

Ahead *of the* **CURVE**

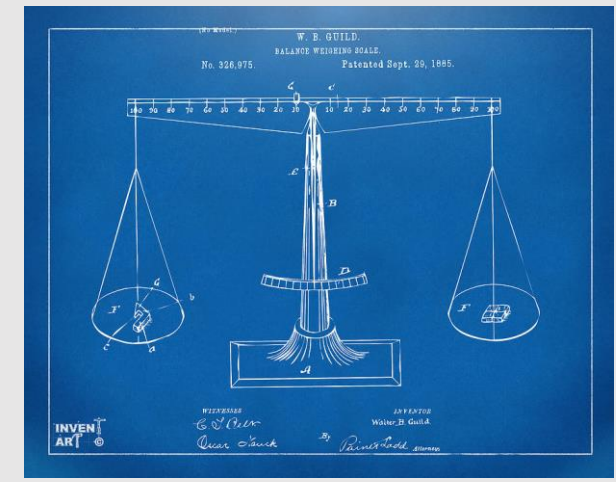
 **PARTNERS IN PREVENTION 2024**
REGIONAL HEALTH & SAFETY CONFERENCE

SOUTHWESTERN | **OCT 16**

Thrive Through Wellness: *Your Blueprint to Balance*

Presented By:

Meaghan Jansen, MSc.



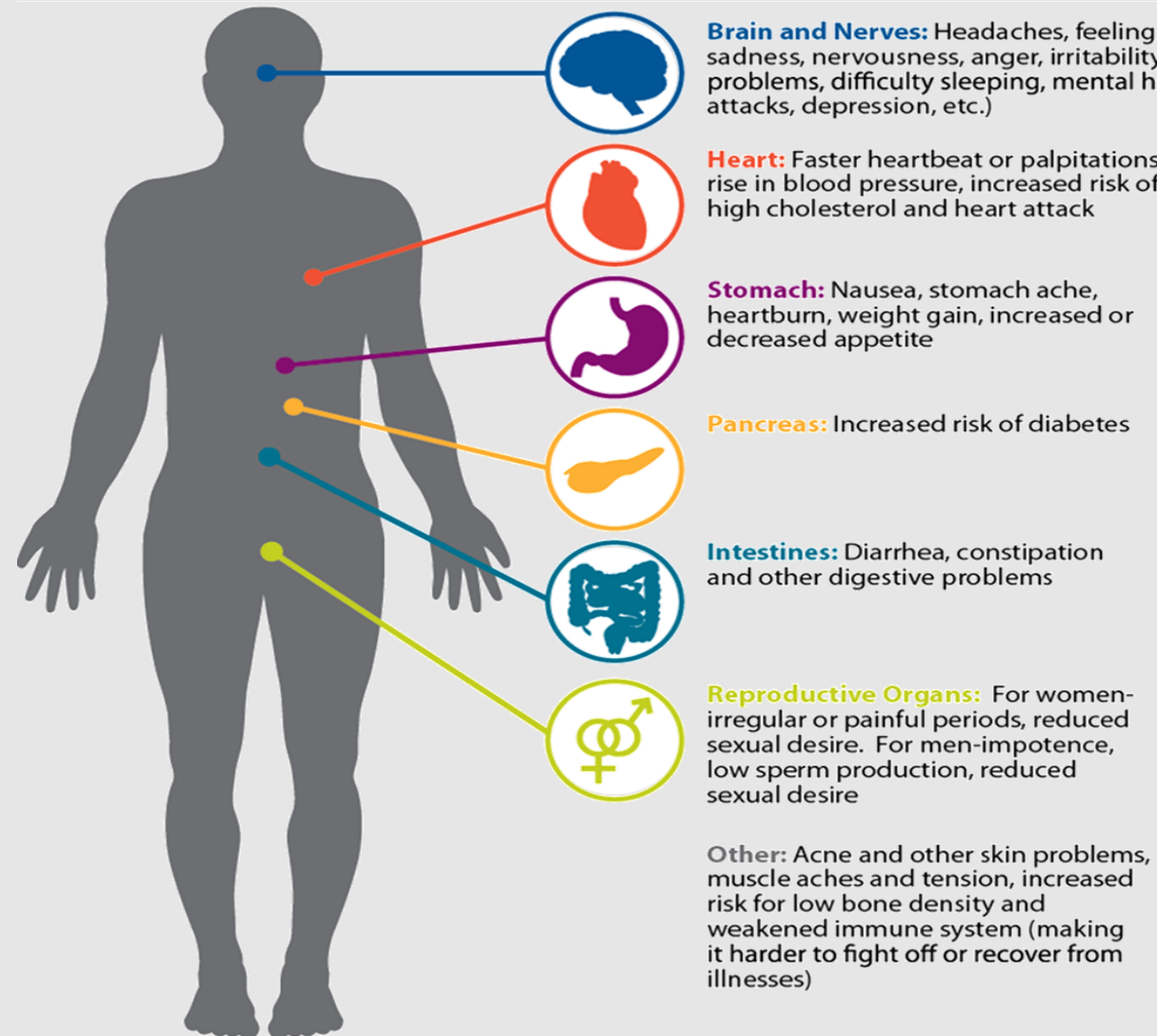
Let me introduce myself...



