

Health and Wellness

Promoting Ethical Behaviors

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Objectives

- ▶ What is “having a healthy mind and body”?
- ▶ How can ethical behavior be enhanced through health and wellness?
- ▶ How can I prioritize health and fitness?



When "I" is replaced
with "we" even illness
becomes wellness.

Malcolm X



During a **stressful time**,
EMPLOYEES need freedom
from worrying about missing a
paycheck or losing their jobs.

Why?

Because EMPLOYERS that
recognize that workers and
the people they love deserve
time to look after their health
have **more productive and
invested** employees!

Positive Mental Health = Wellness Too!

What does complete health look like?



10 TIPS TO STRESS LESS

TAKE A STEP
OUTSIDE



LAUGH EACH DAY



LIST WHAT YOU'RE
GRATEFUL FOR



PLANT POSITIVE
THOUGHTS



JUST BREATHE
THROUGH



TAKE FUN BREAKS



PRACTISE
PATIENCE



OFFER A
HELPING
HAND

CLOSE YOUR
EYES



MAKE TIME
FOR EXERCISE



VISIT WWW.STRESSLESSTIPS.ORG.AU

WayAhead
Mental Health Association NSW

Sponsored by Mental Health Commission of NSW

Healthy Employees = Happy Employees

Employers can build morale to keep your employees happy...

While being completely healthy can render happiness, the reverse can also be true.

How?

- ▶ Keep fun competitions monthly
- ▶ Keep a friendly, non serious work atmosphere
- ▶ Have lunch together in your company, et cetera

Stable People = Stable Decisions

- ▶ Do you ever asked the person who panics for advice?
- ▶ Do you trust people who don't follow their OWN advice?



Make it plain & Just do it...



Make it plain & Just do it...

- ▶ Exercise 5 days per week for at least 20 minutes... ANY physical activity that raises your heart rate counts!
- ▶ Eat Healthy Find a starting point and begin changing your diet. EX> remove unnatural sugars and fructose... *then* reduce carbohydrate intake
- ▶ Reduce Stress Practice deep breathing before bed... *then* in the mornings before you get out of bed... *then* during the day when you need to realign
 - ▶ ALSO, practice **hunting for something good** in moments of anguish
- ▶ Drink Plenty of Water!

Do you have high cholesterol or high blood pressure? Did you know??

> water helps to clear the blood vessels and allows them to relax <

Recap...

- ▶ What is “having a healthy mind and body”?
 - ▶ Physical Activity \geq 5 days per week
 - ▶ Balanced Meals
 - ▶ Mental Agility and Resiliency
- ▶ How can ethical behavior be enhanced through health and wellness?
 - ▶ Stable People make Stable Decisions
- ▶ How can I prioritize fitness?
 - ▶ Make it Plain!
 - ▶ Just do it!

Questions??

Thank You
TAC Health Employee Benefits Pool

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