



*welcome*

## Healthy Living in The Villages

Kari Walker

January 18, 2023



# What We Will Cover

- The 8 Dimensions of Wellness
  - Identify what areas are giving you energy and what areas are draining your energy
- What is Stress?
- Stress Related Health Conditions and their impact on Brain Health
- A Brain Healthy Lifestyle

# Wellness Wheel

---





# Intellectual Wellness

---

- Intellectual Wellness: Recognizing creative abilities and finding ways to expand knowledge and skills.
- Examples of intellectual wellness
  - Engaging one's mind in creative and stimulating activities
  - Using resources to expand knowledge and improve skills
  - Adapting to changes, new information, differing perceptions and approaches



# Emotional Wellness

---

- Emotional Wellness is coping effectively with life and creating satisfying relationships.
- Examples of emotional wellness
  - Being aware of and accepting one's own feelings and the feelings of others
  - Experiencing self-esteem and appreciating one's life
  - Paying attention to, expressing and managing one's emotions appropriately
  - Managing stress and dealing with difficult decisions effectively



# Social Wellness

- Social Wellness is developing a sense of connection, belonging and a well-developed support system.
- Examples of social wellness
  - Pursuing satisfying relationships with others
  - Respecting differences of other groups and individuals
  - Engaging in effective ways of resolving conflicts
  - Contributing to the common welfare of the community
  - Recognizing that oneself and society are interdependent
  - Understanding of personal and social identity within larger community



# Career/Vocational Wellness

---

- Career wellness is creating personal satisfaction and enrichment from one's work.
- Examples of career wellness
  - Preparing for and engaging in work that is consistent with one's personal interests and values
  - Gaining satisfaction that is personally enriching and rewarding
  - Expanding and evolving one's skills and interests throughout life



# Financial Wellness

---

- Financial wellness is feeling satisfied with current and financial situations.
- Examples of financial wellness
  - Obtaining, managing and maintaining finances
  - Paying bills, allocating finances appropriately
  - Healthy relationships with money





# Environmental Wellness

---

- Environmental Wellness is occupying pleasant, stimulating environments that support wellbeing.
- Examples of environmental wellness
  - Acting with recognition of the interdependence of self, society and the natural environment
  - Accepting personal and social responsibility for promoting ecological well-being
  - Making environmentally sound changes concerning the workplace, home and neighborhood
  - Maintaining home/work/study space in a way that supports success and thriving



# Spiritual Wellness

---

- Spiritual Wellness is expanding a sense of purpose and meaning in life.
- Examples of spiritual wellness
  - Having values toward meaning and purpose in life- outside or within the context of religious tradition
  - Respecting life's progression and significance
  - Developing trust, integrity, accountability and an ethical approach to life



# Physical Wellness

- Physical Wellness is recognizing the need for physical activity, healthy foods and sleep.
- Examples of physical wellness
  - Pursuing healthy, safe practices in areas of exercise, sleep, nutrition and sexuality
  - Engaging in self-care behavior which promotes thriving and prevents illness/disease



# Do a Wellness Check!

- Using the 8 Dimensions of Wellness Wheel, go through each domain of your life and reflect on what is giving you energy and what is draining your energy
- Notice how these situations are interconnected
- Breathe and be present as you do this activity- this might result in increased awareness and insight
- Write down what is energizing (What are you excited about/grateful for right now?) and label the domain
- Write down what is draining (making you nervous or feel stress right now?) and label the domain.
- What is the impact of your energizing and draining situations on other domains?

# What is Stress?

Stress can be defined as our mental, physical, emotional and behavioral reactions to any perceived demands or threats



# The Flight or Fight Response

- When situations seem threatening to us, our bodies react quickly to supply protection by preparing us to take physical action.
- Triggered by the release of hormones that prepare your body to either stay and deal with a threat or to run away to safety
- Heart rate, blood pressure, and breathing rate increase
- Can happen in the face of an imminent physical danger or as a result of a psychological threat



# How Stress Impacts Your Body



Body System	Benefit	Complication
Nervous System	Energy for “fight or flight”	Impaired memory and learning, increased risk for depression
Endocrine System		Raises glucose levels and risk for diabetes
Respiratory System		Raises risk of upper respiratory infections
Cardiovascular System		Raises cholesterol and blood pressure levels and risk for heart disease, heart attack, and stroke
Reproductive System		Reduces fertility, increases risk of pregnancy complications
Immune System		Slows wound healing, increases risk of infection
Digestive System		Causes dry mouth, indigestion, nausea, gas, diarrhea or constipation. Increases risk of IBS, severe heartburn, and ulcers
Musculoskeletal System		Causes headaches, and neck, shoulder, and back pain. Increases risk of osteoporosis.