“Stress management implies control and is not a substitute for medical treatment or professional intervention.”



Effects of Emotional Stress on the Body



Blueprint to Balance

1

Food as
Fuel

2

Mindful
Movement

3

Power of
Sleep

4

Mental
Well-Being

5

Emotional
Self-Care

What can
we control?

1

FOOD
IS FUEL

A stylized graphic featuring a yellow spoon and a yellow electrical plug with red sparks, symbolizing food as fuel. The spoon is positioned vertically, and the plug is at the top right, with red lines radiating from it to represent sparks. The text 'FOOD IS FUEL' is written in a bold, dark blue, hand-drawn font, with the spoon and plug integrated into the letters.

Optimize Your Energy

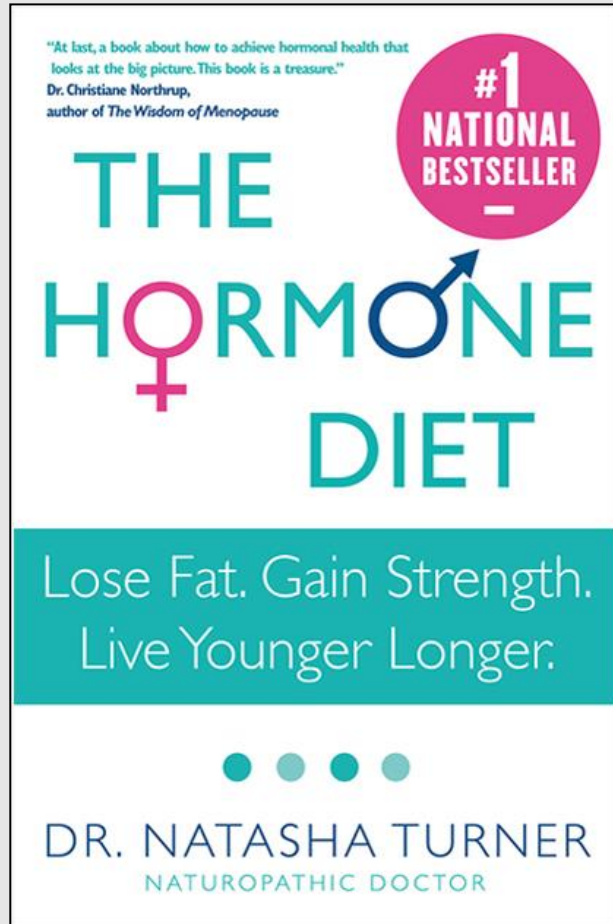


Healthy
Food

=

Healthy
Energy

Recommended Read



"Diet and exercise are important, but so are sleeping well, reducing toxin exposure, maintaining healthy liver function, optimizing digestion, limiting stress and conquering inflammation. All of these factors can influence our hormonal activity in truly dramatic ways."

- Dr. Natasha Turner

2

MINDFUL
MOVEMENT

Prioritize Your Health with Mindful Movement



No Movement = Sloth Mode



do more
of what
makes you
happy ❤️

Tips and Strategies

Habit Stacking

“It’s deciding that the longevity of your body and mind are important enough.”

Remember...

- ✓ Something is better than nothing
- ✓ Choose movements that offer maximum benefits (microbursts)
- ✓ Hectic is NOT aerobic
- ✓ Choice: Exercise is NOT a chore

