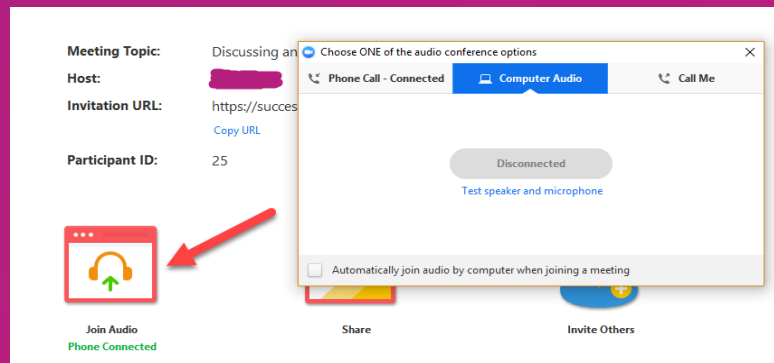


## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

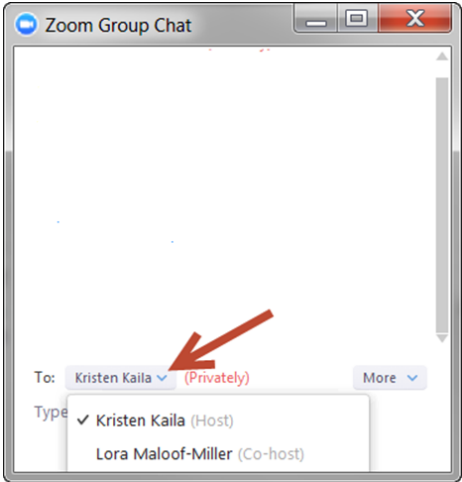
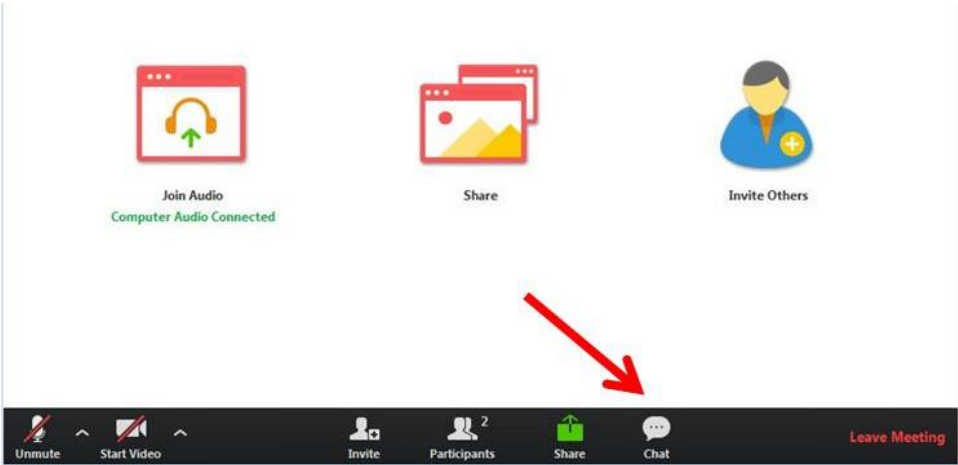
**If you wish to change your audio setting:** click on the “Join Audio” icon shown on the picture with the arrow. A pop up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 960 7988 2144**

# Chat Function



# Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



# Adjusting to the New Normal: Resilience, Endurance, and Whole Person Self-Care

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Presented by: Alison King, LCSW

Selflessness, Flexibility...

Strength, Endurance...



