

NUTURING COMPLETE PERSONAL WELLNESS

*A Vital Imperative for
Municipal Managers*



It's No Big Deal.

I Am Fine.

It's Okay.

How often have you used these phrases to describe how your body, mind or heart felt? How many times have you said it to friends or family?

"Whole"istic Wellness

Mental/Emotional

Meaning

Social

Physical

YOUR PRESENTERS



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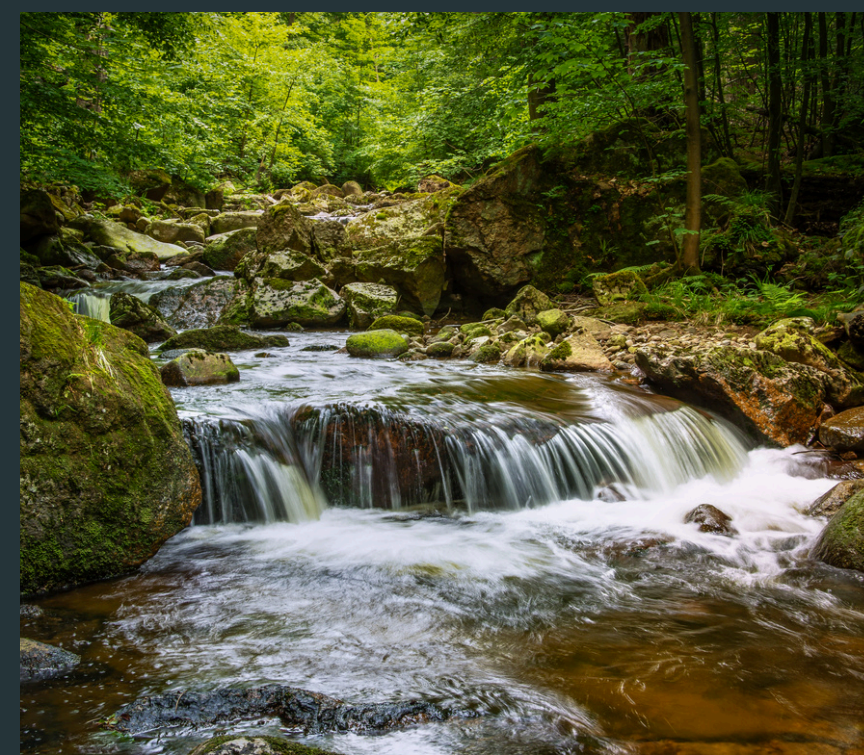


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MEANINGFUL - NATE



WHAT IS MEANING?



FINDING MEANING

THE PROCESS OF DISCOVERING SIGNIFICANCE, PURPOSE, OR FULFILLMENT IN ONE'S LIFE. IT OFTEN INVOLVES UNDERSTANDING THE REASONS BEHIND ONE'S EXISTENCE, ACTIONS, OR EXPERIENCES, AND FEELING A SENSE OF CONNECTION OR PURPOSE THAT GIVES LIFE VALUE AND DIRECTION.



PERSONAL FULFILLMENT

IDENTIFYING ACTIVITIES,
RELATIONSHIPS, OR GOALS
THAT BRING SATISFACTION
AND A SENSE OF
ACCOMPLISHMENT.



PURPOSE

IDENTIFYING A HIGHER PURPOSE OR A MISSION THAT TRANSCENDS INDIVIDUAL EXISTENCE, SUCH AS CONTRIBUTING TO A CAUSE, HELPING OTHERS, OR ACHIEVING SPIRITUAL GROWTH.



VALUES AND BELIEFS

ALIGNING ONE'S ACTIONS AND
CHOICES WITH DEEPLY HELD
VALUES, ETHICAL PRINCIPLES,
OR SPIRITUAL BELIEFS.



CONTEXTUAL UNDERSTANDING

DERIVED FROM
UNDERSTANDING HOW ONE'S
EXPERIENCES FIT INTO A
LARGER CONTEXT, WHETHER
IT'S A CULTURAL, HISTORICAL,
OR SOCIAL FRAMEWORK.



