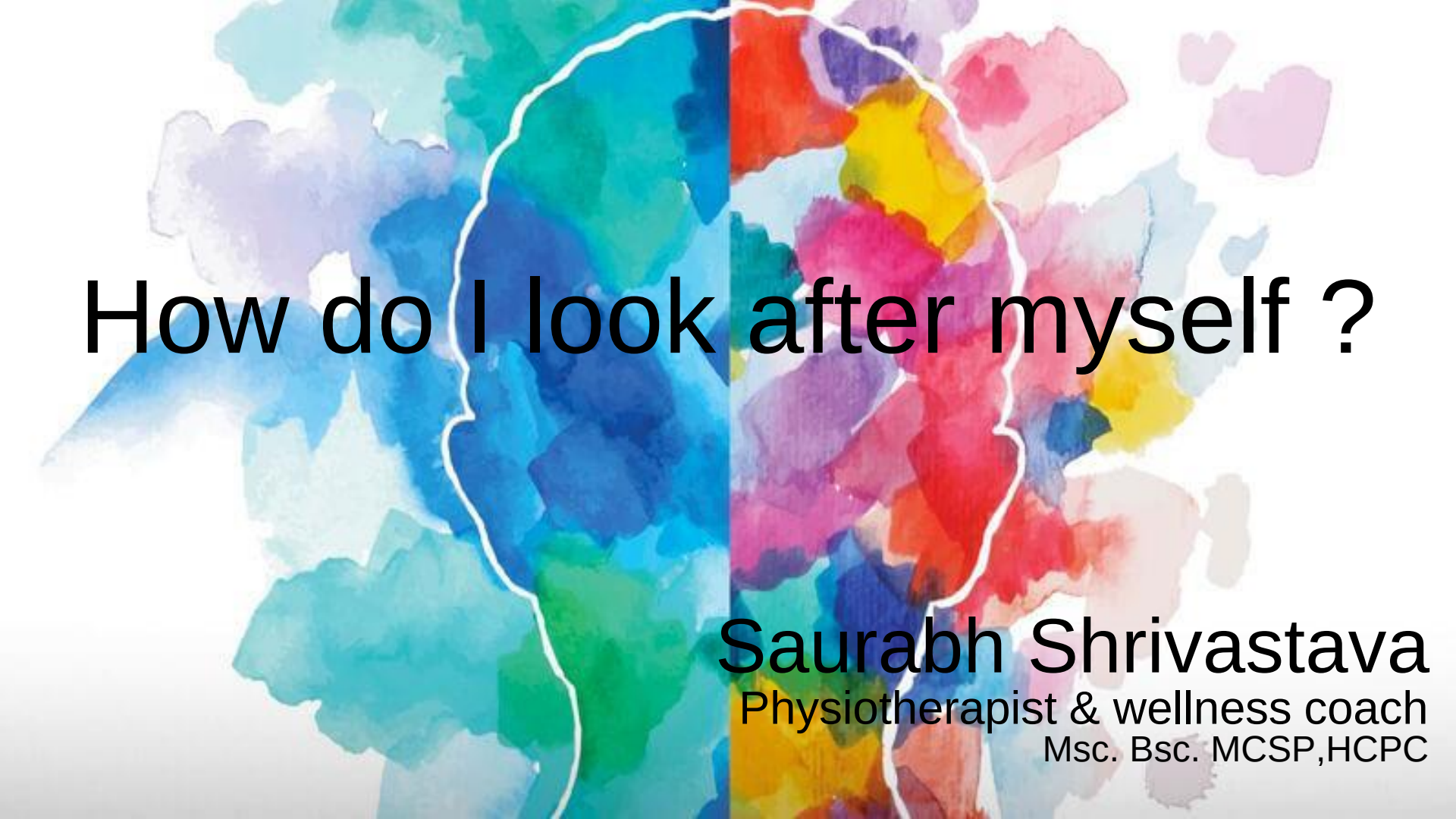


How do I look after myself ?