# Resilience

## **What resilience *is*:**

- maintaining flexibility and balance in life as you deal with stressful circumstances and traumatic life events
- adaptation to adversity - the ability to “bounce back”
- feeling effective and capable of handling uncertainty
- behaviors, thoughts and actions that can be learned and developed

## **What resilience is *not*:**

- a characteristic or personality trait



## Resilience (cont.)





# Resilience (cont.)

## Some Suggested Resilience Building Activities:

### I. Positive Emotions - Change the Narrative

- Journaling, “silver linings,” and gratitude

### II. Meaning in Life

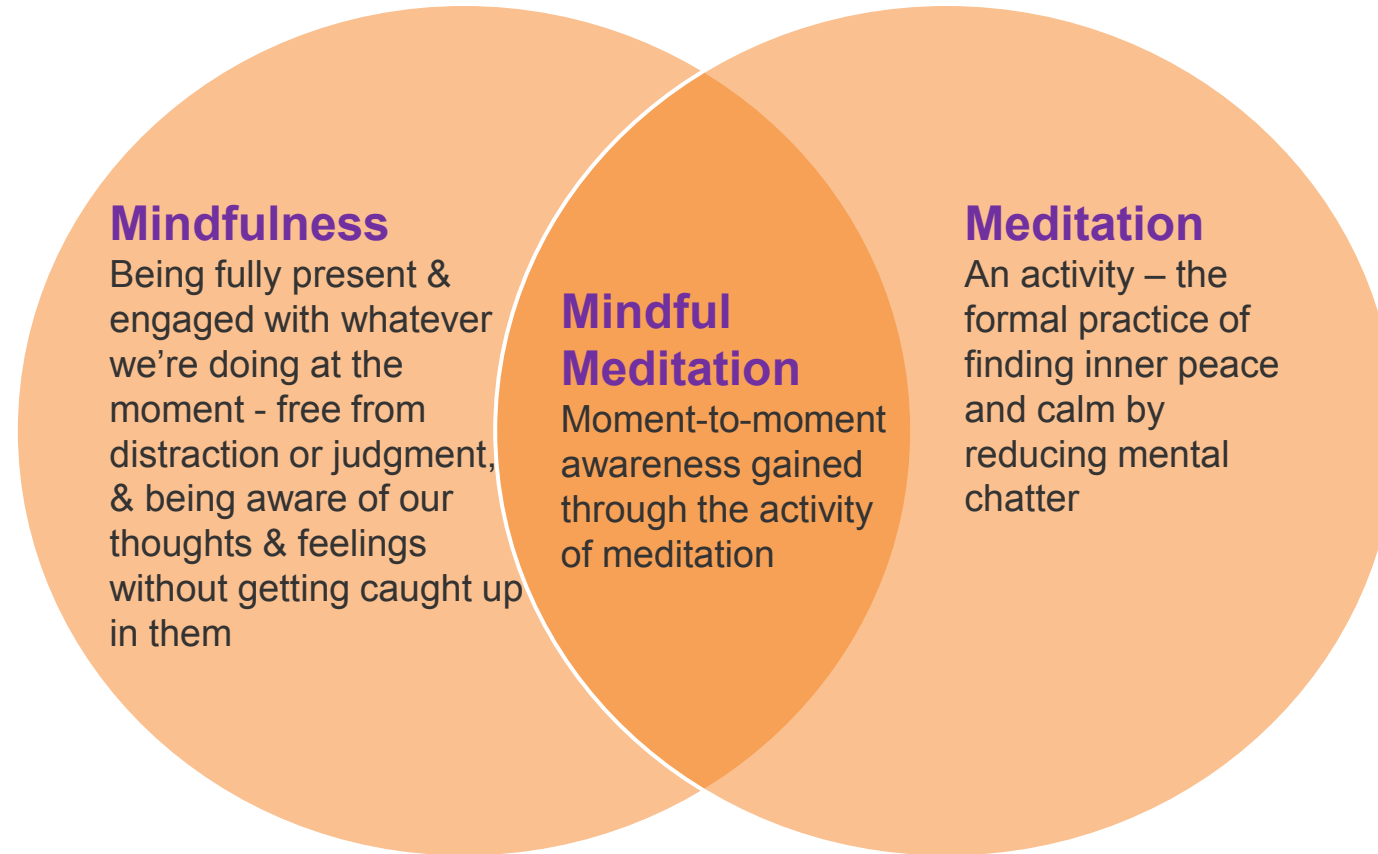
- Find or re-connect with your purpose, your “reason for being” (Worksheet)
- Perform acts of kindness