SELF- REFLECTION

INTROSPECTION AND SELF-AWARENESS TO RECOGNIZE WHAT TRULY MATTERS TO ONESELF AND WHAT BRINGS A SENSE OF PURPOSE AND FULFILLMENT.



A person in a dark jacket and pants stands on a large, weathered log on a rocky shore. The person's arms are raised in a gesture of triumph or contemplation. The background features a calm lake, forested mountains, and a cloudy sky with a bright light source. The overall mood is serene and inspiring.

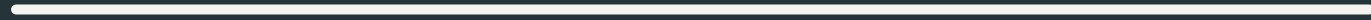
**The first and greatest of all victories is to
conquer yourself...**

**To be conquered by yourself is of all things
most shameful and vile...**

**For a man to conquer himself is the first and
noblest of victories...**

Plato

SOCIAL - MITCH



01

Formal Definition

The ability to form satisfying interpersonal relationships with others and to adapt comfortably to different social situations and act appropriately in a variety of settings

02

Idealized Definition

A large number of friends and family members whom you can rely on and they can rely on you. They understand every bit of you, when you are up or down, and how to improve it.

03

Reality

A core group or groups of people that can each play an integral role in keeping you sane and on the right path in life. They likely share your values, your hobbies, or your dreams. Can be your family, your friends, or a community you are a part of.

WHAT IS
SOCIAL
HEALTH?

YOUR JOB

- Planning, organizing, directing, and controlling municipal services and functions.
- Leadership and decision-making in community development.
- Dealing with angry, concerned, or apathetic people regularly.
- Increasingly dealing with the impact of social media.



WHAT HAPPENS WITHOUT A HEALTHY SOCIAL SYSTEM

Distraction

Our focus and memory and work can struggle as our brains compensate for the missing relationships.

Frustration

We get bottled up and frustrated, feeling like we are holding the world on our shoulders.

Isolation

We begin to retreat into a corner of our mind in which we feel alone, helpless, and depressed.

Physical Impacts

These feelings can lead to real health impacts such as Alzheimer's, addiction, obesity, and heart failure.

HOW DO WE BUILD OUR “BASE”?

Family

Friends

Community

Story Time!



How do you
start to
address this?

Boundaries!

Ask for help! And offer it!

Volunteer. Get out of the office

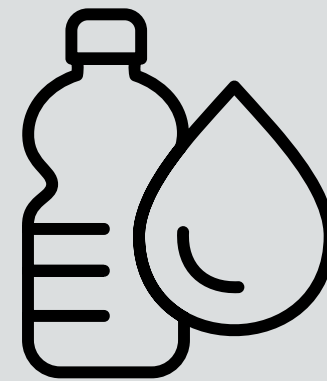
Find your woosah with others.

PHYSICAL - DAWN

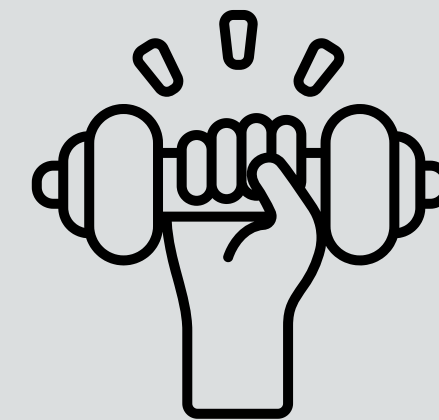
WHAT IS PHYSICAL SELF-CARE?



Basic
Nutrition



Hydration



Physical
Activity



EATING ENOUGH IS
THE GREATEST FORM
OF SELF-CARE.

BASIC NUTRITION

Meeting your body's needs for energy, macro & micronutrients.

Building a meal with a source of carbohydrates, protein & color.

Honoring hunger & fullness cues.

Eating regularly and eating enough.

