

Healthy Minds, Bodies and Work in 2021





Healthy
Minds

HEALTHY MINDS, BODIES AND WORK

Healthy Minds

- **Mental Wellness**
- **Social Wellness**

HEALTHY MINDS, BODIES AND WORK

Healthy Minds

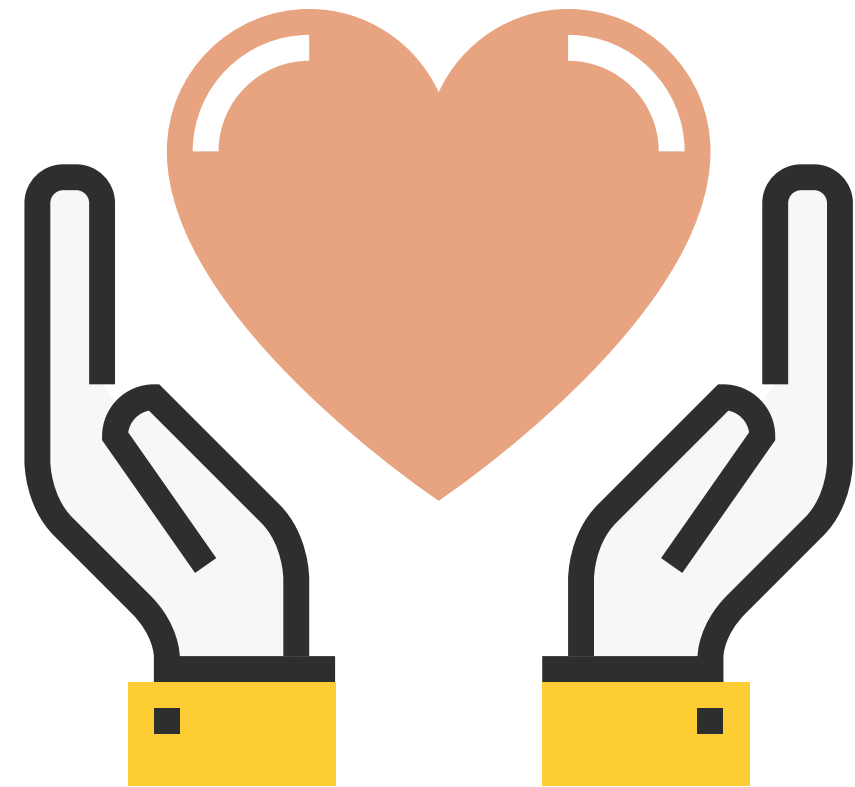
- **Mental Wellness**
 - **U.S. adults report highest stress level since early days of the COVID-19 pandemic.**
 - **84% of adults surveyed reported feeling at least one emotion associated with prolonged stress in the prior two weeks.**
 - **Most common feelings: anxiety (47%), sadness (44%) and anger (39%)**
 - **67% said the number of issues America is facing is overwhelming to them.**

Source: *Stress in America™: January 2021 Stress Snapshot*, conducted by the Harris Poll on behalf of the American Psychological Association

HEALTHY MINDS, BODIES AND WORK

Healthy Minds

- **Mental Wellness**
 - Check in with someone you trust.
 - Participate in employer-sponsored programs.
 - Respond with empathy; encourage others to seek help.



HEALTHY MINDS, BODIES AND WORK

APA Tips to Manage Stress



Take a break
from the news
and social media



Find **three good things** that
happened to
you each day



Practice **self-care**
in 15- or 30-minute
increments
throughout the day



Stay connected
with friends
and family



Keep things
in **perspective**

HEALTHY MINDS, BODIES AND WORK

Healthy Minds

- **Social Wellness**
 - Spend quality time with family and friends (Virtual connections count - Zoom, FaceTime, etc.).
 - Build and nurture real-life, face-to-face social connections.
 - Take the time to reflect on experiences and express happiness and gratitude.

Source: CDC's *Workplace Health and Promotion, Tools and Resources, Mental Health in the Workplace* (cdc.gov/workplacehealthpromotion/index.html)



Healthy Bodies

HEALTHY MINDS, BODIES AND WORK

Healthy Bodies

- Activity
- Potential
- Vulnerability

B.E.FIT
BRANTLEY ELLISON FITNESS



www.brantleyellisonfitness.com

Jenny Tate
51lbs GONE

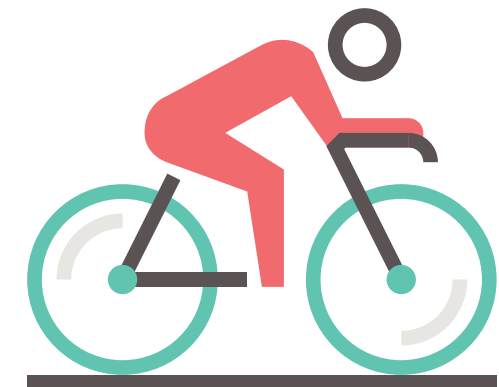
Couldn't Run a Mile in 2015,
Ran 1st 1/2 Marathon (2:24) in 2016

#BEFIT4LIFE

The image shows a 'before and after' comparison of Jenny Tate. On the left, she is wearing a black tank top, white pants, and sunglasses, appearing heavier. On the right, she is wearing a black dress and heels, appearing significantly thinner. The background is a simple indoor setting.