Saurabh Shrivastava
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Objectives

1. Understand wellbeing
2. Explore component of wellbeing
3. Understand stress
4. Discuss wellbeing strategy
5. How to apply wellbeing strategy



What is wellbeing?

Well-being is defined by the Oxford English Dictionary as

“the state of being **comfortable, healthy, or happy**.” However, it is important to realise that well-being is a much broader concept than moment-to-moment happiness.

‘Well-being can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.

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Dimensions of well being

There are six main aspects of Well being:

1.Physical

2. Emotional

3. Social

4. Spiritual

5. intellectual

6. Vocational.



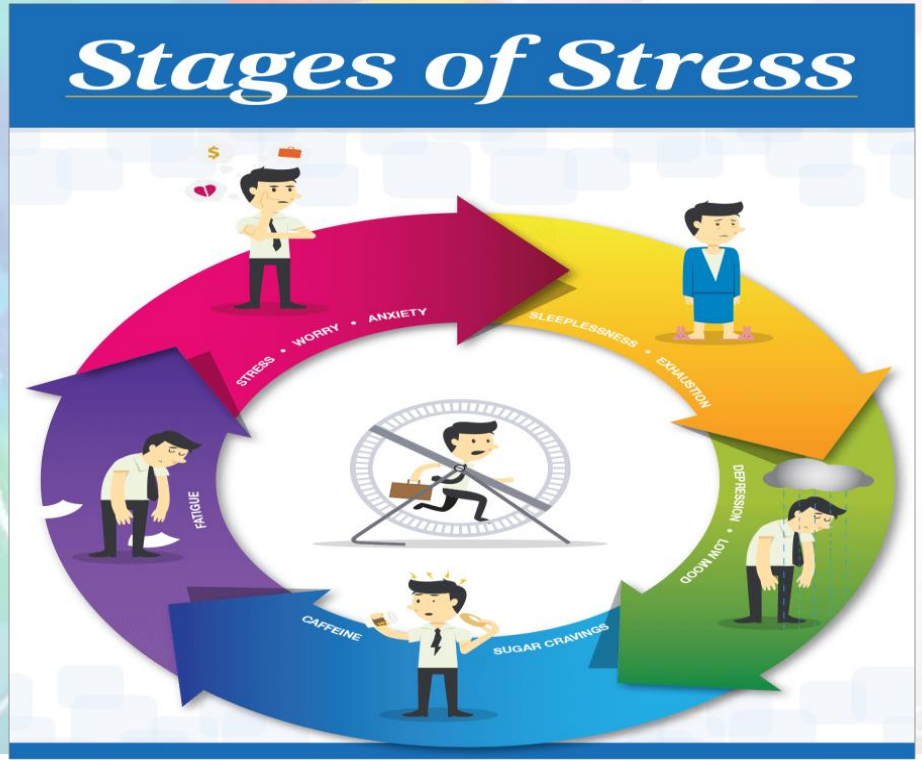
Stress !!

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives.