### III. Social Support

- Pick up the phone!
- Join an online group



# Resilience (cont.): Mindful Meditation



# Self-Care

## What is self-care?

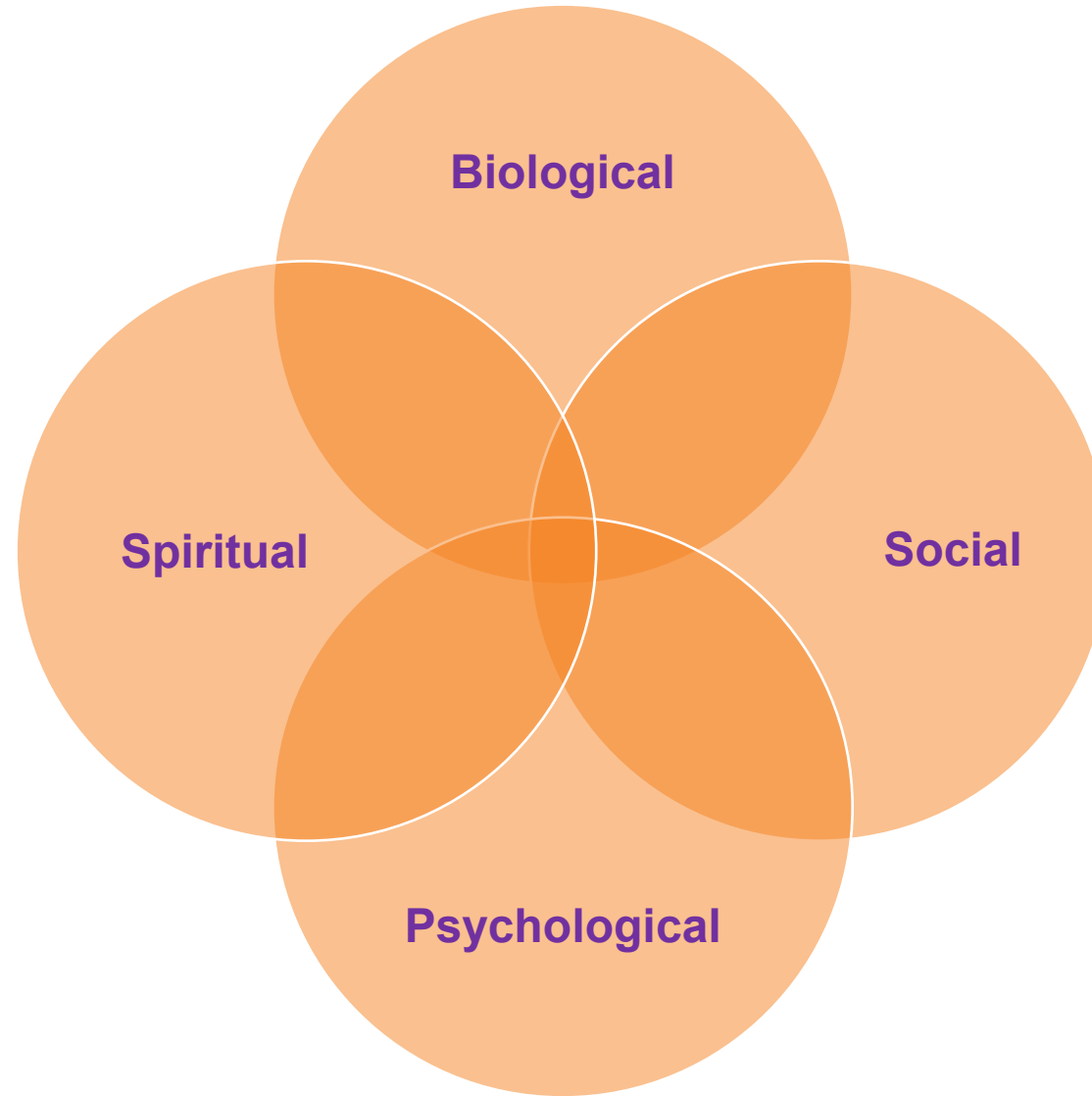
- deliberate activities we consciously engage in to care for ourselves