# What Makes Something Stressful?

- Situations that have strong demands
- Situations that are imminent
- Life transitions
- Timing
- Ambiguity
- Controllability





# Why Do We “Stress Out”?

- We perceive the situation as dangerous, difficult or painful
- We don't believe we have the resources to cope



# Suggestions for Reducing Stress

- Find a support system
- Take breaks and give yourself “me time”
- Change your attitude
- Be realistic
- Get organized and take charge
- Take good care of yourself
- Learn to say “no”
- Get a hobby, do something different
- Know your limits

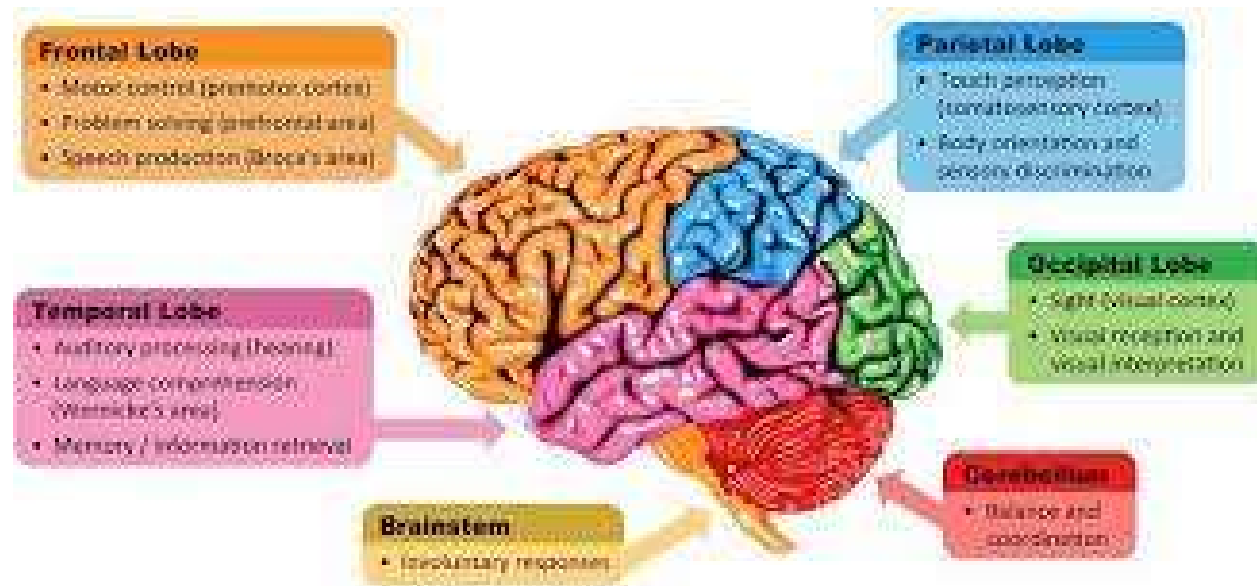


# Stress Management Techniques

## Deep Breathing



# Why is a Healthy Lifestyle Important?





# 10 Ways to Love Your Brain

- Hit the books
- Stump yourself
- Butt out
- Heads up
- Buddy up
- Take care of your mental health/manage stress
- Catch some ZZZ's
- Follow your heart
- Fuel up right
- Break a sweat

# How The Villages Health Can Help

## Healthy lifestyles through learning

- Individual classes through our Learning Center either in-person or live webinar on topics such as *Getting a Good Night's Sleep, Exercise and Physical Activity, Fall Prevention and Medicare Simplified*
- Free or low-cost wellness programs such as *Matter of Balance, Health Coaching, Dementia Care Coordination and Diabetes* specific education
- On demand information on numerous topics in our Video Library



ANY  
*questions?*

The Villages Health

Please scan the QR code with your cell phone and complete presentation evaluation on your phone.

Your feedback is important to us!