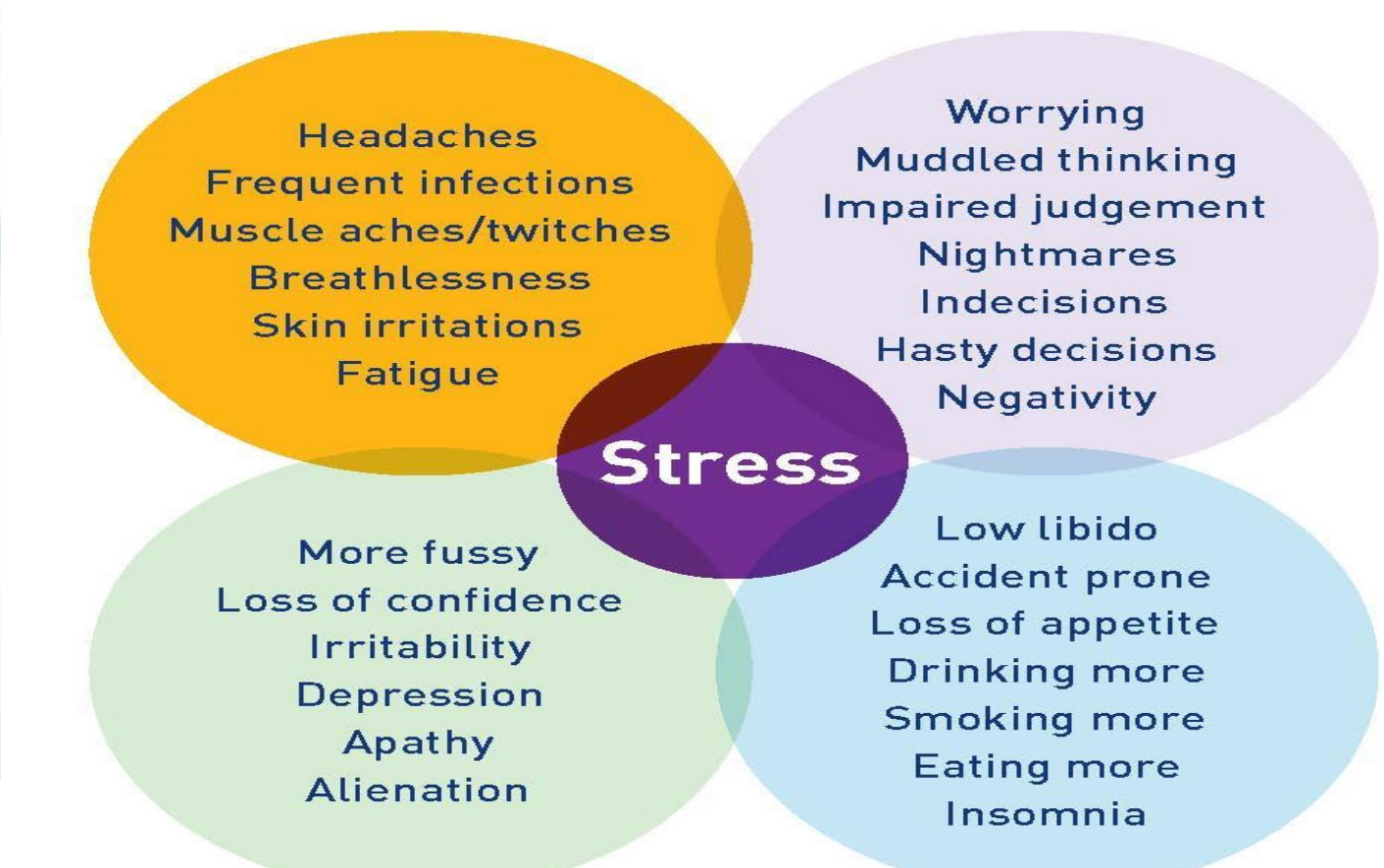


5 stages of stress

- Fight or flight,
- Damage control,
- Recovery,
- Adaption,
- Burnout.



Signs and symptoms of stress



What Do I Do Now



A SIMPLE WELLNESS STRATEGY

TAKING YOUR MEDS?



"Wellness is about balance. M-E-D-S is a simple strategy." — Nicholas Bate



M is meditation. Take a bit of time out. Just to think.



E is exercise. Walk every day. Walk more. Take the stairs.



D is diet. Reduce the rubbish; increase the nutritious.



S is sleep. Get rid of sleep debt.

Exercises !

Exercise is any movement that works your body at a greater intensity than your usual level of daily activity.



Importance of Exercise

Boosts energy levels

Improves physical and mental health

Enhances productivity and cognitive function

Improved muscle and connective tissue strength

Prevent/ slow down progression of chronic condition

Exercise Options

- **Aerobic Exercises** (HIIT,Running, Cycling, Swimming etc.)
- **Strength Training** (Weightlifting, Bodyweight Exercises, Resistance training etc.)
- **Group Fitness Classes** (can be aerobic or strength or mixed)
- **Sports** (depends on what level you play)
- **Yoga or Pilates**

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Meditation ?

