Promoting Personal Wellness During COVID-19
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Agenda

- Addressing COVID-19 and Stress
- Signs and symptoms of stress overload
- Whole person wellness
- Specific Stress Management techniques and practical applications
- Q & A
Relative Weight
Stress appears in a variety of ways:

**Physical**
- Aches, Pains
- Lower immunity
- GI distress
- Fatigue
- Heart Palpitations
- Blood Pressure changes
- Change in eating habits

**Emotional**
- Weepy
- Irritable
- Irrational
- Highs and lows
- Difficulty self-regulating
- Self-motivation weakens

**Behavioral**
- More coping behaviors- often unhealthy: tobacco, alcohol or drug use
- Change in responsibility, or respect shown
- Sleeping pattern changes
- Social withdrawal

**Cognitive**
- Worrisome thoughts
- Tied to anxiety and depression long term
- Difficulty focusing
- Pessimism increases
Wellness Wheel

- Physical
- Intellectual
- Emotional
- Environmental
- Financial
- Spiritual
- Occupational
- Social

Whole Person Wellness
Connecting virtually: phone calls, FaceTime, emails, text, social media*

Finding a bigger purpose: Religion, surrounding yourself with positive material (quotes, books, music), volunteering

Taking time to review financial needs, look at expenses, reprioritize budget

Organize, declutter, redecorate, revitalize
**Emotional**

EAP, therapy, counseling, connect with others, meditate

**Intellectual**

Read, create, challenge your mind, learn a new skill or language, puzzles, write, journal

**Physical**

MOVE!, stretch (yoga!), sleep, eat well, limit alcohol

**Occupational**

Continue to learn, grow, develop through webinars, virtual learning environments
Stress Management: Breath Work
### Counted Breath

<table>
<thead>
<tr>
<th>Type</th>
<th>Inhale</th>
<th>Exhale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxing</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Balancing</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Energizing</td>
<td>8</td>
<td>4</td>
</tr>
</tbody>
</table>
Triangle Breath

Breathe in for 3

Hold for 3

Breathe out for 3
Stress Management: Purposeful Pause
Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Frankl
Key Take-Aways

• Emotions are contagious
• Now, more than ever, we need to make a purposeful, conscious, daily effort to maintain our health and well-being
• Pause, breathe, respond
• There is no blueprint – day by day
Q & A