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# Replenish at Work: Micro-Restorative Practices to Support Well-being

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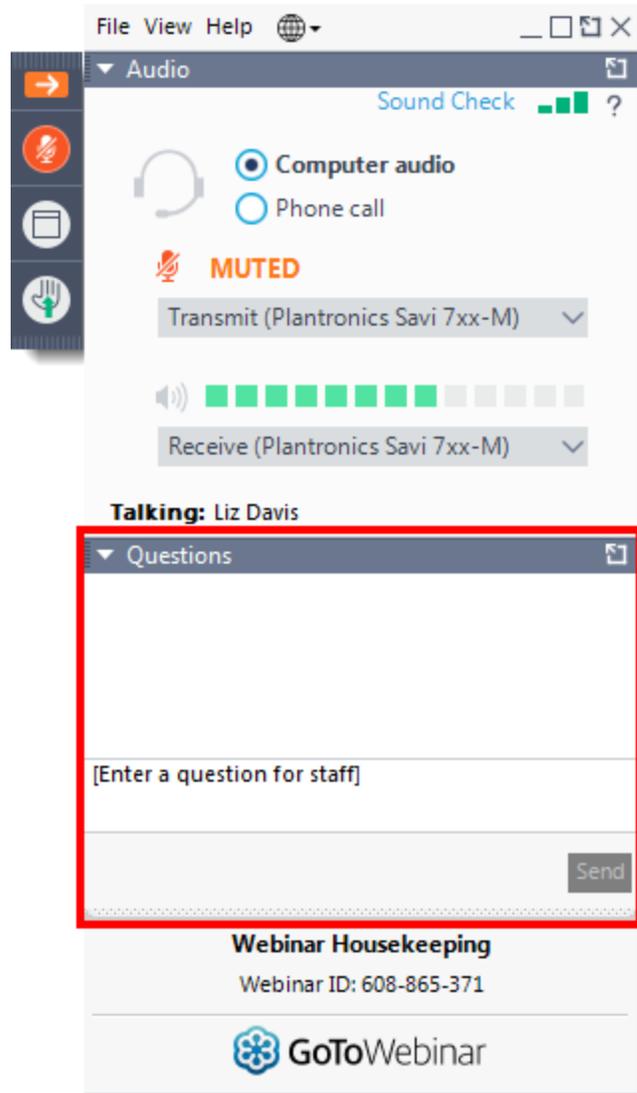
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**Note:** Today's presentation is being recorded and will be provided within 48 hours.

# LEARNING OUTCOMES

1. Describe the practice of self-care and its impact on well-being
2. Discuss components of mindfulness, emotional intelligence, self-compassion, and intention
3. Identify the 7 Dimensions of self-care
4. Explore Micro-Restorative practices to support well-being

# An Invitation to Restore

Clarity

Connection

Compassion

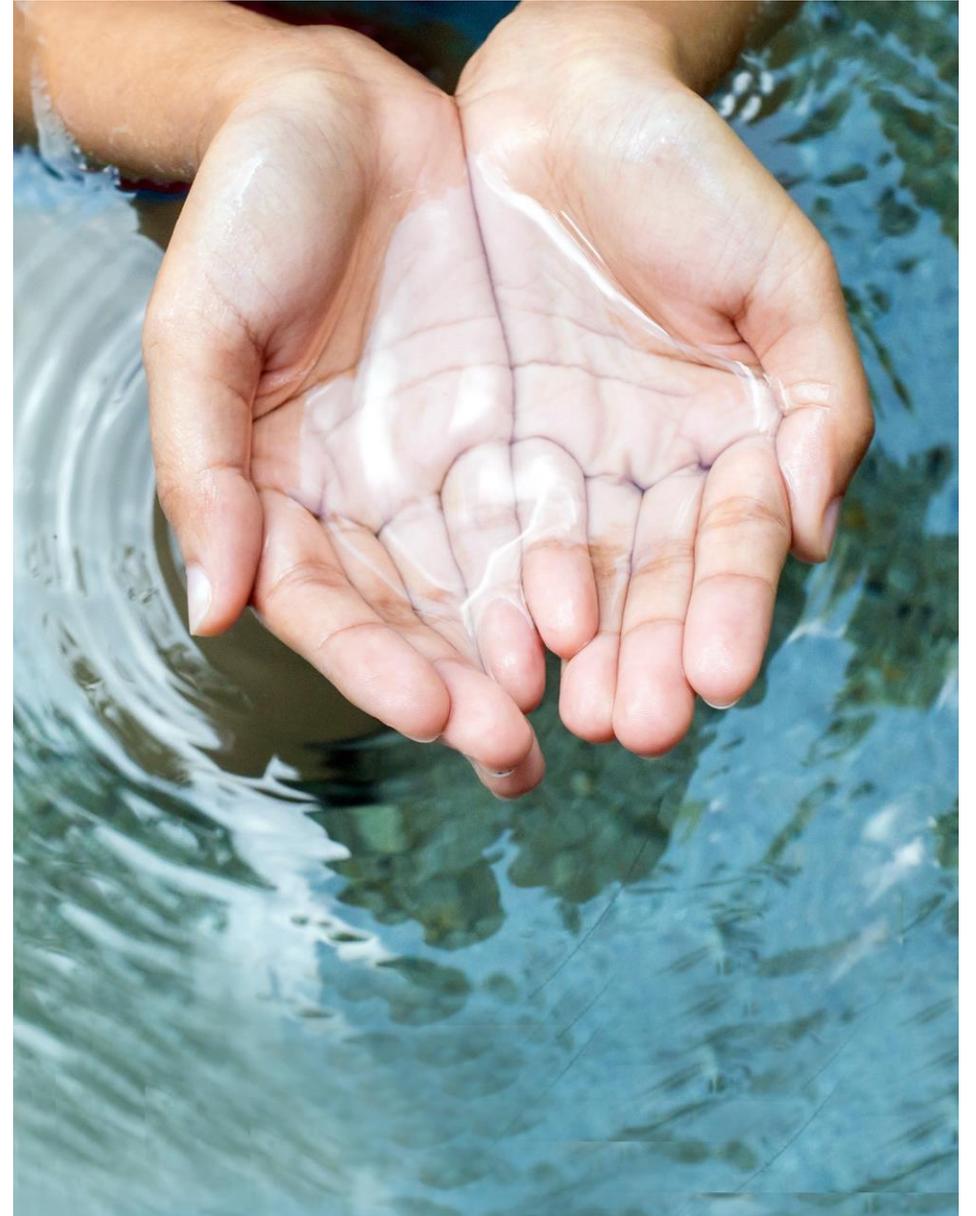


# Fundamental Principles to Replenish Yourself

- Redefine self-care
- Acknowledge health and well-being are not a destination
- Provide an individualized, integrative, and multi-dimensional approach
- Weave in pockets of respite and meaning with restorative practices integrated into your workday