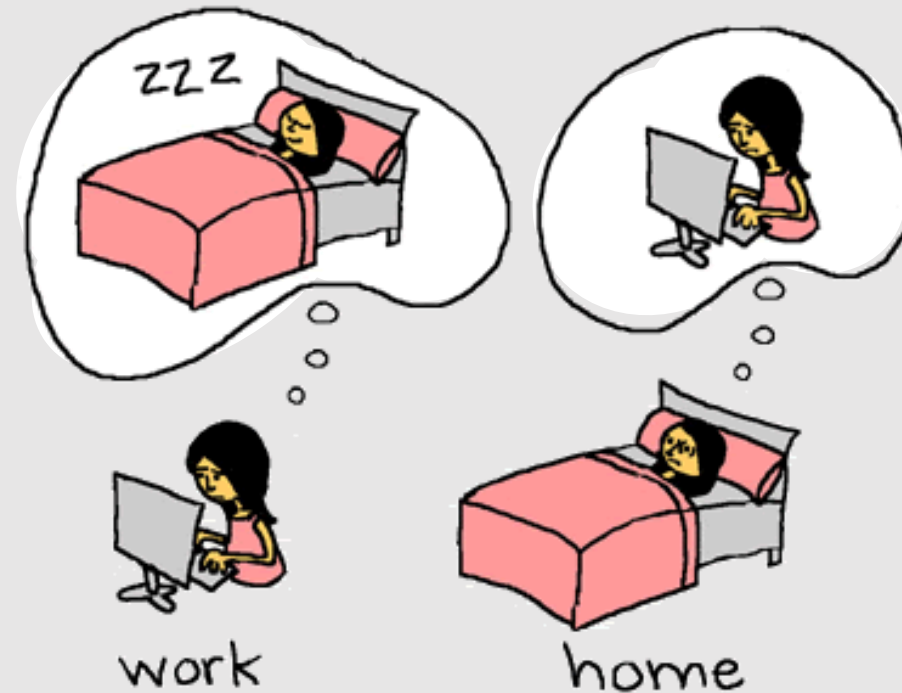
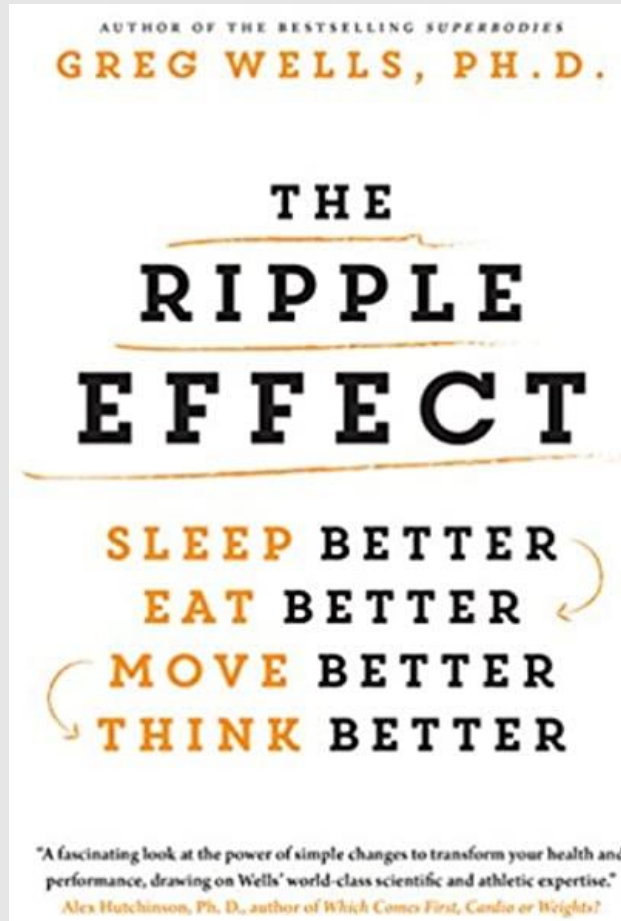
Do 5,  Then Decide

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Morning Coffee Take some deep breaths and stretch between sips.</p> |  <p>Morning Routine Work in some body-conditioning with squats, lunges, and heel raises as you brush.</p> |
|  <p>Commute to Work Take the scenic route if you bike or walk, get off a bus stop sooner, or park farther away.</p> |  <p>Social Media Check March on the spot as you catch up on posts.</p> |
|  <p>Afternoon Slump Re-energize your body with a 10-minute microburst.</p> |  <p>Dinner Prep Make dinner prep fun by dancing as you cook.</p> |
|  <p>After Dinner Take a walk with the family or play in the backyard.</p> |  <p>Before Bed Wrap up the day with 10 minutes of yoga.</p> |

3



Prioritize Your Health with Restful Sleep



Practice Relaxation



Deep Breathing
10 times, 2x per day

Meditation – calm.com

Learn how to do it!

Find what works for you



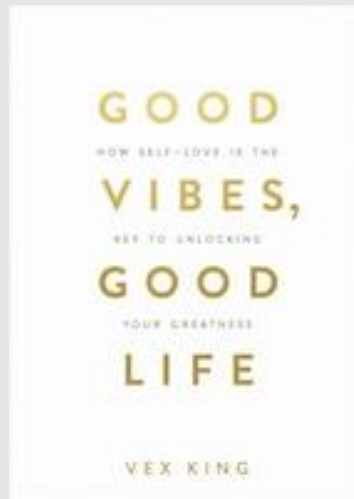
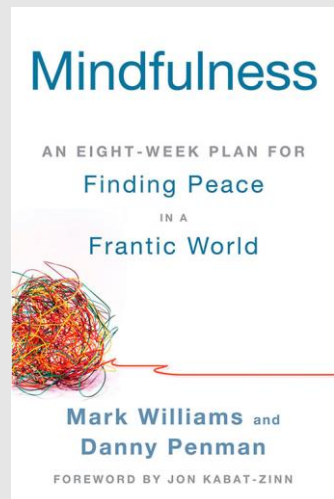
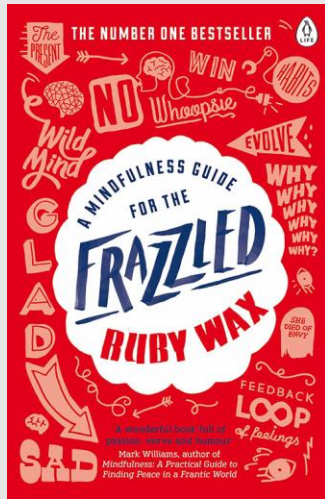
Smiling
Mind