Prioritizing family meals and planning ahead for travel.

Limiting or abstaining from alcohol.



A close-up photograph of a clear glass tilted to the right, pouring a golden-brown liquid. The glass is empty, and the liquid is captured mid-pour, creating a dynamic splash. The background is a plain, light color, and the surface below the glass is reflective, showing a clear reflection of the glass and the liquid. The text 'YOU CAN'T POUR FROM AN EMPTY CUP.' is overlaid on the right side of the image in a bold, black, sans-serif font.

**YOU CAN'T
POUR FROM
AN EMPTY
CUP.**

HYDRATION

Fluid needs to support health, environment and physical activity.

Beverages and foods can contribute to fluid intake.

Beverages, foods, and products that contain electrolytes.

Easiest way to monitor your hydration

Signs & symptoms of dehydration include:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion



PHYSICAL ACTIVITY

Choose an activity for what YOU need:

- Enjoyment
- Alone vs. With Others
- Outdoor vs. Indoor
- Strength vs. Cardiovascular

Decide if you to prioritize time alone versus time with others.

Great way to manage stress but using it as your only coping skill can lead to overexercise.



SUMMER MENU



EMOTIONAL & MENTAL - SARAH

THE RELATIONSHIP BETWEEN OUR THOUGHTS, EMOTIONS, AND BEHAVIORS



Situation



Thoughts



Emotions



Behavior

THE RELATIONSHIP BETWEEN OUR THOUGHTS, EMOTIONS, AND BEHAVIORS



REACT VS RESPOND

WHEN OUR NERVOUS SYSTEMS ARE STUCK IN A STATE OF ACTIVATION (STRESS), OUR BODY GOES INTO FIGHT/FLIGHT/FREEZE MODE MORE QUICKLY, EVEN AT SEEMINGLY "SMALL" THINGS

THIS IS OFTEN A PHYSIOLOGICAL RESPONSE INTENDED TO KEEP US SAFE (REACTION)

WE OFTEN INTERNALIZE THIS WHICH CAN LEAD TO GUILT, SHAME, REGRET AND STRAINED RELATIONSHIPS W/OTHERS

WHEN WE BECOME AWARE OF OUR THOUGHTS, EMOTIONS, AND NOTICE WHEN OUR BODIES START TO BECOME DYSREGULATED, WE CAN STOP THIS CYCLE AND BEGIN TO CHOOSE HOW TO RESPOND DIFFERENTLY



LEARNING TO RESPOND

OUR BRAINS HAVE PLASTICITY, HOWEVER REQUIRES
EXTREMELY SLOW, CONSISTENT, CONSCIOUS EFFORT

CREATE PAUSE/THOUGHT STOPPING TECHNIQUE

DEEP BREATHING

CREATE AWARENESS OF YOUR INNER EXPERIENCE
(THOUGHTS, FEELINGS, BODY)

REFLECT AND GET CURIOUS WHEN YOU'RE REGULATED

UNCONDITIONAL POSITIVE REGARD (AKA ACCEPTING
WITHOUT JUDGEMENT AND RESISTANCE)

