

Presentation 2025

Created By : Heather Hart

INTRO TO WELLNESS



Body ~ Mind ~ Emotions

WHAT IS A WELLNESS?

Components:

- Physical Wellness: Physical exercise, self-care, and body awareness.
- Mental Wellness: Access to mental health resources and techniques for expression and processing of emotions.
- Emotional Wellness: How nutrition supports overall well-being and lifestyle strategies for managing stress.

Definition:

means taking care of your body, feelings, and thoughts so you can feel happy, healthy, and strong every day. It's about doing things that help you feel good, handle tough times, and enjoy life.



What you'll learn:

- Take Care of Your Body: When your body is healthy, it's easier to think and feel good.
 - Stay Calm: Learn how to handle stress so you can feel peaceful.
 - Understand Your Feelings: Find out how to name your emotions and deal with them in a good way.
-

IMPORTANCE OF WELLNESS

**Awareness is
everything**

Physical:

- Move Your Body: Exercise helps keep you strong and healthy.
- Eat Good Food: Healthy food gives you energy to play and grow.
- Get Rest: Sleep helps your body feel better and stronger.

Mental:

- Learn New Things: Trying new stuff makes your brain smart.
- Stay Calm: Take deep breaths when things feel hard.
- Focus Your Mind: Finish one thing at a time to do your best.

Emotional:

- Talk About Feelings: Share when you're happy, sad, or mad.
- Be Kind to Yourself: It's okay to make mistakes and try again.
- Find Your Happy: Do things that make you smile and feel good.



PHYSICAL



Fitness: Regular Exercise and movement keeps our bodies strong and healthy

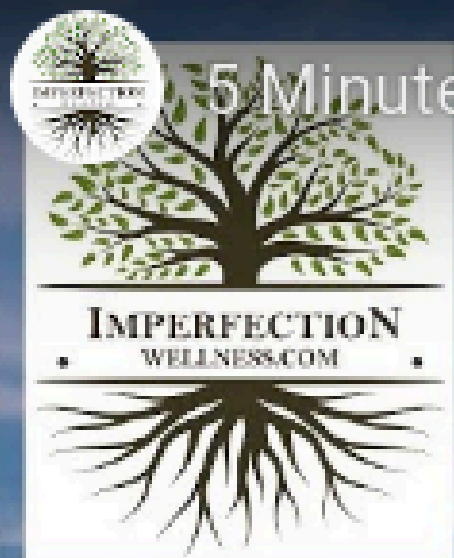
Nutrition: Eating healthy and balanced meals fuels our bodies for the day

Rest: Sleep is just as important. Getting the proper rest allows your body to heal

Physical Awareness activity:

To enhance our physical wellness, it's important to recognize and address areas of tension in our bodies. By dedicating moments throughout the day to focus on these sensations, we can alleviate discomfort and promote overall well-being. In our upcoming sessions, we'll incorporate chair yoga to gently stretch and strengthen our muscles.

To introduce this practice, we'll begin with a body scan exercise to heighten awareness of bodily sensations, followed by light stretches to release tension. Please take a comfortable seat, ensuring your feet are flat on the ground and your back is supported. We'll guide you through a brief video to lead this exercise:



5 Minute Refresher: Guided Body Scan Meditation



5 minute Refresher



BODY SCAN GUIDED MEDITATION

Watch on  YouTube

Stretches

- Chest Stretch
- Upper Back Stretch
- Spinal Twist Stretch
- Hamstring stretch



THANK YOU



Next Class: Stress Management and Emotional Health

Any Questions?

STRESS

What is Stress? The body's natural response to perceived threats or challenges

is what happens when you feel worried, scared, or nervous about something. It can make your body feel tired or your mind feel busy, like when you're trying to solve a hard problem or have too much to do.



Fight, Flight or Freeze Response

Types of Stress:

Acute Stress - Short Term immediate response to situation

Chronice Stress - Long-term stress that persists over time

Eustress (Positive Stress) - Motivates and enhances performance. (deadlines, competitions, weddings)

Distress (Negative Stress) - Overwhelms and negatively affects well-being

Triggers

Work, Relationships, finances, health concerns and environment

STRESS



Fight, Flight or Freeze Response

Effects of Stress:

Physical: Headaches, muscle tension, fatigue/tired, digestive issues

Emotional: Anxiety, irritability, sadness, burnout

Behavioral: Overeating, withdrawal, procrastination, unhealthy coping habits

STRESS MANAGEMENT



What is Stress management:

means finding ways to help your body and mind feel calm and happy when you're feeling worried or upset. It's like using tools or tricks to feel better, like taking deep breaths or doing something you enjoy.

Why it's important:

Prevents long-term health issues, improves emotional well-being and enhances quality of life

The Goal:

Not to eliminate stress, we will always have it, but to manage and build resilience with different tools

STRESS MANAGEMENT

Body

Managing Stress Through the Body

- Movement & Exercise:
 - Walking, running, yoga, Qigong, strength training.
 - Releases endorphins (natural stress relievers).
- Breathing Techniques:
 - Deep belly breathing (diaphragmatic breathing).
 - Box breathing (inhale 4s, hold 4s, exhale 4s, hold 4s).
- Massage & Bodywork:
 - Self-massage techniques.
 - Professional massage therapy for muscle relaxation.
- Nutrition & Hydration:
 - Reducing caffeine, sugar, processed foods.
 - Increasing whole foods, hydration for optimal function.
- Rest & Sleep:
 - Importance of quality sleep.
 - Sleep hygiene tips (consistent bedtime, reducing screen time, relaxation routines).