TEN
PERCENT
HAPPIER



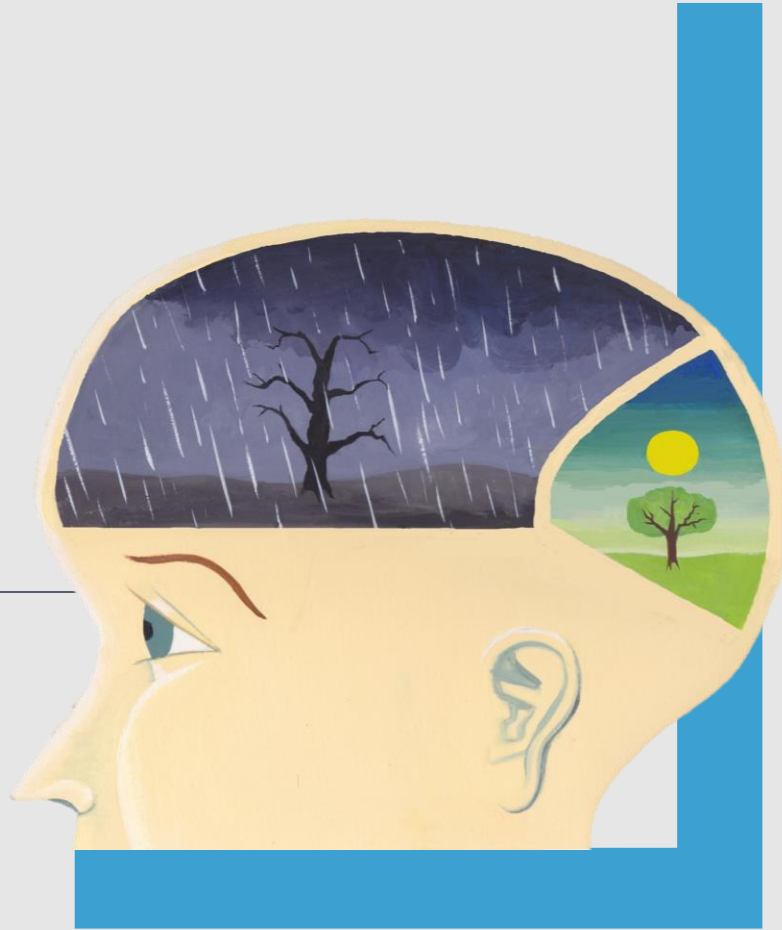
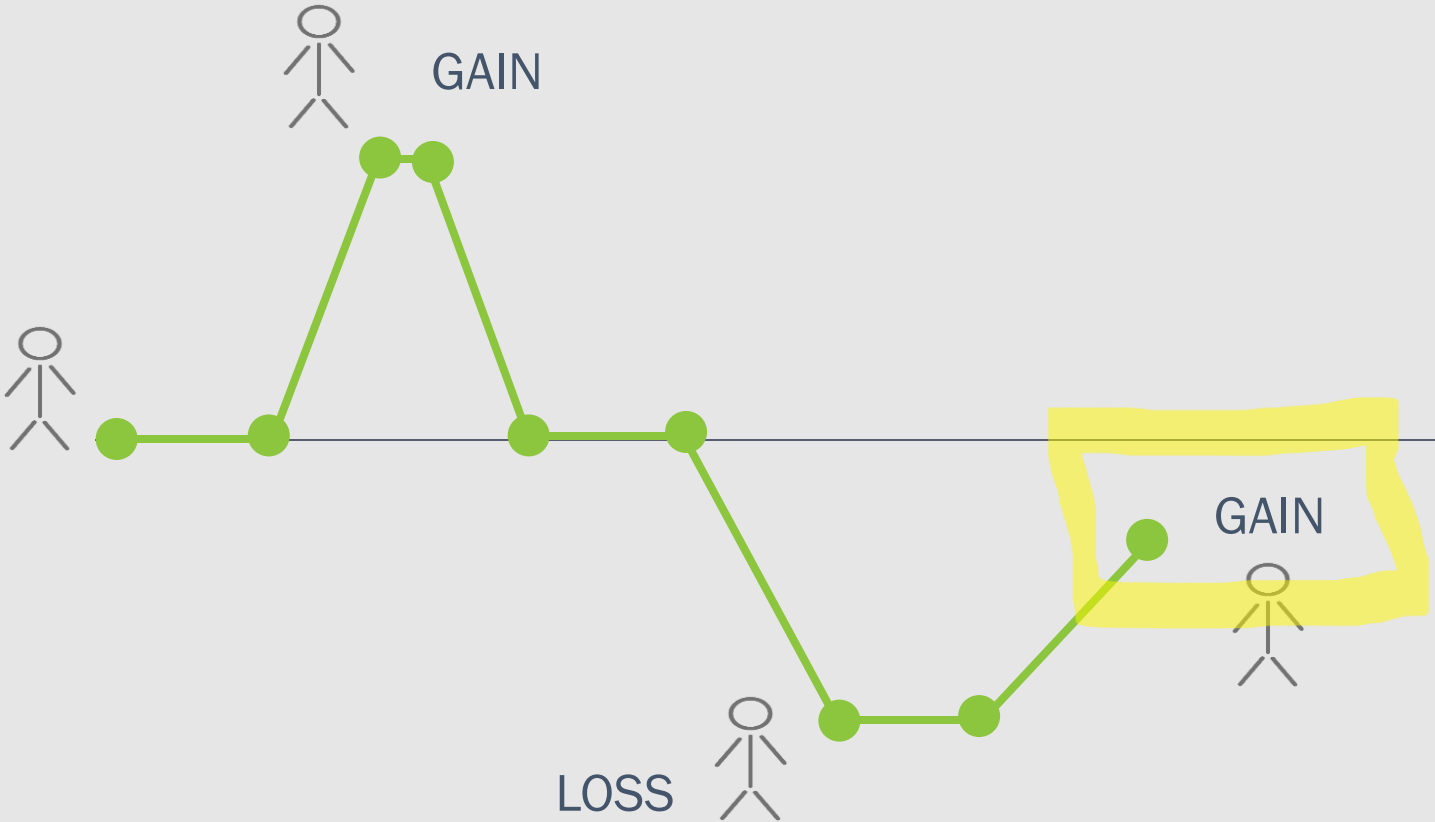
InsightTimer