## Why self-care?

- key to building resilience and creating a balanced life
- necessary to reduce stress, anxiety, and depression
- required to avoid burnout or compassion fatigue
- needed *daily* – especially now



# Whole Person Self-Care



# Daily Routine and Self-Care

Self-Care Domain	Classic Concepts/Activities	Re-framed into Daily “Do-able” Practices
<b>Biological</b>	Regular medical care; healthy diet; exercise; getting enough rest/sleep...	Take multi-vitamins; grab an apple today rather than a donut; set a timer and do push ups or jumping jacks during the workday; turn off phone/media 30min-1hr before bed...
<b>Psychological</b>	Mindful meditation; time in nature; hobbies; pets; positive self-affirmations; journaling...	Use a meditation app for 5-10 min/day; close eyes & take 5 deep breaths regularly; go outside and look at sun, sky, clouds; pet your pet; write down an inspirational quote and post in your daily view...
<b>Social</b>	Spending time with family/friends...	Make a little time each day or week to connect with loved ones (on phone, in person); balanced use of social media
<b>Spiritual</b>	Keeping or developing a personal spiritual practice...	Set an intention for the day each morning; practice gratitude/give thanks before eating; <i>see also psychological above...</i>

# Self-Care Safety Plan

Self-Care Domain	Symptom/Sign (if lasting >2 weeks...)	Action Plan
<b>Biological</b>	Significant change in sleeping or eating patterns; difficulty concentrating; frequent headaches or stomach aches...	Start by consulting your doctor
<b>Psychological</b>	Any of the above and/or increased use of alcohol, tobacco, or other drugs; excessive worry or sadness; irritability/being on edge; avoidance of activities enjoyed in the past...	Contact/reach out for behavioral health support
<b>Social</b>	Emotional withdrawal; avoiding contact with loved ones; self-isolating...	Contact/reach out for behavioral health support
<b>Spiritual</b>	Loss of hope, faith; questioning one's belief system; feeling lost or purposeless...	Self-help books/literature; consult your spiritual or religious advisor; contact others in your practice community

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# Tools & Resources

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# Self-Care Check-in

## SELF CARE RATING SCALE

According to Virginia Satir, there are 8 domains of the self that need care. Rate yourself on each domain; 1= needs work, 5= excellent form. Anything less than a 3 needs attention. Jot down plans for self care (examples provided).



Laveldanaylor.wordpress.com

Intellectual	1 2 3 4 5	Stimulate the brain, engage the mind <hr/> <i>(e.g., read, play games, introspect, learn, debate)</i>
Interactional	1 2 3 4 5	Socialize with responsive others <hr/> <i>(e.g., special dinner, family visit, date night, social network)</i>
Emotional	1 2 3 4 5	Enhance and explore emotions <hr/> <i>(e.g., watch funny/sad movie, comedy club, enjoy art)</i>
Nutritional	1 2 3 4 5	Improve nutritional intake <hr/> <i>(e.g., watch calories, reduce sugar, or eat something new)</i>
Sensual	1 2 3 4 5	Get in touch with your sexuality and senses <hr/> <i>(e.g., light candles, play music, dress differently, massage, orgasm)</i>
Spiritual	1 2 3 4 5	Feed your 'soul' (not necessarily religious) <hr/> <i>(e.g., meditate, sing, dance, nature walk, create something)</i>
Physical	1 2 3 4 5	Challenge and care for your body <hr/> <i>(e.g., exercise, dance, garden, take a class, rest or sleep)</i>
Contextual	1 2 3 4 5	Improve or change your environment <hr/> <i>(e.g., clean, repair, plant, or change something, visit somewhere)</i>



myStrength is an interactive wellness platform (web and app based) which provides self-management/self-care tools to improve health from a mind/body/spirit perspective. Modules include:



Mindfulness and Meditation

- Stress
- Depression
- Anxiety
- Substance Use Disorder
- Trauma & PTSD
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)



Controlling Anxiety

To sign up:

- <https://mystrength.com/>
- Access Code
  - For HN Members – “HNwell”
  - For community at large - “HNCommunity”

# Mindfulness & Meditation

## Apps

Insight Timer	Calm	Simple Habit
Buddhify	Smiling Mind	Aura
Stop, Think, & Breathe	UCLA Mindful	Inscape
Headspace	Breethe	10% Happier

- UCLA Mindful Awareness Research Center (MARC)  
Guided Meditation Podcasts  
Each weekly podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments.
- Mindful.org
- Free 40 day course: Insight Timer - Jack Kornfield and Tara Bach: Mindfulness Daily at Work

# Articles/Ideas/Activities

## Resilience

- [Building Resilience](#)

## Self-Care

- [A Complete Guide to Self-Care for Men](#)
- [They Need Me-Time, Too: A Self-Care Checklist to Do With Your Kids](#)
- [50 Self-Care Activities You Can Do Together with Kids](#)

# Help/Hotlines

## CalHOPE

- CalHOPE builds community resiliency and helps people recover from disasters through free outreach, crisis counseling, and support services. Services include: Individual and Group Crisis Counseling and Support, Individual and Public Education, Community Networking and Support, Connection to Resources...

## Substance Use

- SAMHSA National Helpline: 1-800-662-HELP

## Mental Health

- 24-hour Suicide Prevention: 1-800-273-8255 or text 838255 / Español: (888) 628-9454
- NAMI California: 1-800-950-NAMI from 7am – 3pm or email [info@namica.org](mailto:info@namica.org)
- California Youth Crisis Line: (800) 843-5200

## LGBTQ+

- Trevor Project: 1-866-488-7386 or text START to 678678 for 24/7 information
- Lesbian, Gay, Bisexual and Transgender National Hotline: 1-800-273-8255 from 1pm – 9pm

California - Essential/Basic Needs - 211 – available 24/7

## Domestic Violence and Crisis

- 24-hour Domestic Violence Hotline: 1-800-799-7233 or <https://www.thehotline.org/> (click *Chat Now*)
- Crisis Text Line: Text HOME to 741741 for 24/7 crisis support

# Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
  - Weight management
  - Nutrition
  - Smoking Cessation
  - Exercise
  - Stress Management



# Telephonic Support/Lifestyle Management Health Coaching

## Personalized support

Work one on one with a health coach:

**Learn** what to expect when trying to make a healthy change.

**Understand** what motivates you.

**Decide** exactly what you want to focus on.

**Set** specific health goals.

**Track** your progress – Your coach will help you stay with it!

## Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

# Healthy Discounts

With Decision Power® Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



## Weight management

- Weight Watchers
- Jenny Craig



Chiropractic/  
acupuncture  
services and  
more  
ChooseHealthy



Eye care  
EyeMed



Hearing aids  
and screenings  
•Connect Hearing  
•Beltone



Fitness club  
discounts  
ChooseHealthy



# Online Health Challenges



## Ongoing monthly challenges

Stress

Steps

Sleep

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)