# Self-Care

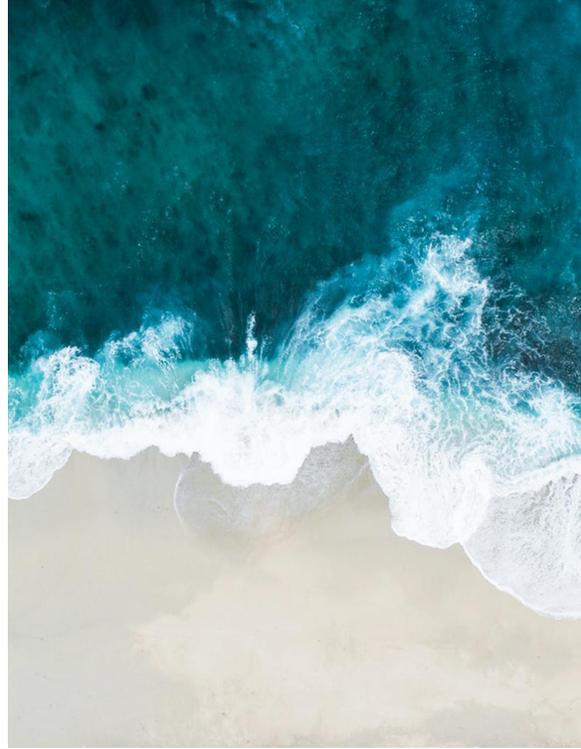
- Taking time to engage in activities that refuel your body, mind, and spirit
- Help body restore homeostasis and recover from hyperalert states
- Individualized and integrative
- Practical, short, and frequent approaches



