>  
TH SYSTEM  
*nce in Health Care*

WHETHER YOU  
**THINK YOU CAN,**  
OR THINK YOU CAN'T,  
**YOU'RE RIGHT.**

(HENRY FORD)



# Positivity



- Tipping point for success: 3:1 ratio of positive emotions to negative emotions
- Reframe: make peace with the past



## #3 Apply the brakes



Watch out for impulses!  
BUT acknowledge those emotions.



Have a heart to head conversation.  
Keep a journal to recognize triggers  
to impulses

**STOP:** **Step** back, **Think**, **Organize**  
your thoughts, then **Proceed**



Bonus!

## More Help for the Stressed



### Sleep is Essential

Lack of it not only contributes to our inability to cope with stressful situations, it's making us fat!

Study of 68,000 women found that those who slept less than five hours a night were more likely to gain 30 pounds over the next 16 years than those who slept at least seven hours a night.



## Physical Activity is key!

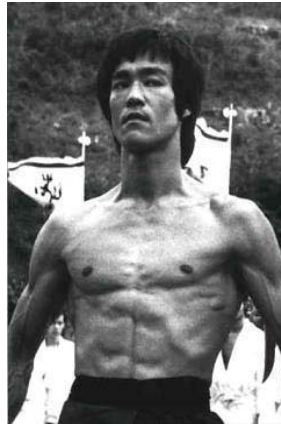


**Go Green:** Research shows that five minutes of outdoor activity improves mood and releases stress more than a 10-60 minute workout.





# What Does *The Good Life* Look Like?



## Think about your own Good Life this year...



- **Find your fuel:** what is your motivation? How will your life look different if you make progress in this area?

*"I will improve my relationship with my kids if I tame the frenzy and focus on giving them my full attention."*

- **Decisional Balance:** to change or not to change, that is the question!



*Whether you think you can or think you can't, you're right! –Henry Ford*

# What are you focusing on? Create a your Vision!



- MIT study: future self reflection leads to better long-term choices
- Understand where you are now
- Write down what your ideal state will be when you are managing your stress. why is really important for me to do it? How will you do it?



## What does it take to live it?

### Catch This Man Dining Out, and It Will Be Very Rewarding



[stickK.com](http://stickK.com)

#### The numbers



\$9,334,270  
dollars on the line



133,178  
commitments created



293,899  
workouts completed



2,445,977  
cigarettes not smoked



# Why don't people participate?

## Personal Barriers

- Stress, health belief, discipline, experience, time/schedule, social support, lack of interest

## Environmental Barriers

- Trust, environment, safety, incentives, schedule, location, cost

Source: StayWell Health Management



# Change The Environment

- Take the stairs.
- Have healthy snack items on your desk, nursing station, and in the break room.
- Schedule regular stretch or recess breaks during meetings or for your team.
- Talk about your commitment to be healthier.
- Give permission to your staff be health and to take breaks by doing it yourself!



When you were in school, what was your favorite time of the day?



Or was it.....



RECESS???



# RECESS is Back!



## Better than a cup of coffee or a nap under your desk...

- Managers lead the way!
- Improves blood flow to the brain for clearer thinking and concentration
- Increased energy
- Reduces stress, a risk factor for chronic disease
- Releases muscle tension
- Decreases the effects of prolonged sitting
- Enjoy social interaction with your co-workers and managers
- Build fun and laughter into your workday

## Stress Relievers

- **Easily Distracted:** Evaluate (1-10) to assign importance
- **Overwhelmed by clutter:** Get a buddy to give you a new perspective and invite them to help. Plan subsequent solo de-cluttering times for an hour a week to get on top, and then 15 minutes per week once it's under control.
- **Sweating the small stuff:** Take a few moments to review the good things in your life that should be grateful for. This will shift you to positive footing.
- **Everyone but me!** Make your health your first priority and build others on top of that.