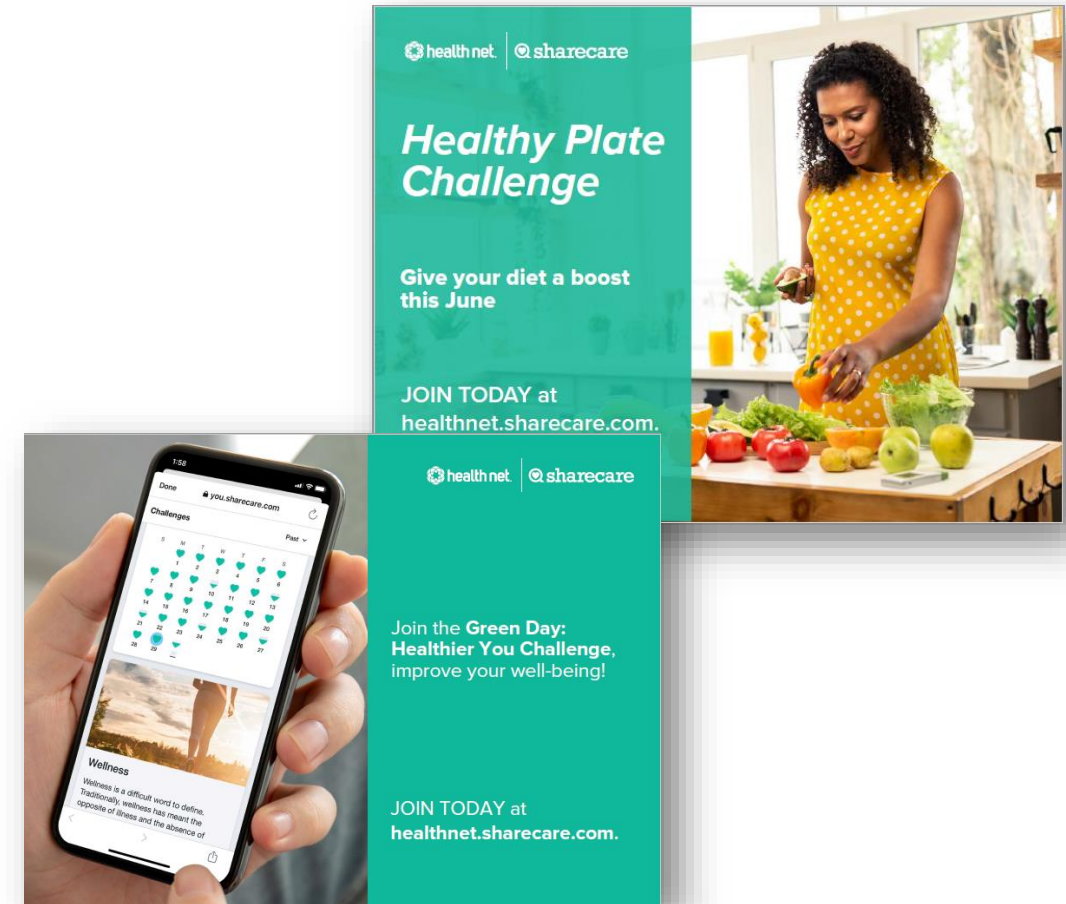
Non-HN members register or log on: [sharecare.com](https://sharecare.com)



## June Health Challenge

Healthy Plate

Healthier You



health net | sharecare

### Healthy Plate Challenge

Give your diet a boost this June

JOIN TODAY at [healthnet.sharecare.com](https://healthnet.sharecare.com).

health net | sharecare

Join the **Green Day: Healthier You Challenge**, improve your well-being!

JOIN TODAY at [healthnet.sharecare.com](https://healthnet.sharecare.com).

Done you.sharecare.com

Challenges

Wellness

Wellness is a difficult word to define. Traditionally, wellness has meant the opposite of illness and the absence of

# Upcoming Wellness Webinar

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Nutrition Tips to Increase  
Metabolism

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Wednesday June 15, 2022

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12:00pm-12:45pm Pacific  
time



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# THANK YOU FOR YOUR TIME TODAY!

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