# Core Skills



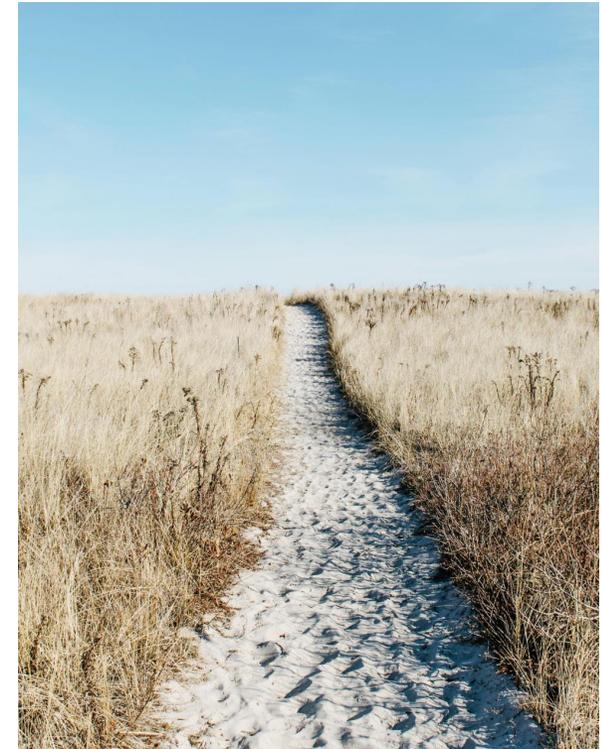
**MINDFULNESS**



**EMOTIONAL  
INTELLIGENCE**



**SELF-  
COMPASSION**



**INTENTION**

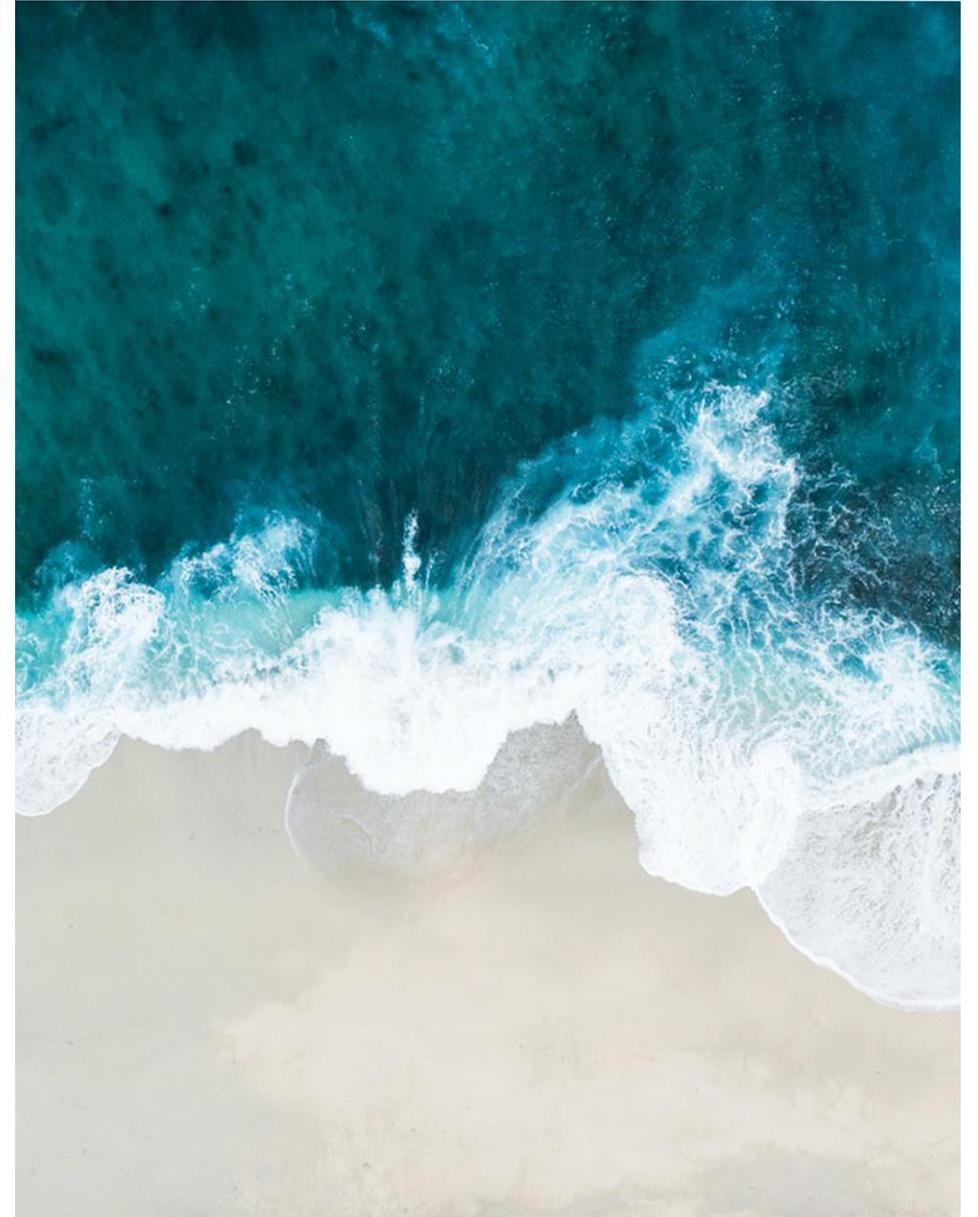
# Mindfulness

- Being present, in the moment without judgement and with compassion for self and others
- **Benefits:**
  - reduces pain and inflammation
  - enhances the immune system
  - decreases depression, anxiety, and stress
  - increases self-awareness, optimism, productivity, and concentration
  - improves coping abilities and relationships
- Intentionally pause (**CLARITY**)



# Emotional Intelligence

- Capacity to be aware of, manage, and express one's emotions to handle interpersonal relationships empathetically
- **Benefits:**
  - reduces anxiety and stress
  - improves relationships
  - defuses conflict
  - enhances communication
- Create stillness to recognize and name emotions  
**(CONNECTION)**