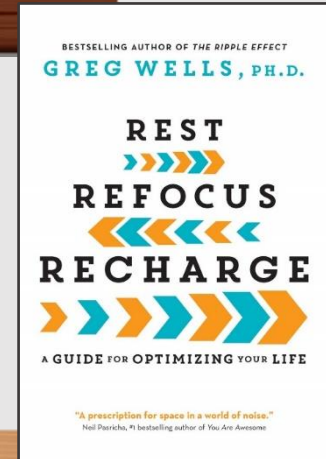
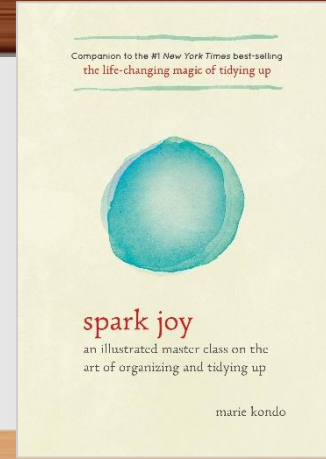
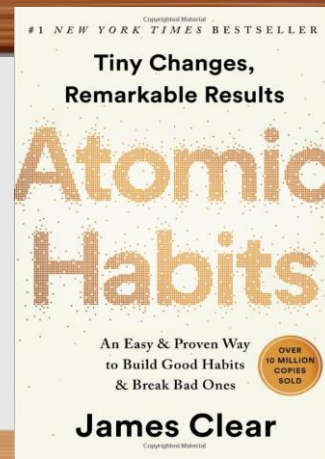
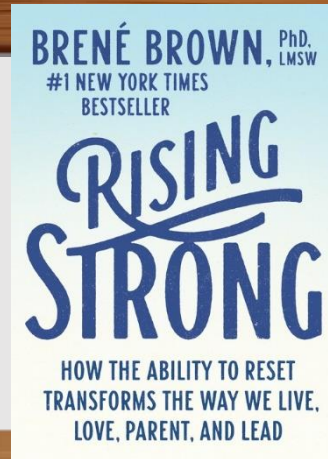
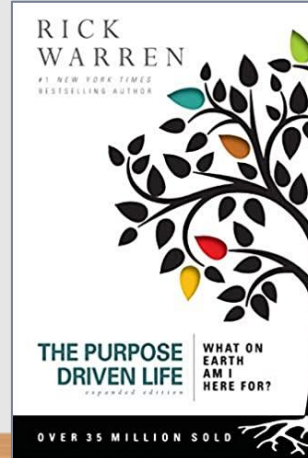
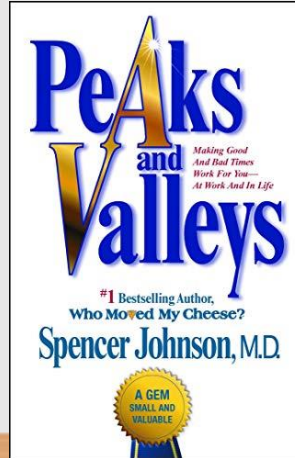
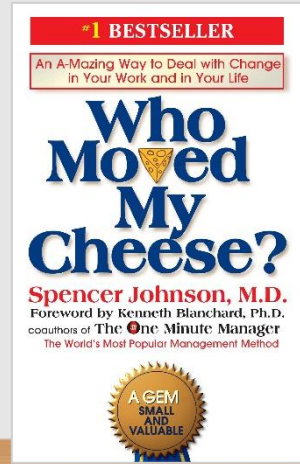
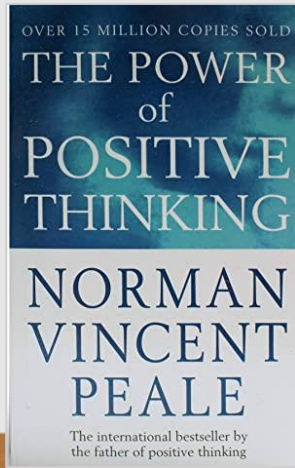


Which one are you?