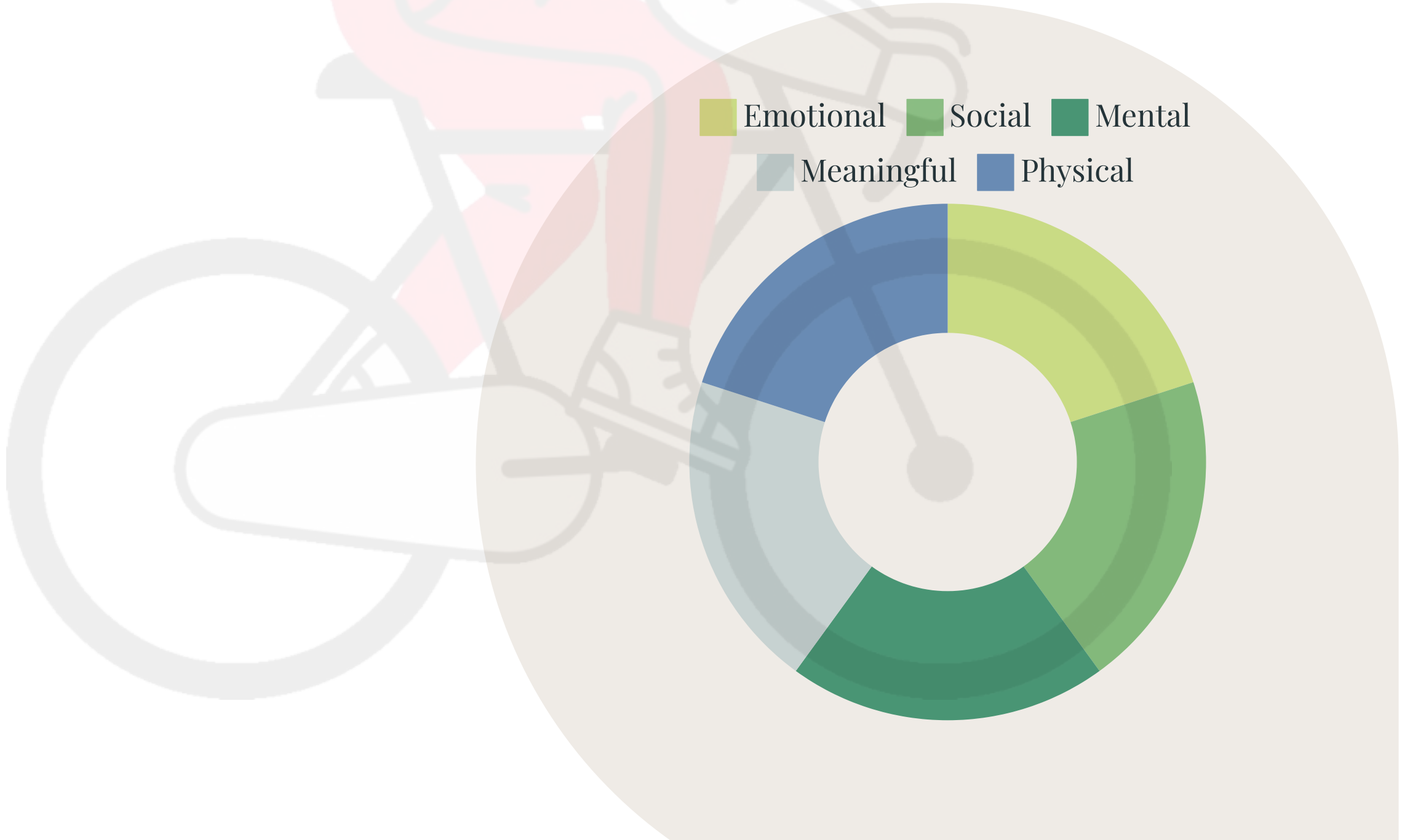
REPAIR WHEN IT MATTERS
(SELF/FAMILY/FRIENDS/COLLEAGUES)