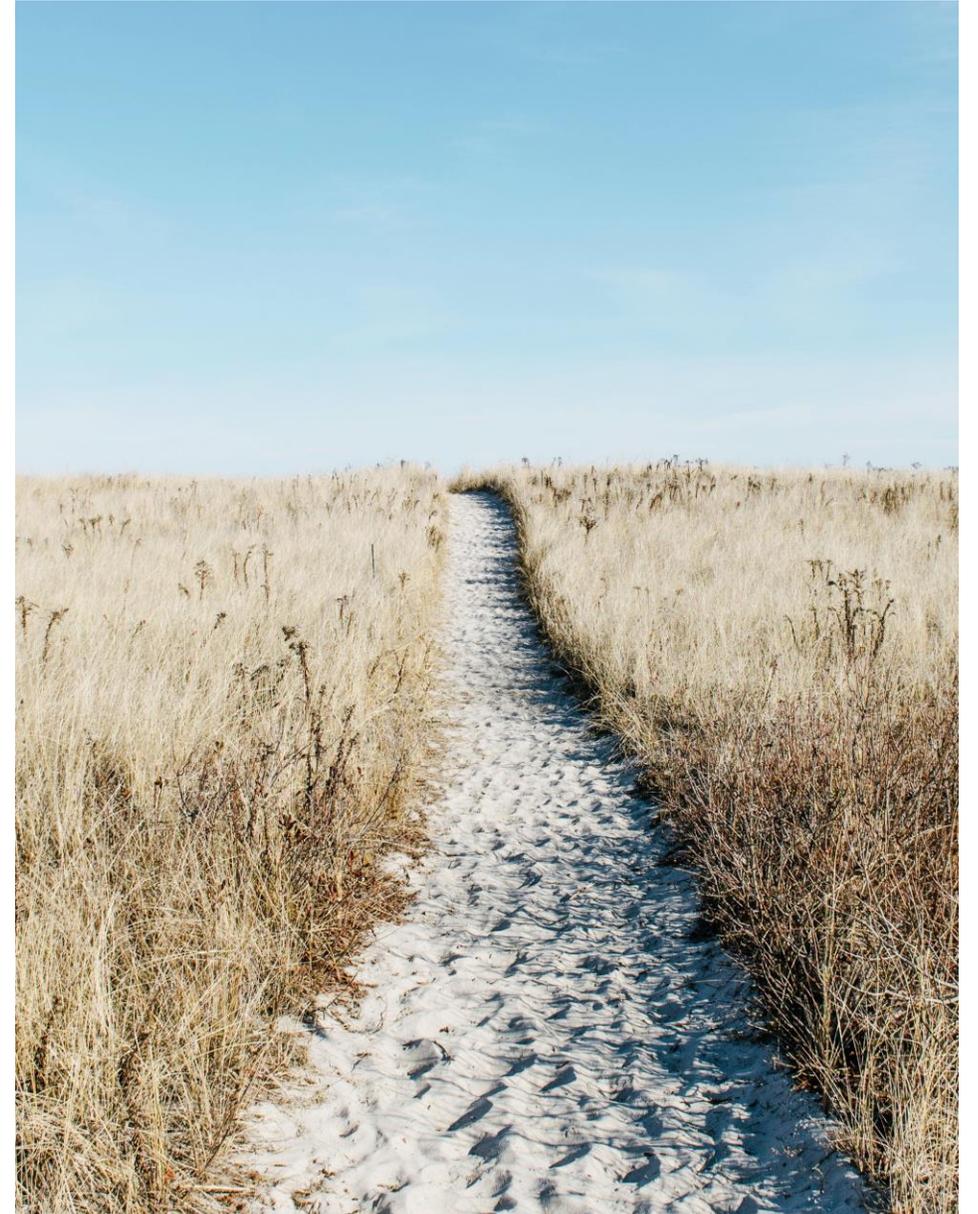
# Self-Compassion

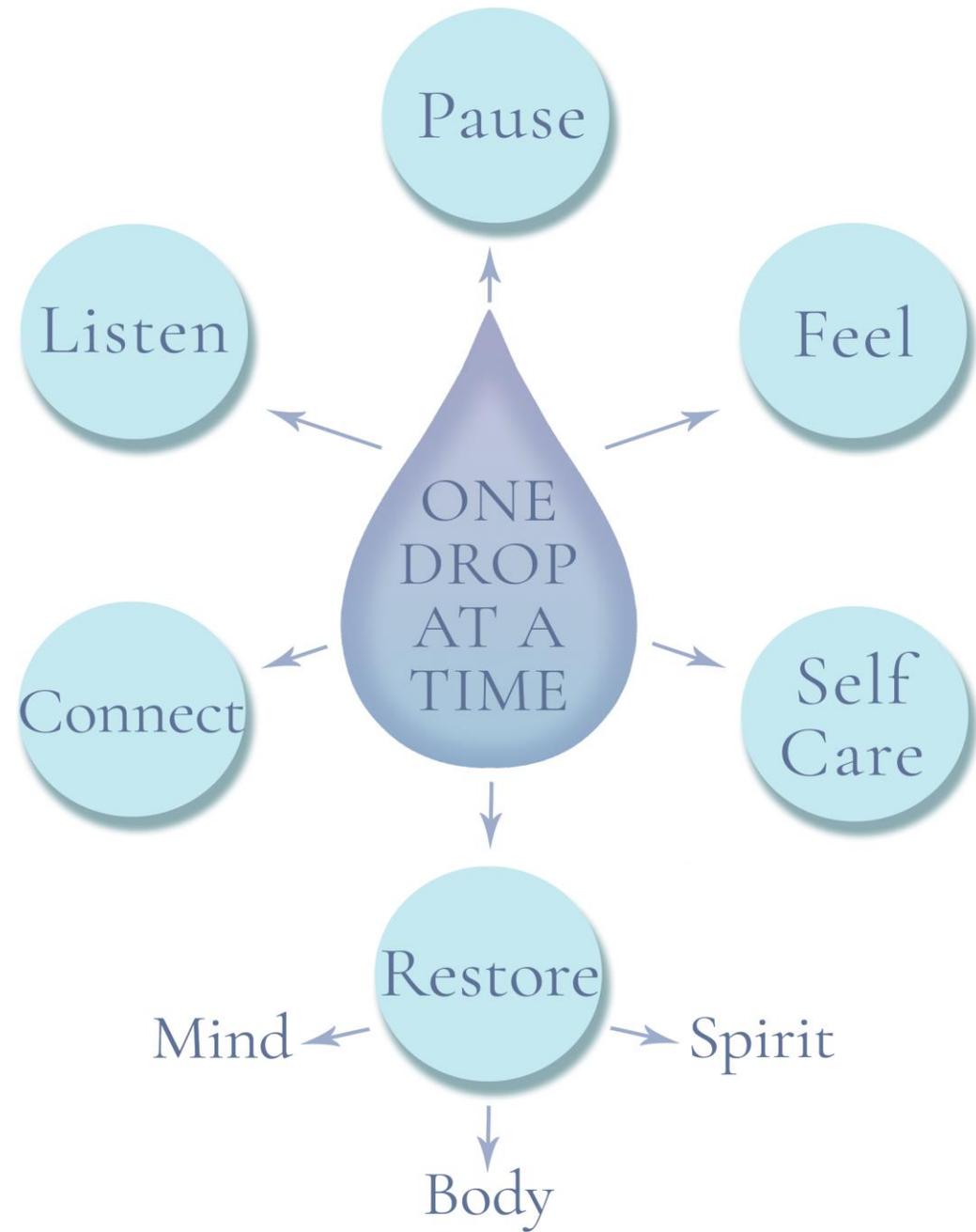
- Being warm towards oneself when encountering pain or personal shortcomings
- **Benefits:**
  - increases motivation
  - boosts happiness
  - enhances self-worth
  - fosters resilience
  - reduces anxiety, depression, and stress
- Acknowledge your self-talk (**COMPASSION**)



# Intention

- Creating a vision-generating new possibilities aligned with your values and desired future
- **Benefits:**
  - identifies strong positive motivators
  - supports self-efficacy and self-determination
  - enhances well-being and increases hope
- What is your WHY?
- **(CLARITY, CONNECTION, COMPASSION)**