“Get comfortable being uncomfortable.”

- *Brantley Ellison*



HEALTHY MINDS, BODIES AND WORK

“The courage to be vulnerable is not about winning or losing; it’s about the courage to show up when you can’t predict or control the outcome.”

- Brené Brown

Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

HEALTHY MINDS, BODIES AND WORK

Get up.

Show up.

Move up.

Eat well.

Seek better sleep.

Be consistent.

HEALTHY MINDS, BODIES AND WORK

7 Habits for a Healthy Mind in a Healthy Body

- Daily Physicality
- Intellectual Curiosity
- Foster Creativity
- Human Unity
- Spiritual Connectedness
- Energy Balance
- Voluntary Simplicity

- Christopher Bergland, author of *The Athlete's Way*, athlete and Guinness World Record holder



Healthy Work

HEALTHY MINDS, BODIES AND WORK

Healthy Work

- **Constantly Learning**
- **Positively Contributing**

“At the end of the day, at the end of the week, at the end of my life, I want to say I contributed more than I criticized.”

- Brené Brown

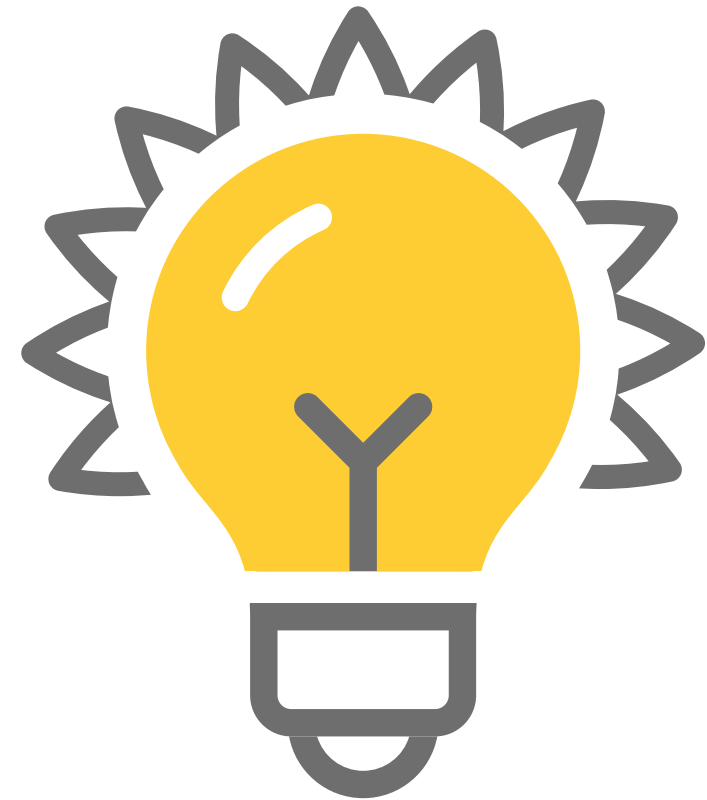
*Dare to Lead: Brave Work. Tough Conversations.
Whole Hearts*

HEALTHY MINDS, BODIES AND WORK

Constantly Learning

- Lifelong Learning
- A Culture of Learning
 - Let employees lead.
 - Build learning into the workflow.
 - Utilize outside resources.

- Bridget Castellini, “3 Ways to Build a Culture of Learning,”
PRSA Strategies and Tactics, June 2019