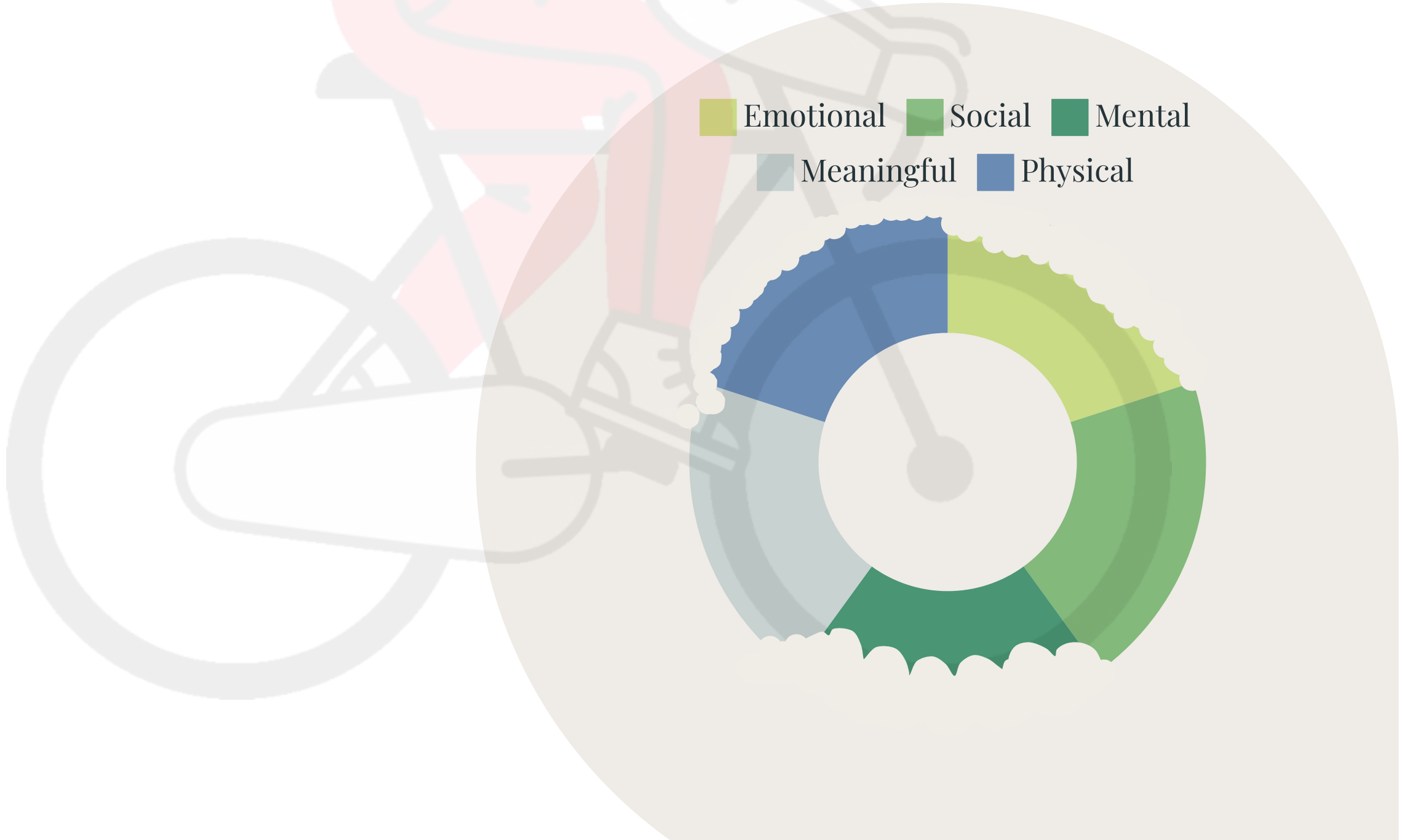


BIKE TIRE

BIKE TIRE



BIKE TIRE





KEEPING YOUR TIRES INFLATED

PHYSICAL SELF-CARE- TAKING CARE OF YOUR PHYSICAL BODY

- EAT REGULARLY (E.G. BREAKFAST, LUNCH, AND DINNER)
- CONSUMING NOURISHING AND NUTRITIONAL FOODS
- ENJOY MY FAVORITE FOODS, WITHOUT GUILT
- ENGAGE IN MOVEMENT THAT I ENJOY
- PRACTICING HEALTHY HYGIENE (SHOWERING REGULARLY, BRUSHING TEETH, ETC.)
- GET MEDICAL CARE WHEN NEEDED
- TAKE TIME TO REST WHEN SICK
- ALLOWING MYSELF TO REST WHEN PHYSICALLY TIRED, GUILT FREE
- NOT USING PHYSICAL EXERCISE TO “PUNISH” MY BODY, OR TO “EARN” FOODS
- GET ENOUGH SLEEP EACH DAY
- ALLOW MYSELF TO ACCEPT MY PHYSICAL APPEARANCE
- NOT LETTING MY PHYSICAL APPEARANCE DEFINE MY WORTH
- ONLY BEING PHYSICALLY INTIMATE WHEN I WANT TO
- PRACTICING SAFE AND CONSENSUAL PHYSICAL INTIMACY
- CHOOSING NOT TO ABUSE ALCOHOL AND OTHER ILLEGAL/HARMFUL SUBSTANCES
- GIVE MYSELF PERMISSION TO REST MY BODY, WITHOUT GUILT