Meditation is a loose term referring to any of a family of practices in which the practitioner trains their mind or self-induces a mode of consciousness in order to realise some benefit. Loosely, meditation refers to the state of the mind when you are in yoga (in union), and actually means yoga (union).

To engage in mental exercise (such as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness.

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Why Meditation ?

- **Reduce stress and anxiety:** Meditation has been shown to be an effective way to reduce stress and anxiety. It can help you to calm your mind and body, and to focus on the present moment.
- **Improve mood:** Meditation can also help to improve your mood. It can help you to feel more positive and optimistic, and to reduce feelings of sadness, anger, and frustration.
- **Increase focus and concentration:** Meditation can help you to improve your focus and concentration. It can help you to train your mind to stay on task, and to avoid getting distracted.

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Why Meditation ?

- **Boost creativity:** Meditation can also help to boost your creativity. It can help you to tap into your subconscious mind, and to come up with new ideas and solutions.
- **Improve sleep:** Meditation can also help to improve your sleep. It can help you to relax and unwind before bed, and to fall asleep more easily.
- **Reduce pain:** Meditation can also help to reduce pain. It can help to reduce the perception of pain, and to increase your tolerance for it.
- **Improve overall health:** Meditation has been shown to have a number of other benefits for overall health, including reducing blood pressure, improving heart health, and boosting the immune system.

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Research on meditation!

- **Increased gray matter density in the prefrontal cortex:** The prefrontal cortex is responsible for a variety of higher-order functions, such as attention, decision-making, and emotional regulation. Studies have shown that meditation can increase gray matter density in this region of the brain.

- **Reduced activity in the amygdala:** The amygdala is a part of the brain that is involved in processing emotions, such as fear and anxiety. Studies have shown that meditation can reduce activity in the amygdala, which may help to reduce stress and anxiety.
- |

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Research on Meditation!

- **Increased connectivity between different brain regions:** Meditation can increase the connectivity between different brain regions, which may help to improve cognitive function and emotional regulation.

- **Increased activity in the default mode network:** The default mode network is a network of brain regions that are active when the mind is wandering or when we are not focused on anything in particular. Studies have shown that meditation can increase activity in this network, which may help to improve self-awareness and compassion

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Research on meditation!

Overall, the research suggests that meditation can have a number of positive effects on the brain.

- **Increased gray matter density,**
- **Reduced activity in the amygdala,**
- **Increased connectivity between different brain regions,**
- **Increased activity in the default mode network.**

These changes may help to **improve cognitive function**, e**motional regulation, self-awareness, and compassion.**

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Meditation Techniques

- Mindful Breathing
- Guided Visualization
- Loving-Kindness Meditation
- Body Scan Meditation
- TM (Transcendental meditation)



Mindful breathing

Here is a simple mindful breathing technique that you can do anywhere, anytime.

- Find a quiet place where you won't be disturbed.
- Sit or lie down in a comfortable position.
- Close your eyes or soften your gaze.
- Bring your attention to your breath. Notice the natural rhythm of your breath as it flows in and out of your body.
- There is no need to change your breath in any way. Simply observe it without judgment. If your mind wanders, gently bring it back to your breath.
- Continue for 5-10 minutes or longer

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Balanced Diet

- Provides essential nutrients for energy and brain function.
- Supports overall health and immune system.