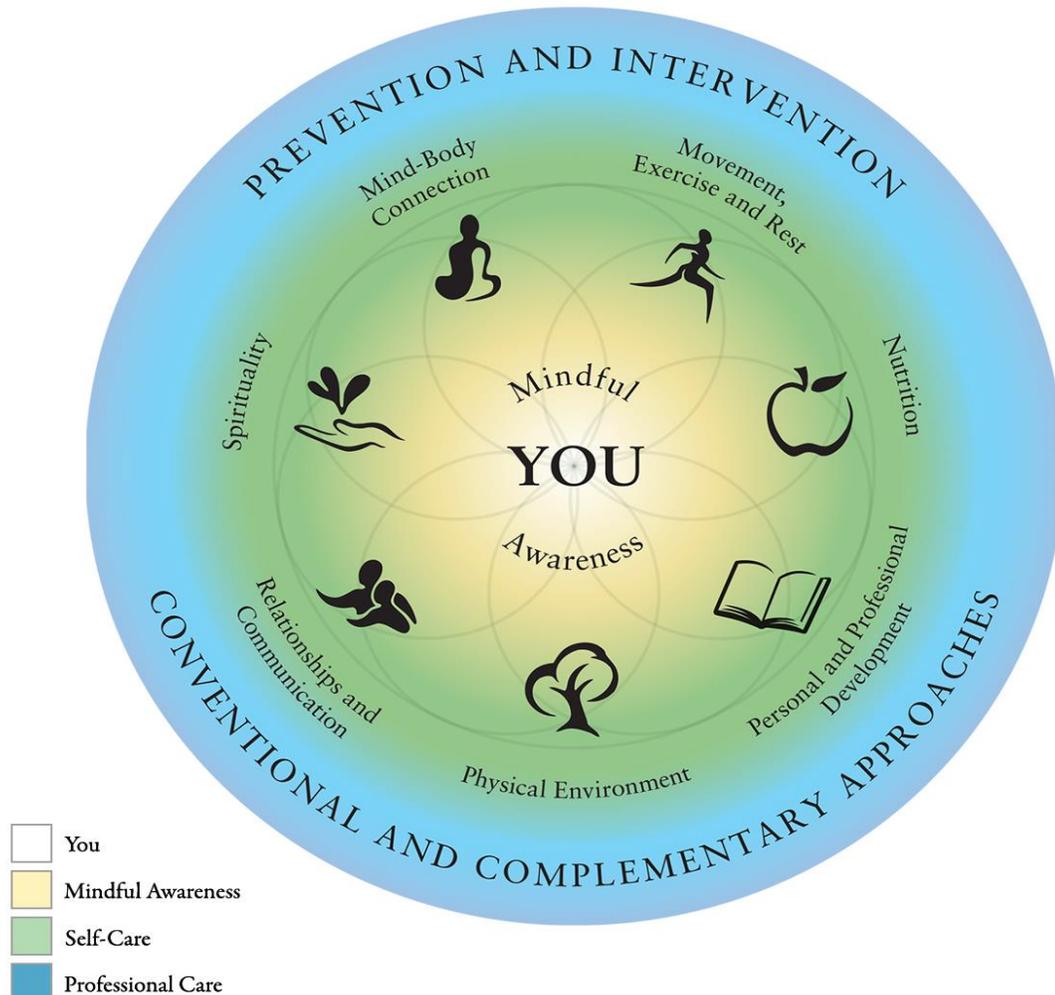




# Self-Awareness Practice



## WHEEL OF HEALTH



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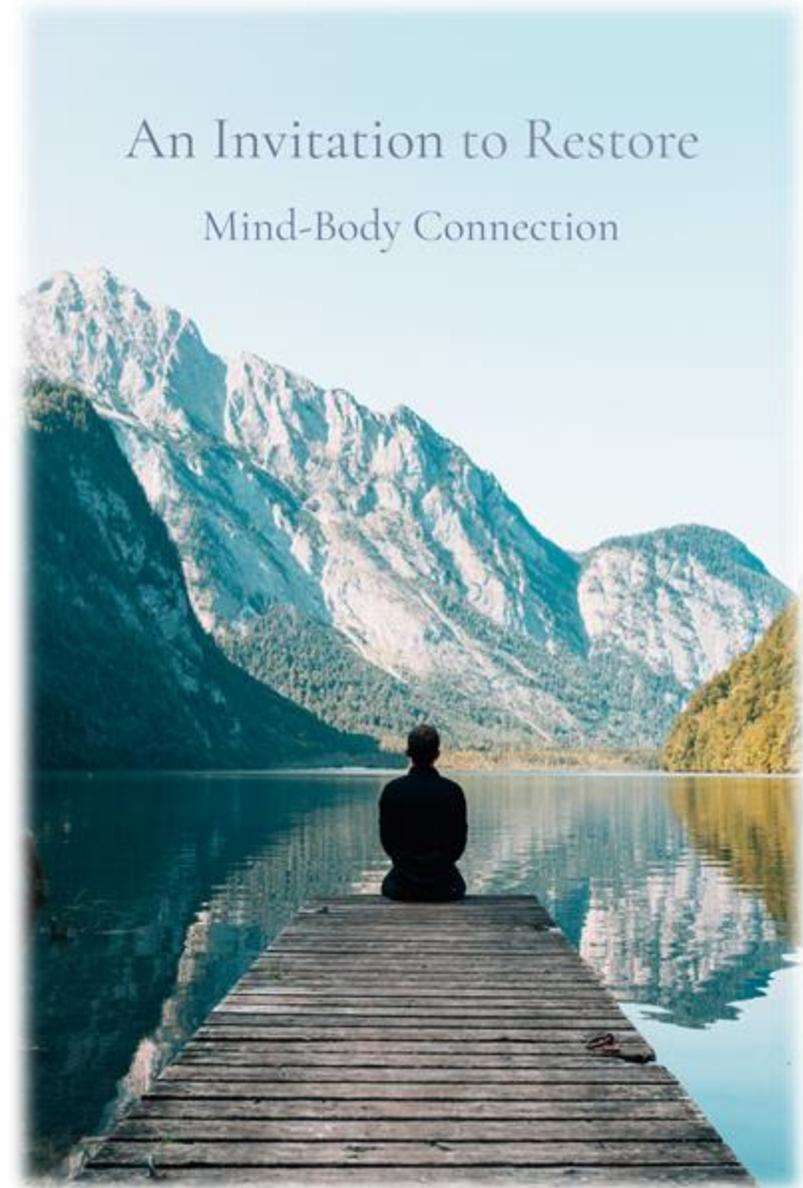
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# The 7 Dimensions of Self-Care

- Mind-Body Connection
  - Movement, Rest
  - Nutrition
- Personal & Professional Development
- Physical Environment
  - Relationships & Communication
  - Spirituality

