

EMPLOYEE ASSISTANCE PROGRAM

WELLBEING FOR A HEALTHIER
BODY AND MIND



Happiness is the experience of joy, contentment, or positive wellbeing.



What makes you happy now?

OBJECTIVES

- Define “wellbeing”
- Review characteristics of happy people
- Learn about the benefits of mindfulness
- Explore healthy habits that may contribute to happiness

WHAT HAVE YOU SEEN IN HAPPY PEOPLE?

What personality traits, characteristics or behaviors have you seen in people who truly seem to be happy?



CHARACTERISTICS OF HAPPY PEOPLE

- Feel gratitude
- Are optimistic
- Like and take care of themselves
- Have friendships and close relationships
- Surround themselves with positive people
- Feel they have control over their lives and choices
- Have curiosity, are creative and never stop learning
- Help others
- Have balanced lives

MINDFULNESS

- The basic human ability to be fully present, aware of where we are, what we are doing, and not be overwhelmed or overly react to what's going on around us.
- Being intensely aware of what you are sensing and feeling at every moment, without letting interpretations or judgment get in the way.
- Learning to confront and accept pleasant and unpleasant feelings in the present to reduce stress and increase feelings of wellbeing.

PHYSICAL HEALTH CONTRIBUTES TO WELLBEING

Preventable diseases*

- Heart disease
- Cancer
- High blood pressure
- Type II diabetes
- Alleviate gastrointestinal difficulties



** Obesity, lack of exercise, and cigarette smoking contribute to all the above*

NUTRITION CONTRIBUTES TO WELLBEING

- Gut-brain connection
- Make small changes
- Pay attention to food labels
- Focus on:
 - Macronutrients – protein, fats, complex carbohydrates
 - Micronutrients – vitamins and minerals
- Manage portions
- Meal prep and planning
- [MyPlate.gov](https://www.myplate.gov)

EXERCISE CONTRIBUTES TO WELLBEING

- Strengthens heart
- Lifts mood
- Relieves stress
- Facilitates better sleep
- Improves thinking
- Slows progression of Alzheimer's
- Reduces risk of cancers



SUGGESTIONS TO IMPROVE WELLBEING

- Get proper sleep
- Eat a balanced diet
- Increase your sunlight exposure
- Manage stress
- Exercise
- Avoid smoking and alcohol
- Be social
- Find and practice new hobbies
- Live in the present



LOCATING ADDITIONAL INFORMATION ABOUT HEALTH

- Your Program website
- myplate.gov
- health.gov/pcsfm
- nih.gov/health-information

What is your takeaway goal?



Think of things you can commit to doing now or in the very near future to improve your health and wellness.

REFERENCES & RESOURCES

www.cdc.gov

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YOUR EMPLOYEE ASSISTANCE PROGRAM

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Thank you!

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