
FOR THE HEALTH OF IT!



Rx For Feelings, Moods, and Attitudes

Craig Corder
Training Specialist



Why Manage Stress?

- 43% of adults suffer adverse health effects from stress.
- Two-thirds of all office visits to family physicians are due to stress-related symptoms.
- Stress is linked to the six leading causes of death-heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Source: "Mind/Body Health: Did You Know?" American Psychological Association

Laughter...

- Can lower blood pressure
- Oxygenates your blood
- Increases energy levels
- Relaxes your muscles
- Provides a cardiovascular workout
- Boosts your immune system
- Reduces stress

OBJECTIVES

- 1) Define "wellness" and describe how the concept of wellness affects our leadership abilities.
- 2) Explain the six dimensions of wellness.
- 3) Write a personal prescription for change.

Wellness Is...

To me, wellness is like _____,

Because _____.

My picture of wellness in the workplace is _____.



Wellness is...

An _____ Process of becoming _____ of and making _____ toward a higher level of _____ and well-being.

It is the integration of Body, _____, and _____.

Fundamentals of Wellness

_____ : Wellness includes the involvement of all of a person's physical, mental, and social conditions.

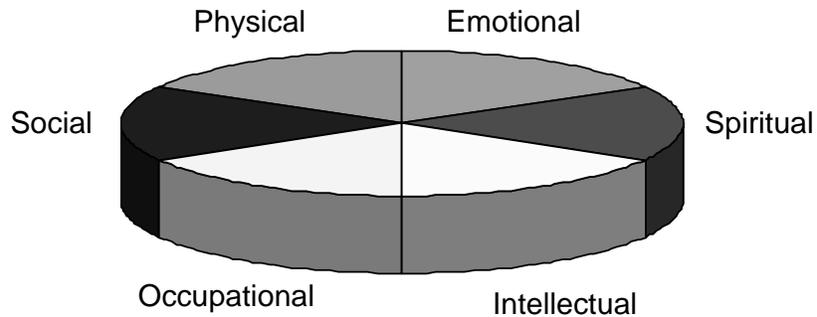
_____ : Wellness is a journey from where we are right now to where we would like to be but the journey doesn't end there. We have to continue on that path to maintain our wellness, set new goals as we achieve the previous ones and continuously move forward.

_____ : We set our own standards as far as what our higher level is in each dimension of wellness. **Example:** If you are a marathon runner, you may have higher expectations of yourself as far as your physical being is concerned. Obviously, you want to be healthy, but in order to compete, you have to raise the bar a little.

_____ : This is what we are working toward, a balanced lifestyle where all of our needs are met, physically, mentally, and spiritually.

_____ : Wellness is an investment of your most important and precious commodity, your time. You have to be willing to set aside time each day to work toward your goals in order to achieve balance in your life.

Six Dimensions of Wellness



Social Dimension



The social dimension emphasizes the coexistence of you, society, and the environment. Encourages contributing to the common welfare of the community.

Intellectual Dimension



The intellectual dimension encourages stimulating mental activities, expanding our knowledge and skills, sharing information with others, and participating in intellectual and cultural activities.

Spiritual Dimension



The spiritual dimension relates to the search for meaning in life. Integrating positive principles that guide personal behavior is vital for spiritual development. Our individual values and life goals combine to mold this dimension of wellness.

Occupational Dimension



The occupational dimension refers to the ability to make choices at work, which will enhance your personal and professional satisfaction and promote lifelong learning. It includes making choices about fostering positive attitudes toward work and our coworkers.

Physical Dimension

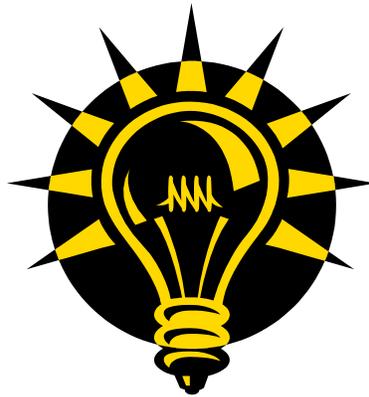


The physical dimension encourages regular physical activity for cardiovascular, flexibility, and strength. It also encourages knowledge about food, nutrition, and medical care while discouraging the use of tobacco, drugs, and immoderate or illegal use of alcohol.

Emotional Dimension



The emotional dimension addresses the awareness and acceptance of our own feelings and the feelings of others. It's the ability to acknowledge and share feelings of anger, stress, sadness or fear as well as joy, happiness, hope, and love.



"What we ponder and what we think about sets the course of our life. Any day we wish, we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year. We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, 'The fault is not in the stars, but in ourselves.' We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today."

--- **Jim Rohn**



For Success

Identify one area of your life that you need to change in order to maintain balance in your life: _____

List three things that you will need to do differently to incorporate that change:

- 1) _____
- 2) _____
- 3) _____

Acknowledge all known obstacles that may interrupt your attempt to make that change successfully: _____

Create a simple 3 step action plan for change with completion dates:

Step 1 _____ by (date) _____

Step 2 _____ by (date) _____

Step 3 _____ by (date) _____

Name one person that you will share this plan with: _____

Signature: _____ **Date:** _____

“Motivation is what gets you started. *Habit* is what keeps you going.”

- Jim Rohn



Craig Corder
Training Specialist
Texas Juvenile Probation Commission
(512) 424-6686
Craig.Corder@TJPC.STATE.TX.US