Wired to be Negative





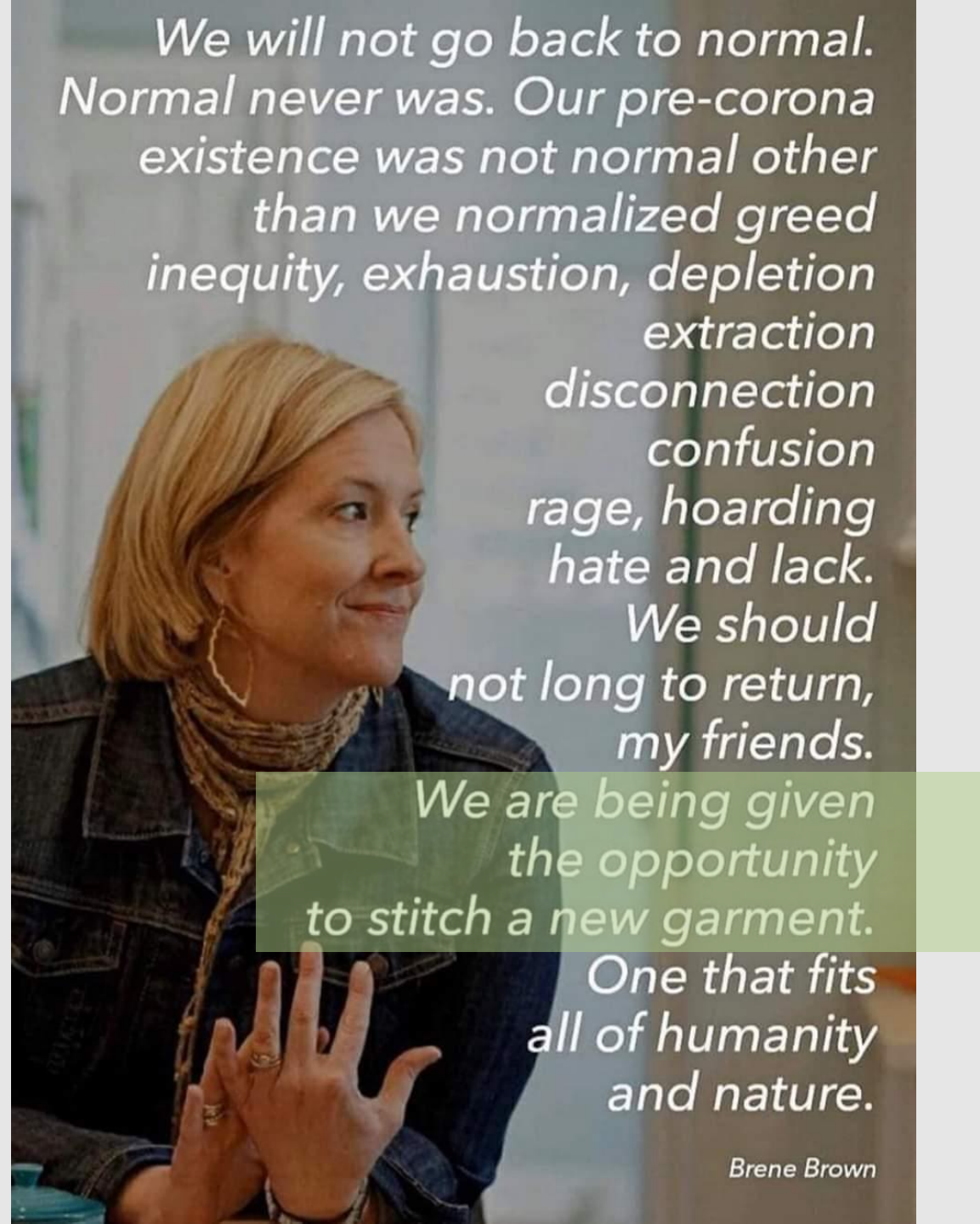
Resiliency– *Re-Focus* Accept Change

We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed inequity, exhaustion, depletion extraction disconnection confusion rage, hoarding hate and lack. We should not long to return, my friends.

We are being given the opportunity to stitch a new garment.

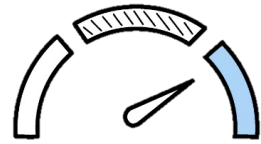
One that fits all of humanity and nature.

Brene Brown



Focus on YOU... Every Day

Assess Your Energy Levels



Time management vs energy management

Make a List



Energizers (what gives you fulfillment) vs Suckers (what destroys your spirit)

Determine Energy Cycles



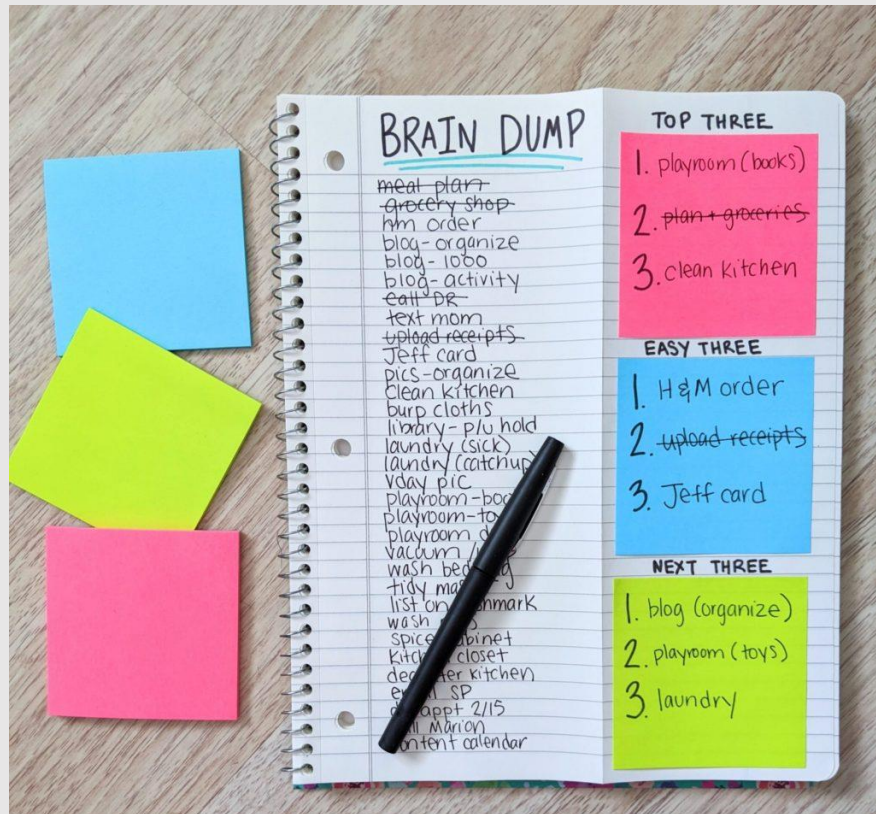
Balance energizers with energy-suckers throughout the day

