



REWRITING THE SCRIPT:

WELLNESS TO WELLBEING

Workplace Health Symposium 2020

Disrupting the Wellbeing Status Quo Resources

Forest Bathing and the Importance of Doing Nothing

Leona Campbell, Certified Nature & Forest Therapy Guide, Wind in Pines LLC

Website: www.windinpinesforesttherapy.com | Email: windinpinesforesttherapy@gmail.com

- Forest bathing, a research-based health and wellness activity, may increase immune function, and reduce stress hormones, blood pressure, anxiety and depression levels.
- Many people are so accustomed to the breakneck pace of everyday life that they find it difficult to disconnect and slow down—even when they know it's necessary for health and well-being. A forest bathing walk fosters a space where slowing down is encouraged and supported.
- The next time you're in nature: Slow down. Pay attention to your senses. Think about things you notice.

TAKE ACTION:

- Employers and insurers can encourage new habits by reimbursing for nature-based wellness activities like forest bathing or by incorporating forest bathing outings into their repertoire of team events.
- Get more information on the science behind forest bathing: Hansen, Margaret M et al. "Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review." *International journal of environmental research and public health* vol. 14,8 851. 28 Jul. 2017, <https://bit.ly/371AYak>

The Deadly Cost of Screen Addiction

AJ T. Cole, Safe 2 Save

Website: <https://safe2save.org> | Email: ajcole@safe2save.org

- Screen overuse and addiction have a significant impact on business in a variety of ways.
- 43% of people say they feel pressured by a boss to talk on the phone, text or email while driving.
- Distracted driving is the leading cause of commercial auto insurance premium hikes.
- Based on a 2015 report from the Network of Employers for Traffic Safety (NETS), distracted driving crashes had an \$8.4 billion direct financial impact on employers.
- Cambridge Mobile Telematics estimates roughly 52% of all crashes are due to distracted driving.

TAKE ACTION: Encourage employers to implement positive incentive programs, such as SAFE 2 SAVE, which are related to a 22% increase in performance.

Unspoken Permission: Are Leaders Broadcasting A Wellness Message?

Stevyn Guinnip, Founder, ActiveOffice.Com

Website: <https://activeoffice.org> | Email: hello@activeoffice.org

- Broadcast a wellness message and **LEAD** by example!
- **L** = Learn your wellness numbers (waist is important)
- **E** = Eat the Daily Dozen (download the Daily Dozen App)
- **A** = Activate your workspace (learn more at www.activeoffice.org)
- **D** = Dissolve stress daily

TAKE ACTION: Check out the [Healthy Like a Boss Facebook Group](#) or [contact us](#) for a free consulting session.

Embracing More than the Mediterranean Diet

Alison Mendonca, Nutrition Education Specialist, AmeriCorps

Email: mendonca.alison@gmail.com

TAKE ACTION: For Individuals

- Create boundaries between work and not work by limiting/eliminating work at home (texts, emails, quick responses) and/or by posting working or availability hours
- Take frequent vacation days, have more long weekends, make long weekends longer.
- Create relationships with your coworkers outside of the business (i.e. talk about personal life during lunch).
- Go offsite for lunch or happy hour.
- Dedicate one day out of the week to rejuvenate and be present with people and the environment around you. For example, don't shop or run errands on Sundays.

TAKE ACTION: For Workplaces

- Make workspaces healthier by:
 - Improving the air quality and access to natural light
 - Providing soundproof rooms and nap rooms
 - Increasing accessibility to fresh fruits and veggies, providing a greater variety of balanced meals, and limiting fried or process foods from your cafeteria
- Reduce the necessity for "on-call" by:
 - Training employees to grow skill set and have more responsibility
 - Hiring and providing shift work

PAWsitivity for Health

Kristin Milardo, Denver Health

Website: www.denverhealth.org/patients-visitors/amenities-experience/pet-therapy

Email: Kristin.Milardo@dhha.org

Did you know spending time around pets can have a positive impact on health and wellbeing?

- A 12-minute visit with man's best friend helps heart and lung function by lowering blood pressure, diminishing the release of harmful hormones, and decreasing anxiety among hospitalized heart failure patients.
- Pet therapy plays an important role in providing a workplace that supports and promotes mental well-being. Denver Health employees, particularly clinical staff, often experience stressful work situations, and are at risk for burnout and compassion fatigue.

Denver Health Pet Therapy Program

- Run entirely by volunteers and their pets since 2010, there are now 15 pet therapy dogs available to visit with patients/staff throughout the hospital and for outpatient services.
- Therapy dogs are not the same as service dogs. Service dogs are primarily used for individuals with disabilities. Therapy dogs are trained to comfort people, are good around other dogs and listen to their handler and allow strangers to touch and pet them all over.
- Departments/work units can request a visit from the pet therapy department.
- This year, the program will begin Pet PAWties, which will allow employees the opportunity to drop by the volunteer services zone to spend time with pet therapy dogs at their convenience.

TAKE ACTION:

- Are there organizations in your area you could partner with that offer pet therapy?
- Think about how a volunteer-based, or team activity with pets could be incorporated into a team meeting or retreat.