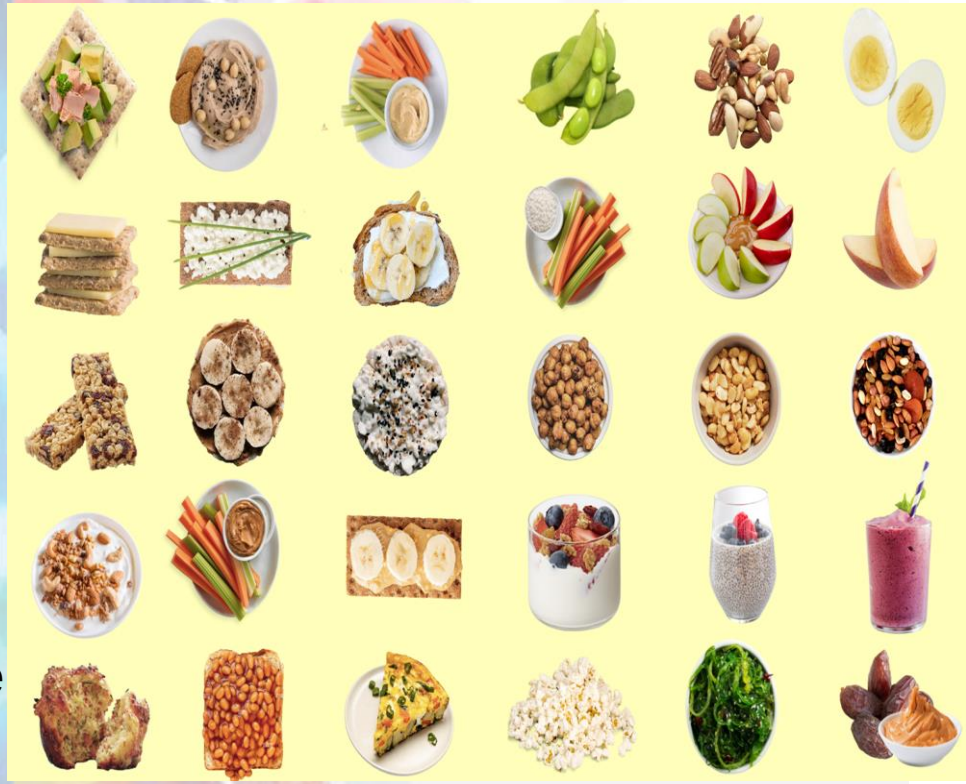
Key Elements of a Balanced Diet

- Whole Grains
- Fresh Fruits and Vegetables
- Lean Protein (Poultry, Fish, Legumes)
- Healthy Fats (Avocado, Nuts, Olive Oil)
- Adequate Hydration (Water)



Healthy Snack Ideas

- Fruits
- Mixed Nuts and Seeds
- Greek Yogurt with Berries
- Carrot Sticks with Hummus
- Whole Grain Crackers with Cheese



Sleep

During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems.