HEALTHY MINDS, BODIES AND WORK

Positively Contributing

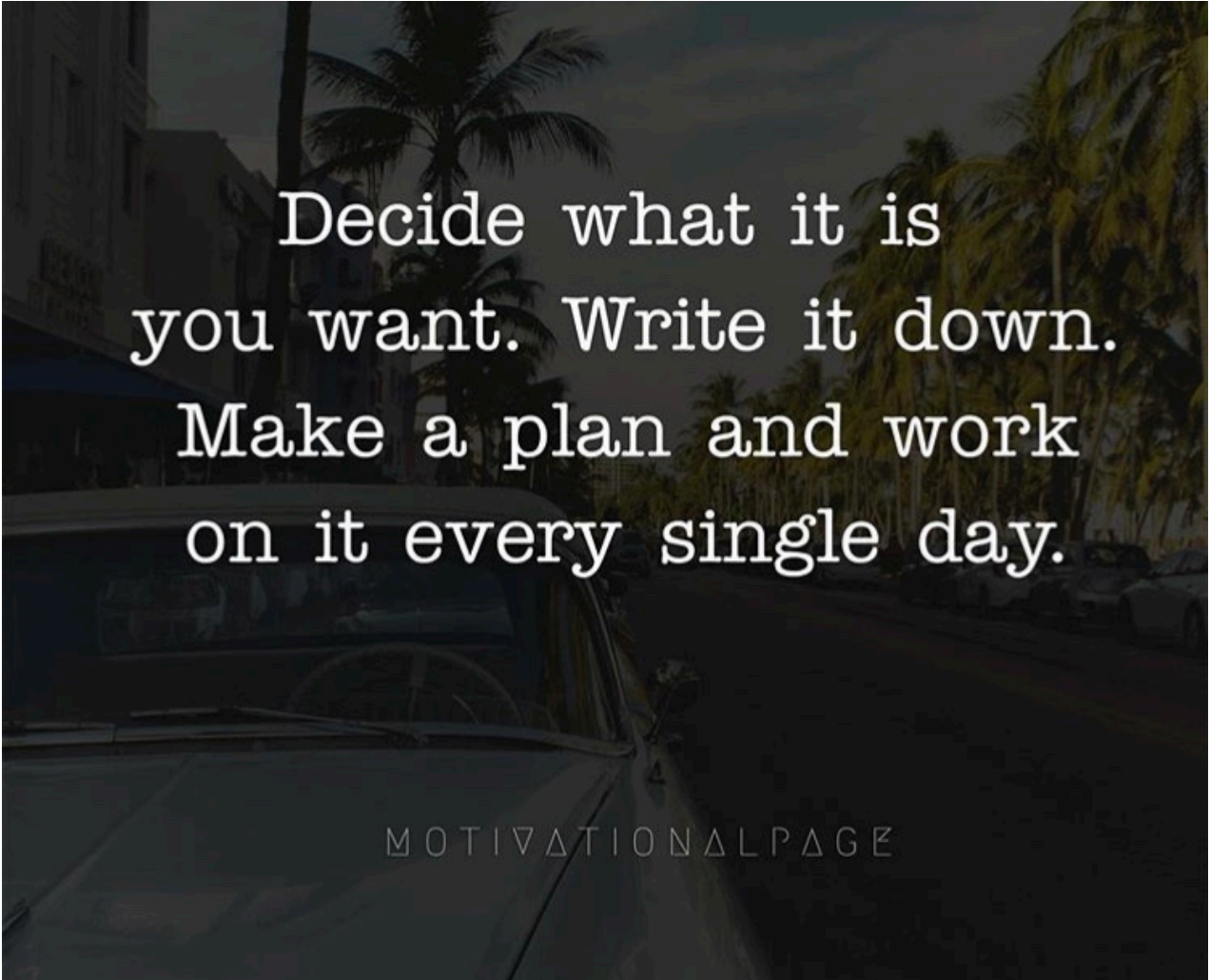
- Do your best.
- Focus on impact.
- Set and support goals.



HEALTHY MINDS, BODIES AND WORK

SMART Goals

- **Specific**
- **Measurable**
- **Achievable**
- **Realistic/Relevant**
- **Time Bound**



Decide what it is
you want. Write it down.
Make a plan and work
on it every single day.

MOTIVATIONALPAGE

Healthy Minds, Bodies and Work in 2021



HEALTHY MINDS, BODIES AND WORK

Your Homework Assignment

HEALTHY MINDS, BODIES AND WORK

JT's 3 Ms to Positively Impact YOUR Mind, Body and Work

Mentor

Minutes

Music

HEALTHY MINDS, BODIES AND WORK

MENTOR

Professional
and/or personal
mentor

MINUTES

MUSIC

HEALTHY MINDS, BODIES AND WORK

MENTOR

Professional
and/or personal
mentor

MINUTES

1,440 minutes in
each 24-hour day

MUSIC

HEALTHY MINDS, BODIES AND WORK

MENTOR

Professional
and/or personal
mentor

MINUTES

1,440 minutes in
each 24-hour day

MUSIC

Embrace
the music

HEALTHY MINDS, BODIES AND WORK

MENTOR

Professional
and/or personal
mentor

ACTION ITEM

Identify and
enlist a mentor
(or be a mentor)

MINUTES

1,440 minutes in
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Embrace
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Professional
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ACTION ITEM

14.4 minute
challenge

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Embrace
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HEALTHY MINDS, BODIES AND WORK

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Professional
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ACTION ITEM

Identify and
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ACTION ITEM

14.4 minute
challenge

MUSIC

Embrace
the music

ACTION ITEM

Utilize music in a
variety of ways

Jenny Tate

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University Communications*

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Brantley Ellison Fitness