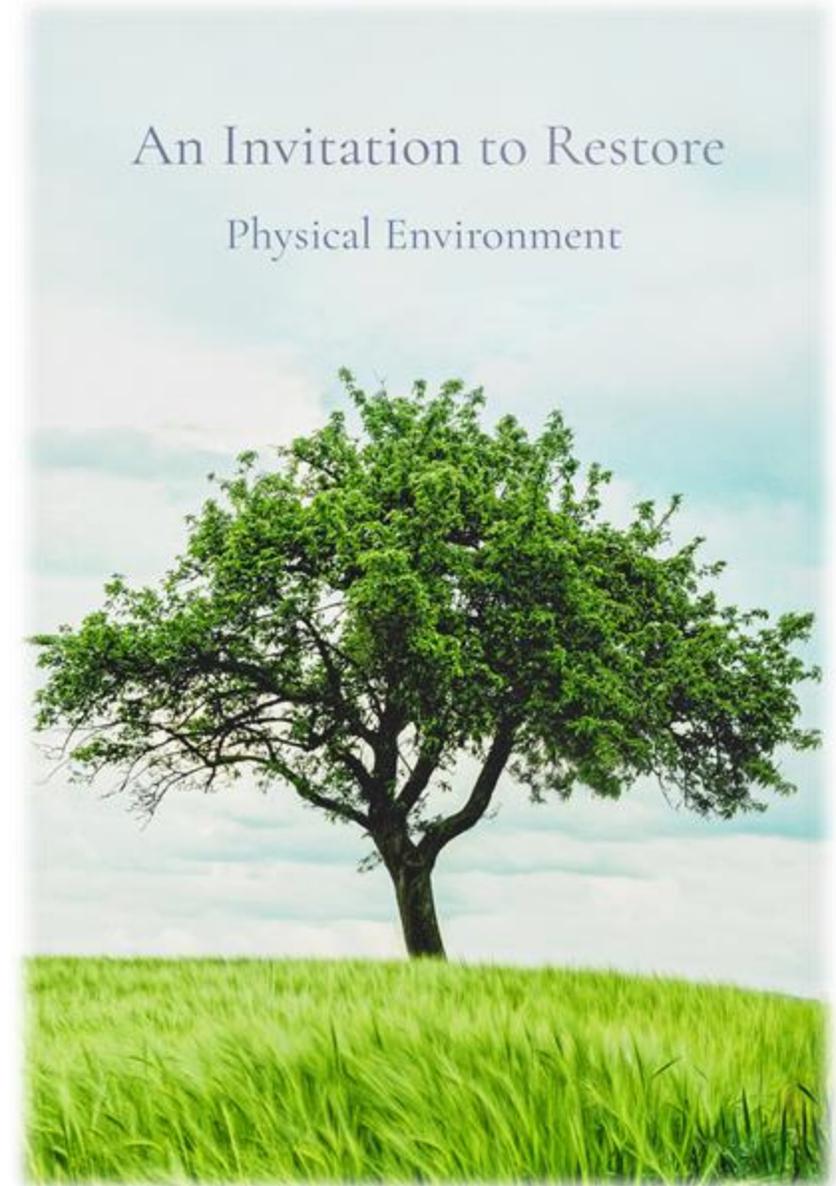
# Where is your attention?

- Stress has an impact on body and mind
- Important to assess and manage your energy
- Identify stressors versus strategies
- **Examples:** mindset, breathing, body scan, imagery, meditation, journaling



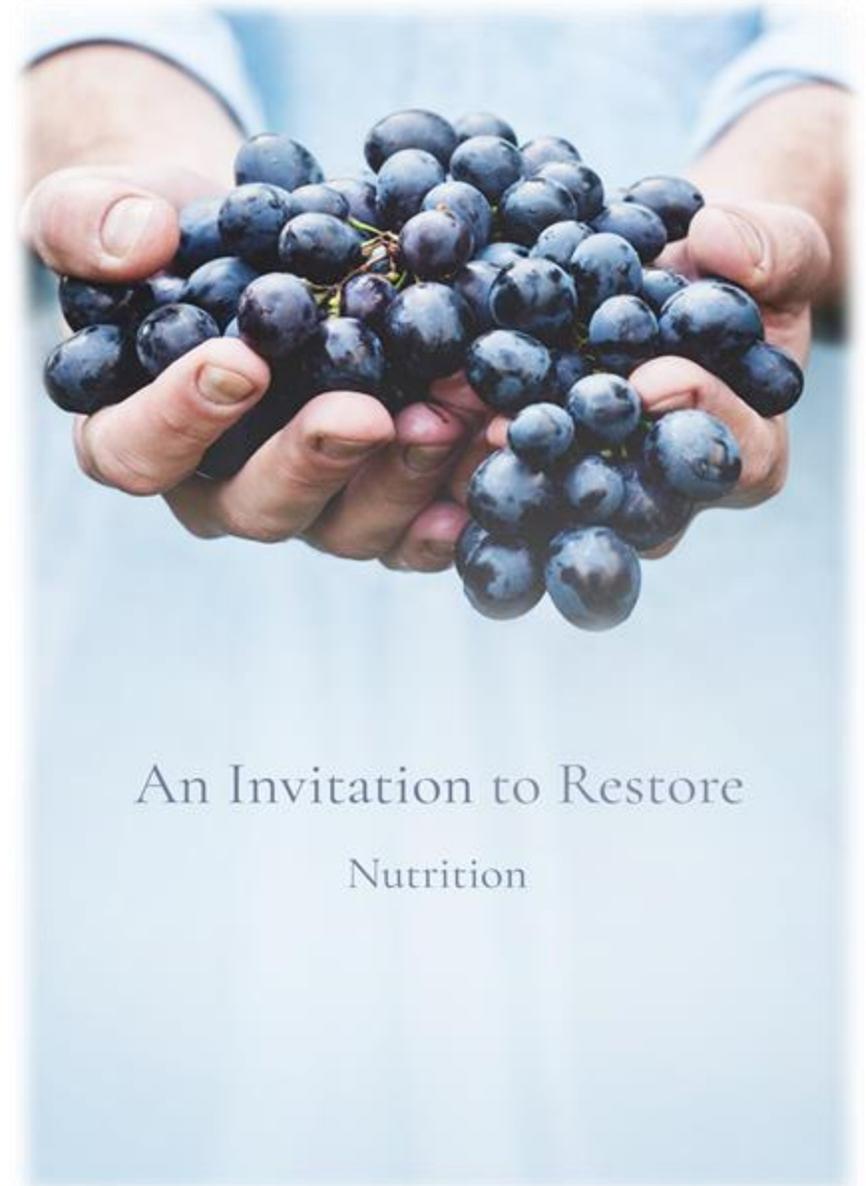
# What surrounds you?