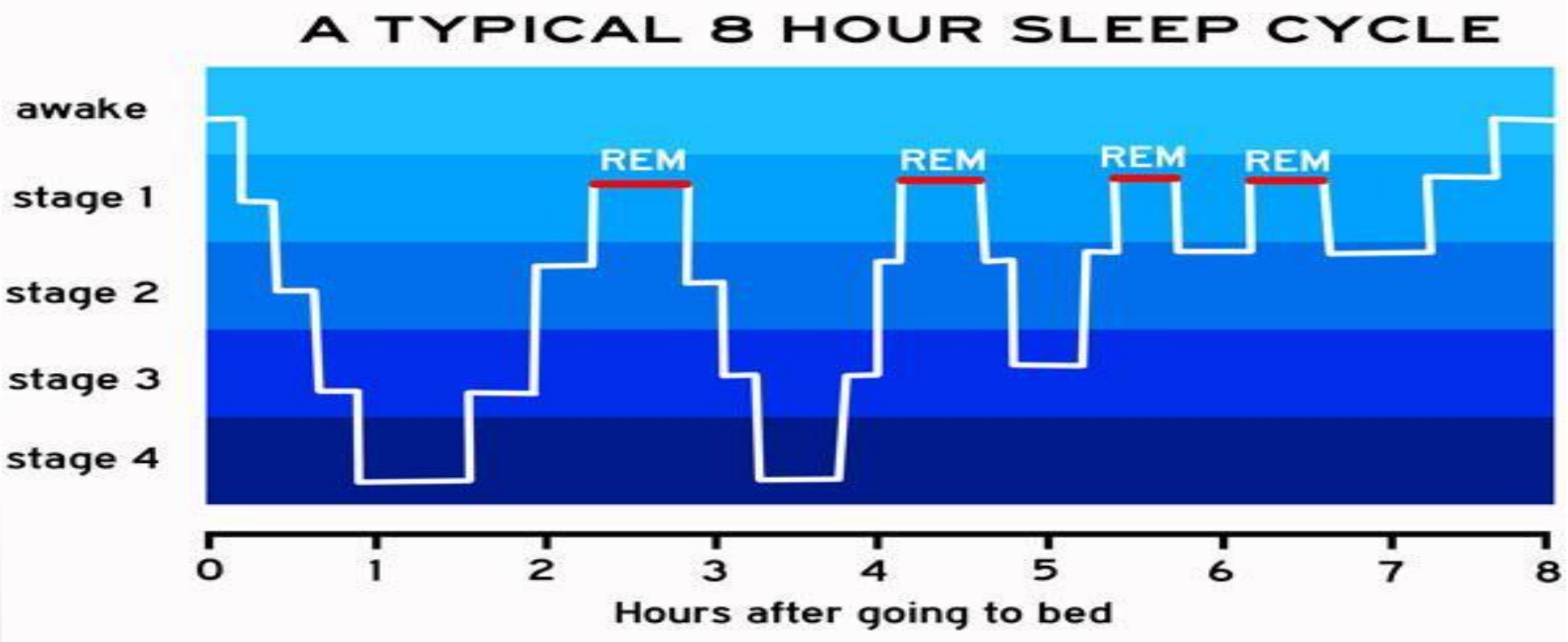


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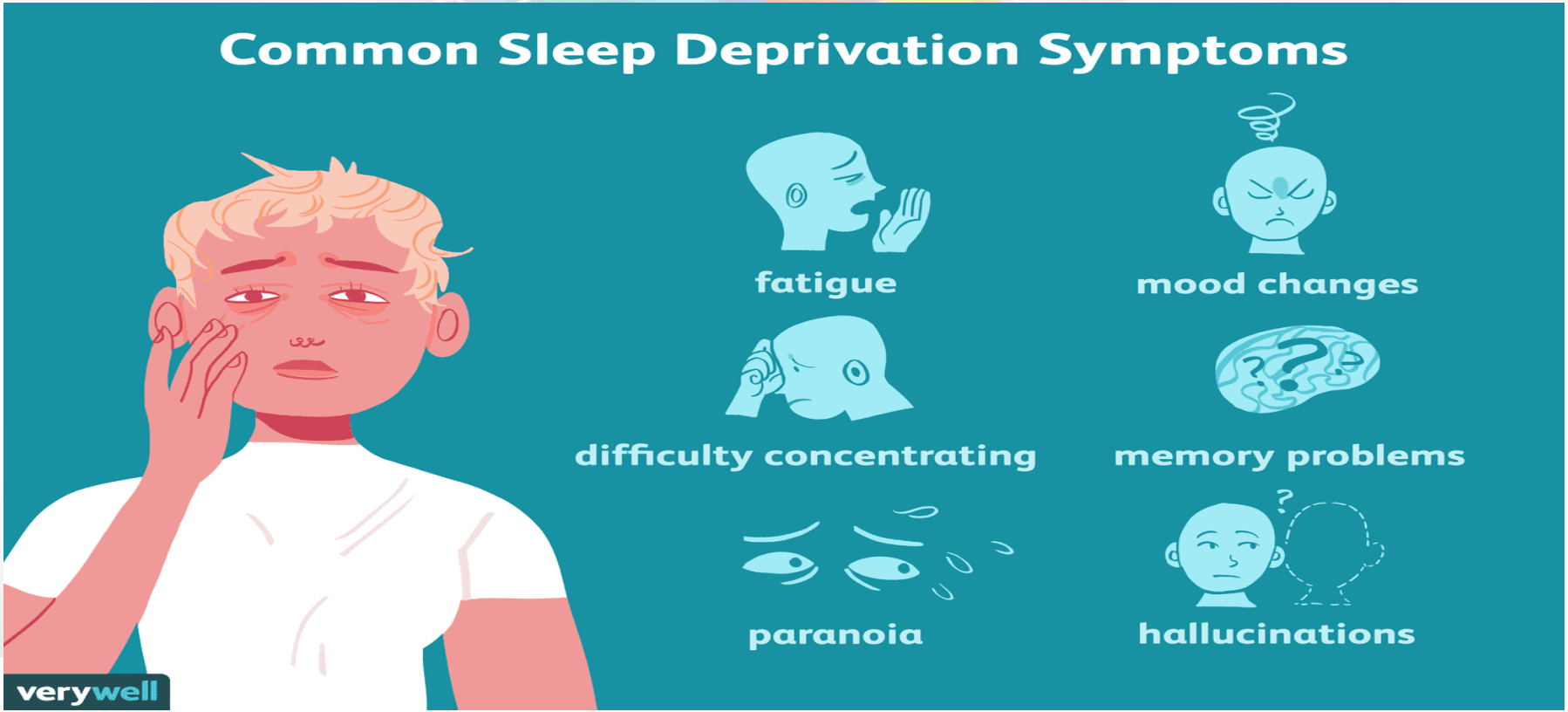
Sleep stages/ cycles