5



Brain Dump

Untangle your mind



Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?

Gratitude




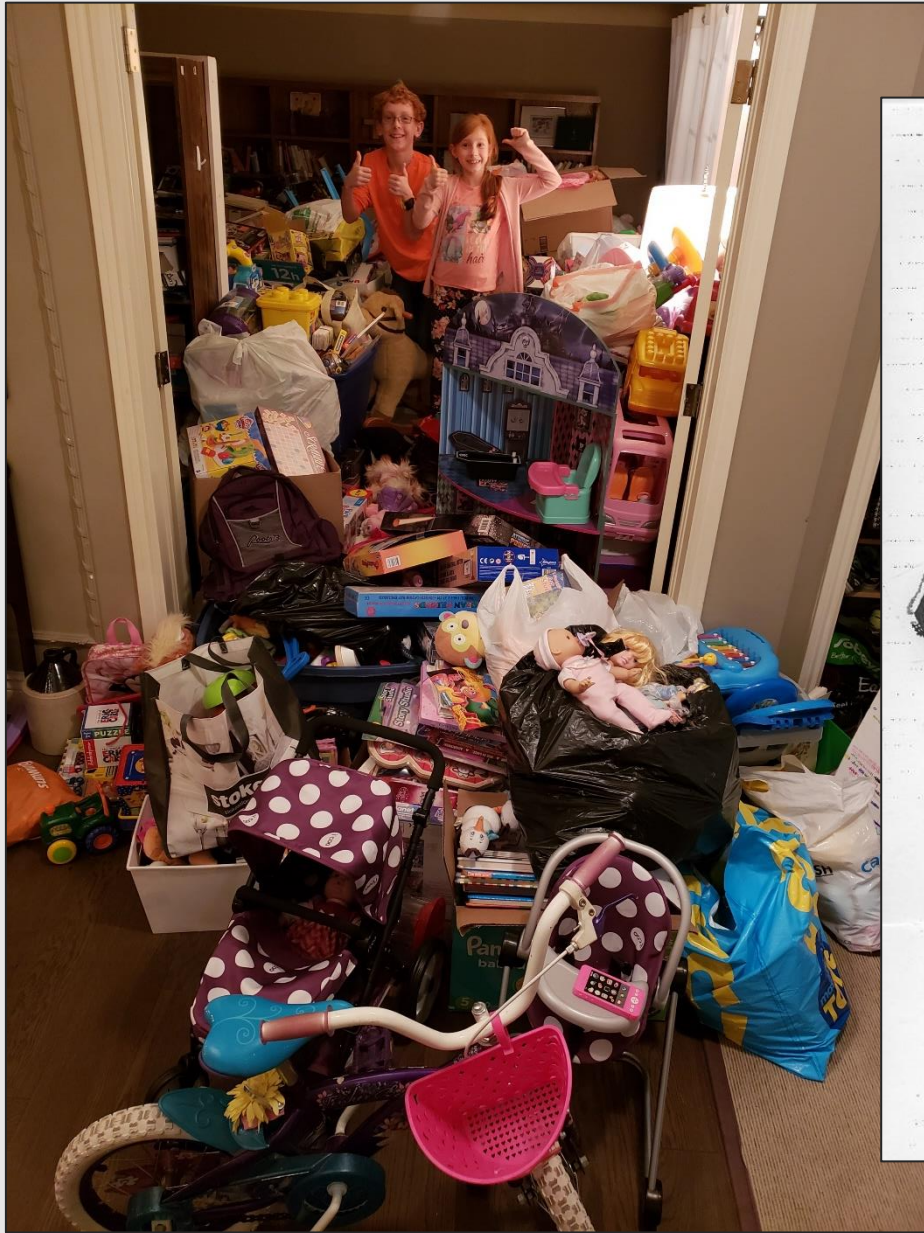
Appreciate life's gifts

Don't look for
Happiness
create it.