- Spaces you spend the most time in have an impact on your well-being
- Acknowledge what you can or cannot change
- **Examples:** time in nature, personalize space, decrease clutter, ergonomics, audio, light, pollution, enhance senses



# How do you nourish yourself?

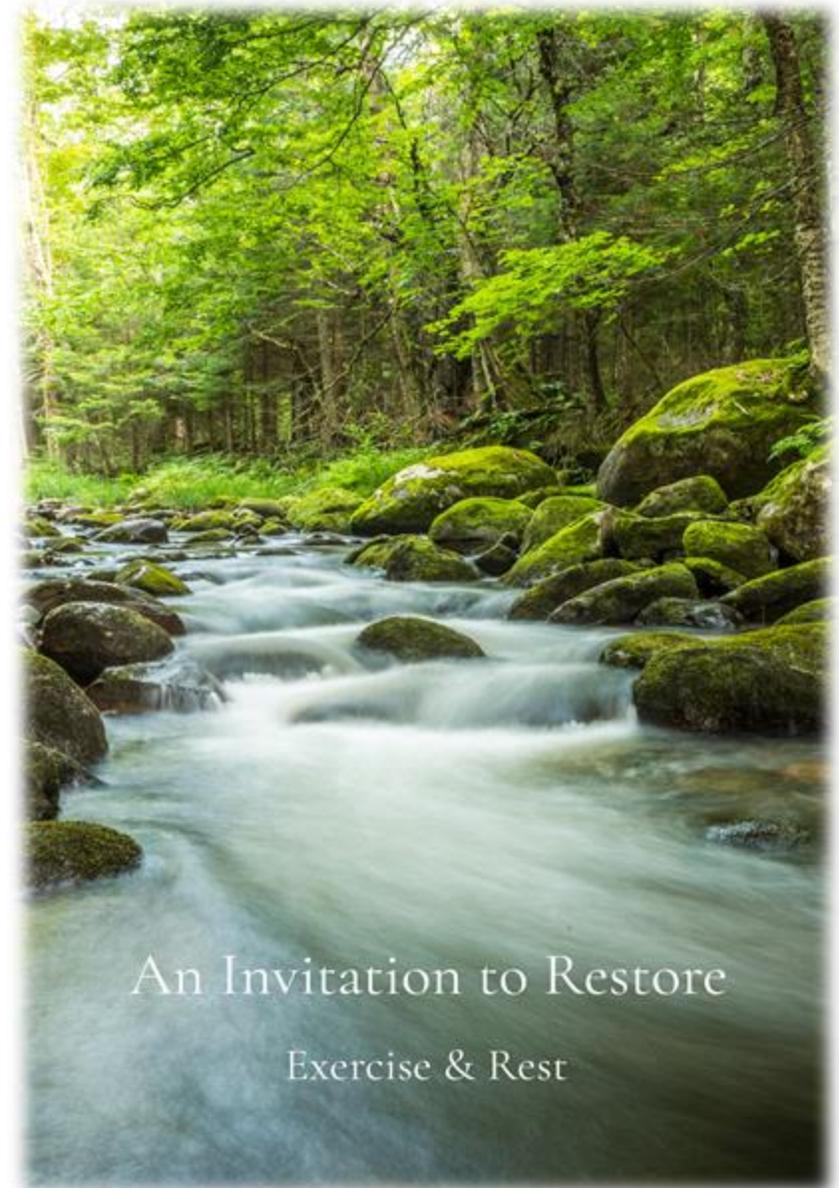
- Develop a healthy and balanced diet
- View food as nourishment – What fuels you?
- Understand your attitude towards food
- **Examples:** 9 key strategies, anti-inflammatory diet, hydration, limit caffeine and alcohol, mindful eating



An Invitation to Restore  
Nutrition

# How do you move and rest?

- Regular exercise and movement is good for physical and mental health
- Sleep varies from person; quality and quantity of sleep matters greatly
- Recognize when you need movement and when you need rest
- **Examples:** mindful movements, walking, yoga, sleep ritual – dim lights, limit caffeine, electronics



# How do you connect?

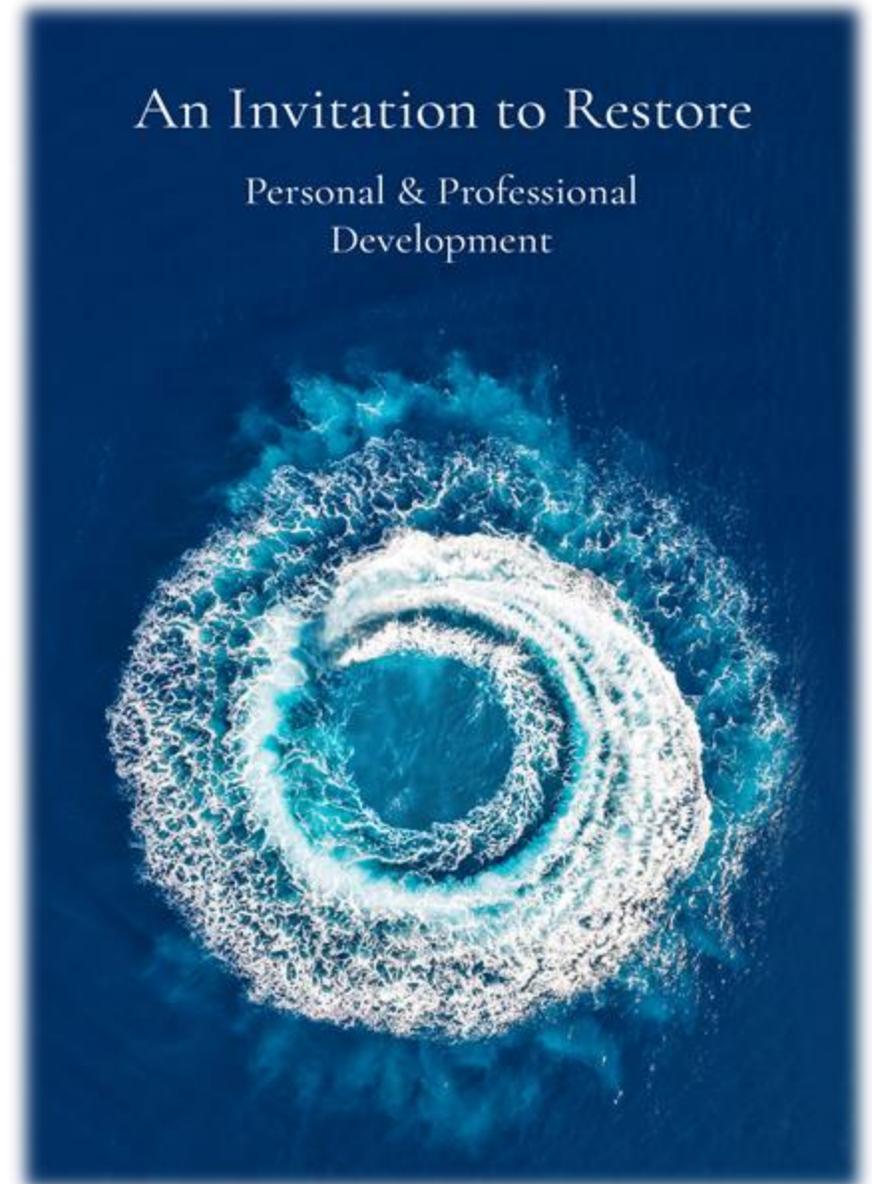
- Good social relationships are tied to good health
- Think about your relationships and how they affect your health
- Assess how you best communicate
- Know your support systems, “safe space”, “brave space”
- **Examples:** nonviolent communication, active, deep listening, presence, not trying to fix everything, inquiry

