Lead the Way

# Saruk Leadership Conference Introduction to Health and Wellness

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# **Learning Objectives**

- 1. Identify all seven dimensions of wellness and their impact on personal health
- 2. Describe various theories of behaviour change relating to health behaviour change
- 3. Create SMART goals and use habit tracker to apply them
- 4. Discuss how to promote mental health and how to assist others
- 5. Describe basic concepts of stress management and how they impact health
- 6. Reflect on social media uses and its ability to affect relationships





A healthy leader is a powerful leader



# Health and Wellness

## **Health**

- ...complete physical, mental, and social well-being, not merely the absence of disease or infirmity (WHO, 1947)
- > Health to disease continuum with two poles, one positive, and one negative. Neutral zone in the middle where the normal and pathological exist



## **Health and Wellness**

### **Wellness**

- > Ever changing process in which the individual seeks optimal health and vitality
- > Ability to adapt to life's ups and downs
- > Ability to reach your full potential
- → Health is merely a *state* and wellness is an *ever changing state*





# **Dimensions of Wellness**

#### **Spiritual**

- Beliefs, principles, values that give purpose to your life
- Sense of belonging to something greater than oneself

#### **Occupational**

 Satisfaction given from career or stage in career development

#### **Physical**

Body comp., absence of disease, ability to perform activities of daily living



#### **Environmental**

- Livability of your surroundings
- ➤ workplace/home → planet

#### **Social**

Capacity for obtaining and maintaining satisfying and supportive relationships

#### **Emotional**

- Understanding and dealing with feelings
- Learning how to express your feelings, monitor reactions

#### Intellectual

- Active mind and always challenging it
- > Lifelong learning



# Self Assessment

- > Provides a deeper level of understanding
- > When we better understand ourselves, we are in a better position to create and build relationships with others
- > Helps us better align behavior with values when we understand what we value



# **Movement Break**

**Activity:** 

\_\_Would you rather?



## Movement

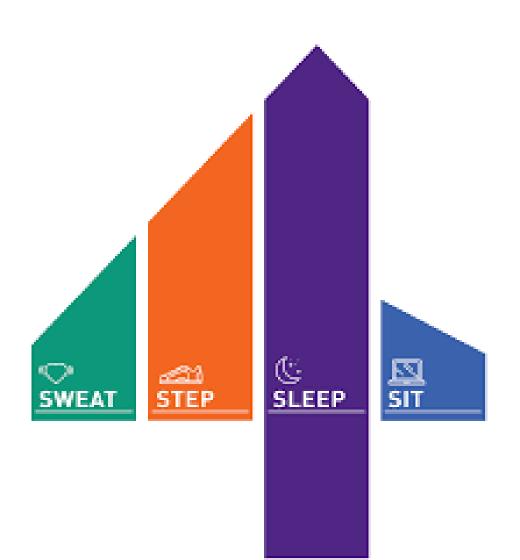
Canadian Society of Exercise Physiology recommends performing a variety of types and intensities of physical activity, which includes:

- 1. Moderate to vigorous aerobic physical activities for at least 150 minutes a week
  - i.  $50\%-60\% \rightarrow 70\%-85\%$  of max HR
  - ii. Max HR = 220 your age
- 1. Muscle strengthening activities using major muscle groups at least twice per week





# **CSEP Guidelines**



➤ Taking small steps, such as replacing sedentary behavior for additional physical activity, or light physical activity for moderate and/or vigorous activity throughout the day can make a big impact!



# Movement

How can you incorporate more movement into your daily life?