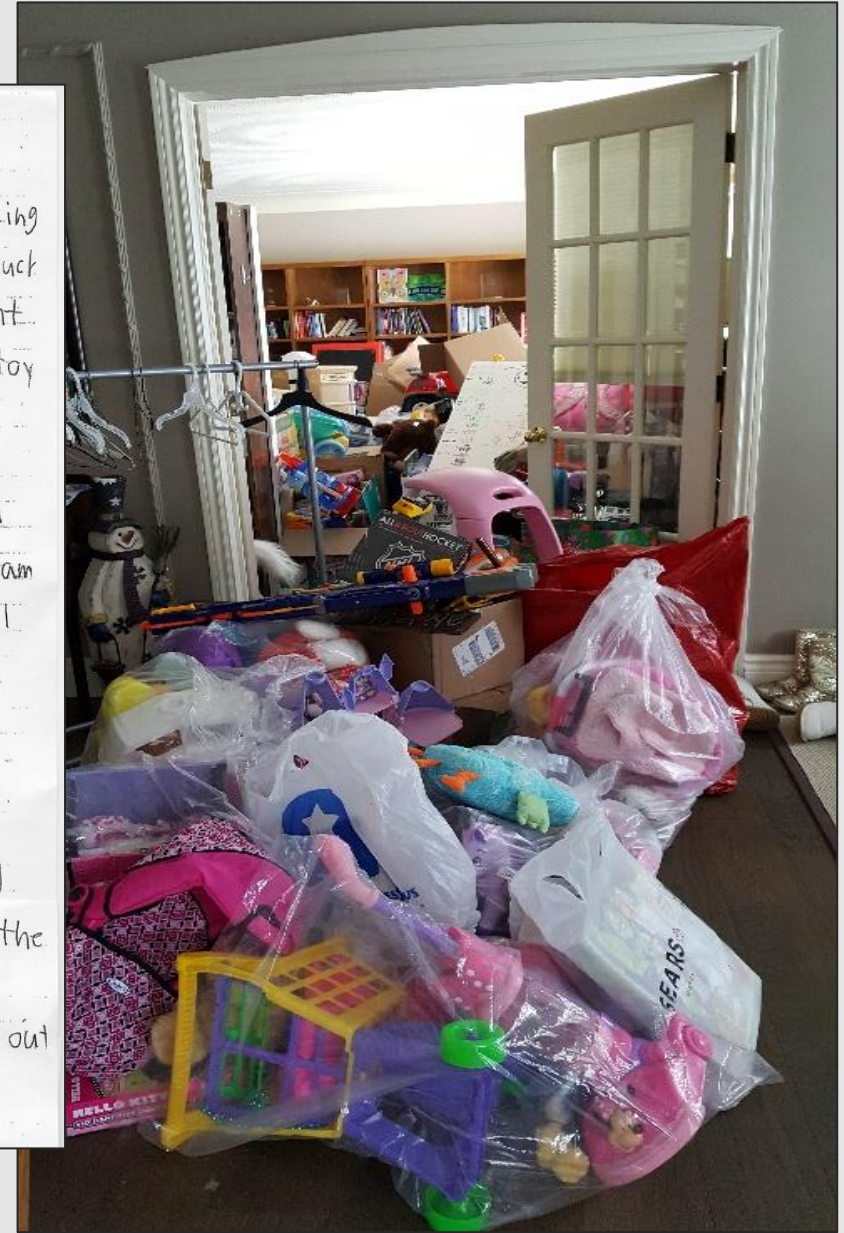
QUOTEDIARY.ME

Do More of What
Makes You Happy





My name is Jacob Jansen. I am in your child's class. I helped out at my church this week organizing presents for kids who don't have much money. I went right home and went up to my room and picked out toy and books I didn't want or need any more. I wanted to do more. I talked to my mommy and daddy I wondered if I could run a program that gives toy to other kids. I think it would be cool if all my class brought in what they could to add to the presents but (under ten though because my daddy's truck is only so big!). My dad is going to help me take the from school to the church next Thursday thank you for helping out and have a Merry Christmas
By Jacob Jansen.





Happiness Jar

Write down something that made you happy every day for a year, then open the jar and read about all the amazing things that happened.



www.mommypotamus.com



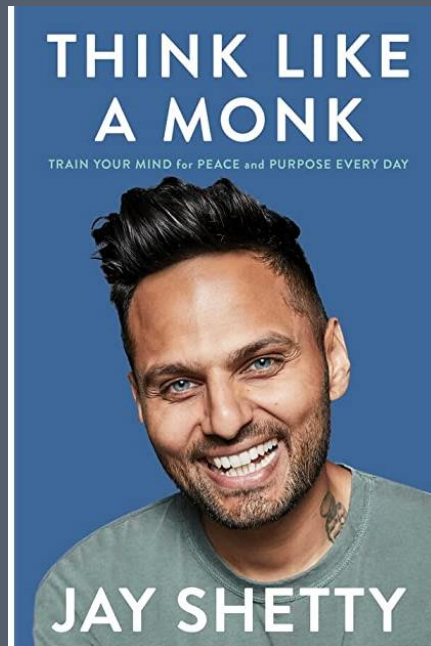


“There is always
light, if only we’re
brave enough to see
it. If only we’re brave
enough to be it.”

Amanda Gorman
Youngest inaugural poet in US history

Take-away from Jay Shetty

What is ONE THING you
are proud of today?



Thank You

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