An Invitation to Restore  
Relationships & Communication



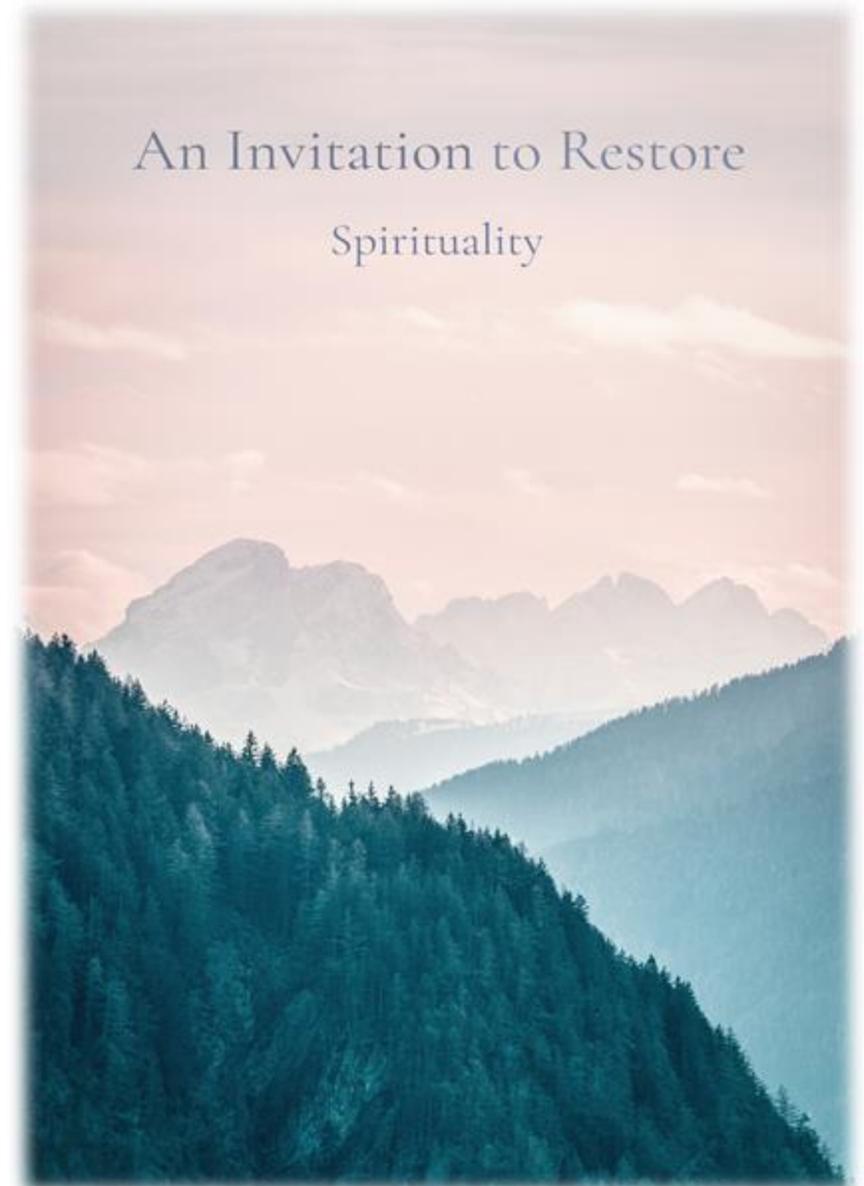
# What promotes your growth?

- Personal and professional activities can make you feel hopeful and alive
- Refers to what gives you overall meaning and purpose in life
- Engage in professional activities that give you a sense of fulfillment and joy at work
- **Examples:** art, music, sitting in thought, sports, watching the tide role in, committee, groups, continuing education



# What do you value?

- Spirituality is a central component of how we experience life and see the world
- Gets at heart of what is most important to you
- Identify and understand your values
- **Example:** write a personal statement of purpose, how you want to live your life and who you want to be, gratitude practice



# Replenish Yourself SMART GOAL

## Specific

What exactly do you want to happen?

## Measurable

How will you know you have reached your goal?

## Achievable

What steps will you take to reach your goal?

## Realistic

Can you achieve this goal?

## Timely

What is your target date to reach your goal?

## GOAL

Remember Your why.



*"At the center of your being you have the answer; you know who you are, and you know what you want." -Lao Tzu*



“Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

Parker J. Palmer

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