KEEPING YOUR TIRES INFLATED

MENTAL SELF-CARE- KEEPING YOUR MIND SHARP AND ACTIVE

- PRACTICE AN OLD SKILL
- STUDY LEARNING MATERIALS
- SOLVE PUZZLES OR PROBLEM SOLVE
- TAKE TIME OFF FROM SCHOOL OR WORK TO GO ON VACATION, TAKE A DAY TRIP, OR A STAYCATION
- UNPLUG BY TAKING TIME AWAY FROM PHONES, EMAIL, SOCIAL MEDIA, AND THE INTERNET
- READ FOR FUN (NOT FOR WORK)
- DO SOMETHING AT WHICH I AM NOT AN EXPERT OR IN CHARGE OF
- WORK ON MINIMIZING STRESS IN MY LIFE
- ENGAGE MY INTELLIGENCE IN A NEW AREA, (E.G., TAKE A CLASS OR LEARN A NEW HOBBY)
- ALLOW MYSELF TO SAY "NO" TO THINGS I DON'T REALLY WANT TO DO (AND DON'T HAVE TO DO)
- GIVE MYSELF PERMISSION TO REST MY MIND, WITHOUT GUILT
- ALLOW MYSELF TO GET LOST IN AN ACTIVITY I FIND FUN
- BEING INTENTIONAL ABOUT CREATING WORK/LIFE/ACADEMIC BALANCE
- ALLOW MYSELF TO ASK FOR HELP
- NOT ALLOWING MY GRADES AND/OR PRODUCTIVITY TO DEFINE MY WORTH
- ADOPTING A GROWTH MINDSET (EG: THINKING "MATH IS CHALLENGING FOR ME" VS "I'M BAD AT MATH AND GOING TO FAIL")



KEEPING YOUR TIRES INFLATED

EMOTIONAL SELF-CARE- RECOGNIZING, ACCEPTING, AND PROCESSING LIFE'S FULL SPECTRUM OF EMOTIONS

- NOTICE MY INNER COGNITIVE EXPERIENCE - LISTEN TO MY THOUGHTS, BELIEFS, ATTITUDES, FEELINGS
- REALIZE THAT I AM NOT MY THOUGHTS OR MY FEELINGS; THAT I AM A HUMAN WHO EXPERIENCES THOUGHTS AND FEELINGS
- WRITE IN A JOURNAL
- TALK WITH PEOPLE WHO MAKE ME FEEL EMOTIONALLY SUPPORTED
- ATTEND THERAPY WHEN I NEED MENTAL HEALTH SUPPORT
- TREAT MYSELF WITH COMPASSION
- TAKE A MENTAL HEALTH DAY WHEN NEEDED, WITHOUT GUILT
- FEEL PROUD OF MYSELF
- WATCH/LISTEN TO MEDIA THAT HELPS ME FEEL AND/OR PROCESS MY EMOTIONS (MOVIES, MUSIC, BOOKS, ETC.)
- FIND SUPPORT GROUPS OR SPACES THAT FEEL SUPPORTIVE FOR WHAT I'M EXPERIENCING (VIRTUAL OR IN PERSON)
- MAKE TIME FOR SELF-REFLECTION
- IDENTIFY COMFORTING ACTIVITIES, OBJECTS, PEOPLE, PLACES AND SEEK THEM OUT OFTEN
- ALLOW MYSELF TO CRY
- EXPERIENCE THINGS THAT MAKE ME LAUGH
- MEDITATE AND/OR PRACTICE DEEP BREATHING
- EXPRESS MY ANGER & FRUSTRATIONS IN A HEALTHY & SAFE WAY