Typical Sleep cycle



Sleep deprivation



Sleep Hygiene



Importance of Self-Care

- Promotes relaxation and stress reduction
- Enhances overall well-being and happiness
- Prevents burnout and boosts resilience



Self-Care Strategies

- Prioritize restful sleep
- Engage in hobbies and activities you enjoy
- Practice self-compassion and self-acceptance
- Maintain work-life balance



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Mindfulness in Everyday Life

- Be present in the moment
- Practice gratitude and appreciation
- Take regular breaks and breathe deeply
- Engage in activities mindfully



Create a Supportive Environment

- Foster positive relationships with colleagues
- Seek social support and connection
- Communicate openly about challenges and concerns
- Encourage a culture of well-being



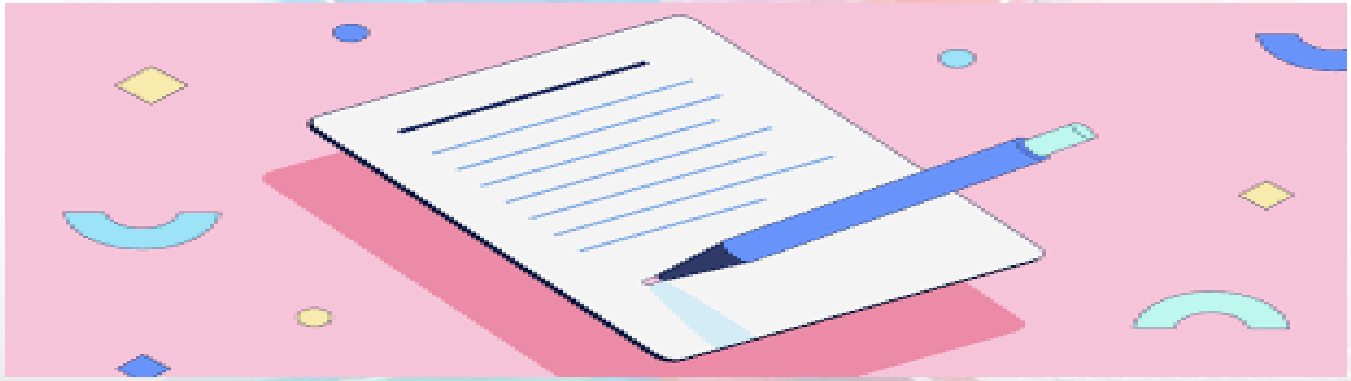
Putting It into Practice

- Start with small, achievable goals (SMART)
- Incorporate meditation, exercise, and balanced diet gradually
- Make self-care a daily priority
- Monitor and adjust your well-being practices as needed



Conclusion

- Prioritizing well-being enhances performance and satisfaction
- Meditation, exercise, and a balanced diet are key components of a healthy lifestyle
- Remember to practice self-care and create a supportive environment



Q&A



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