STRESS MANAGEMENT

Mind

Managing Stress Through the Mind

- Mindfulness & Meditation:
 - Guided meditations, body scans, mindful breathing.
- Cognitive Reframing:
 - Changing negative thought patterns into more balanced perspectives.
- Time Management:
 - Prioritizing tasks, setting boundaries, saying 'no' when needed.
- Limiting Information Overload:
 - Reducing news/social media consumption that contributes to stress.
- Engaging in Mental Stimulation & Hobbies:
 - Reading, puzzles, creative projects to shift focus from stressors.

STRESS MANAGEMENT

Emotions

Managing Stress Through the Emotions

- Emotional Awareness & Expression:
 - Journaling, talking to a friend, therapy, or support groups.
- Laughter & Fun:
 - Comedy, play, engaging in joyful activities.
- Music & Sound Therapy:
 - Listening to calming or uplifting music, sound baths.
- Art & Creative Expression:
 - Painting, writing, dance, or other forms of self-expression.
- Practicing Gratitude:
 - Daily gratitude journaling or acknowledging small wins.
- Setting Boundaries:
 - Identifying toxic relationships or situations and creating space for healthier connections.

Box Breathing Exercise:

Box breathing is a simple yet powerful way to manage stress and calm your mind. It's especially useful for controlling racing thoughts, such as when you're trying to fall asleep. Here's how to do it:

- Breathe in for the count of four.
- Hold your breath for the count of four.
- Breathe out for the count of four.
- Hold your breath again for the count of four.
- Repeat the cycle as needed.

This steady rhythm helps your body and mind relax, allowing you to think clearly and feel more in control.



EMOTIONAL HEALTH

How are you feeling?

means that when you know what feeling you have, like being sad, mad, or scared, you can figure out how to make it better. Naming your feelings helps you feel more in control.

Example Emotions:

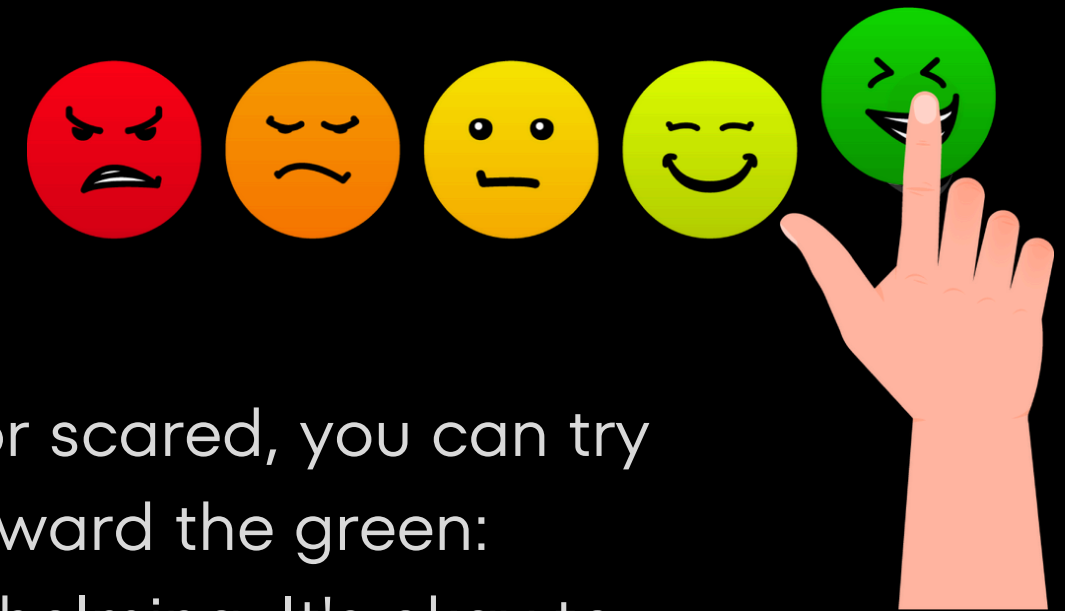
1. Happy (Green): Joyful, Excited
2. Good (Light Green): Calm, Content
3. Average (Yellow): Neutral, Unsure
4. Poor (Orange): Frustrated, Sad
5. Bad (Red): Angry, Scared

EMOTION SCALE



SELF CARE STRATEGIES

Moving from Yellow, Orange, or Red to Green



Once you figure out that you're feeling average, frustrated, sad, angry, or scared, you can try some self-care strategies to feel better. These tips can help move you toward the green:

- **Know Your Limits:** Take a break when things feel too hard or overwhelming. It's okay to step back and rest.
- **Stay Connected:** Talk to a friend, family member, or someone in your community. Sharing how you feel can make a big difference.
- **Express Yourself:** Do something you enjoy, like drawing, writing, or playing a game. It helps let your feelings out.
- **Practice Self-Compassion:** Be kind to yourself, even if things don't go perfectly. Remind yourself that everyone has tough days.
- **Ask for Help:** If you're feeling stuck or really upset, it's okay to ask someone for help, like a parent, teacher, or trusted adult.

These strategies can help you feel calmer, happier, and more in control.

POSITIVE AFFIRMATIONS

Positive affirmations are kind words you can say to yourself to feel better and stronger. You can write them down and put them where you can see them every day, like on a note by your bed or on the fridge. These words remind you that you are important and can handle anything!

Here are 5 affirmations you can use:

1. I am strong.
2. I can do hard things.
3. I am kind to myself.
4. I will find something good today.
5. I am good just the way I am.

Saying these every day can help you feel happy and confident!

I AM STRONG
I AM CAPABLE
I AM RESILIENT



POSITIVE AFFIRMATION MEDITATION



THANK YOU



Next Class: Art Therapy Monday 3/3

Any Questions?