KEEPING YOUR TIRES INFLATED

MEANINGFUL SELF-CARE- CREATING MEANING IN YOUR LIFE THROUGH CONNECTING WITH YOUR VALUES, ETHICS, PASSIONS, AND PURPOSE

- **MAKE TIME FOR REFLECTION**
- **BE AWARE OF YOUR TOP 3 VALUES**
- **EXPERIENCE OR LEARN ABOUT DIFFERENT CULTURES, BELIEFS, IDENTITIES, & LIFE EXPERIENCES**
- **TAKE TIME TO ENGAGE IN SELF-REFLECTION AND EXPLORE YOUR OWN IDENTITY WITHOUT JUDGEMENT**
- **SPEND TIME IN NATURE**
- **BE CURIOUS**
- **CONNECT WITH A SPIRITUAL GROUP, CHURCH, OR OTHERS WITH SHARED BELIEFS**
- **BE OPEN TO INSPIRATION**
- **CHERISH MY OPTIMISM AND HOPE**
- **BE AWARE OF NON-MATERIAL ASPECTS OF LIFE**
- **BE OPEN TO NOT KNOWING**
- **IDENTIFY WHAT IS MEANINGFUL TO ME AND NOTICE ITS PLACE IN MY LIFE**
- **PRACTICE GRATITUDE AND/OR MINDFULNESS**
- **HAVE EXPERIENCES OF AWE**
- **CONTRIBUTE TO CAUSES IN WHICH I BELIEVE (VOLUNTEER, RAISE AWARENESS, MAKE DONATIONS, ETC.)**
- **READ INSPIRATIONAL LITERATURE OR LISTEN TO INSPIRATIONAL TALKS, MUSIC**



KEEPING YOUR TIRES INFLATED

SOCIAL SELF-CARE- NURTURING HEALTHY AND FULFILLING RELATIONSHIPS WITH OTHERS

- SPEND TIME WITH OTHERS WHOSE COMPANY I ENJOY
- SCHEDULE REGULAR DATES (TIME TO CONNECT) WITH MY SIGNIFICANT OTHER(S)
- TRY NEW SOCIAL EXPERIENCES (JOIN A CLUB/ORGANIZATION, ATTEND AN INTERESTING EVENT, ETC.)
- FIND TIME TO CONNECT WITH PEOPLE WHO MAKE ME FEEL VALUED, SAFE, CARED FOR, ETC.
- SPEND TIME WITH ANIMALS/PETS
- MAINTAIN A HEALTHY RELATIONSHIP WITH SOCIAL MEDIA
- STAY IN CONTACT WITH FARAWAY FRIENDS
- UNDERSTAND AND BE AWARE OF MY NEEDS AS AN INTROVERT/EXTRAVERT
- ALLOW OTHERS TO DO THINGS FOR ME
- GIVE MYSELF PERMISSION TO DISTANCE MYSELF FROM NEGATIVE/DRAINING PEOPLE
- ENLARGE/DEEPEN MY SOCIAL CIRCLE
- ASK FOR HELP FROM MY SUPPORT SYSTEM WHEN I NEED IT
- SHARE A FEAR, HOPE, OR SECRET WITH SOMEONE I TRUST (ALLOW MYSELF TO BE VULNERABLE)
- ENFORCE HEALTHY BOUNDARIES WITH OTHERS
- REFLECT ON WAYS YOU CAN STRENGTHEN YOUR RELATIONSHIPS
- WORKING ON BEING THE KIND OF FRIEND/PARTNER/FAMILY MEMBER YOU WANT TO BE



HOW TO CONNECT

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