Discover the Power of Sustained Energy and Full Engagement in Living with Tactics from the Health Athlete Program

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Let’s Start with a Dose of Vitamin G!

Evidence-based Effects of Taking & Giving a Daily Dose of Gratitude

- Improved Mood
- Improved Heart Health
- Improved Blood Pressure
- Improved Sleep
- Increased Optimism
To stay alert, have more energy and decrease our cardiac risk, stand more, move more and sit less!
Wellness

- The optimal state of living well, regardless of an individual’s spectrum of health
- Building strong wellness cultures and providing evidence-based wellness programming for our nurses, other clinicians, faculty and staff is not a nicety, it is a necessity because of the current state of mental health problems and chronic disease
Burnout, Stress, Anxiety, and Depression were Public Health Epidemics in the U.S. and Globe Before The COVID-19 Pandemic
The Terrible Toos  (Adapted from Allo, 2009)

Too much stress, Too much work, Too many tasks, Too little time for self-care
COVID-19 Further Triggered Mental Health Problems and Unhealthy Lifestyle Behaviors

- Feelings of **despair**
- Languishing
- Fear for **loved ones**
- Decreases in **job security**
- Increases in **loneliness**
- Mindset switch from “**thriving**” to “**survival**”
- Zoom fatigue, burnout and languishing
- Increases in alcohol use
- Unhealthy eating patterns

- Feelings of **hopelessness**
- Increases in **anxiety**
- Decreases in **financial security**
- Social withdrawal
- **Sleep disturbances**
- **Declines in Physical Activity**
Working Parental Burnout Report
Released by OSU in May 2022 and Covered by The Today Show

66% of Surveyed Parents Reported Being Burnt Out

https://go.osu.edu/workingparentburnout
Be Aware of Your Own Level of Burnout

Based on your definition of burnout, how would you rate your level of burnout?

1 = “I enjoy my work. I have no symptoms of burnout;”
2 = “Occasionally I am under stress, and I don’t always have as much energy as I once did, but I don’t feel burned out;”
3 = “I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion;”
4 = “The symptoms of burnout that I’m experiencing won’t go away. I think about frustration at work a lot;”
5 = “I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.”
Build in Periodic Activities to Disconnect and Experience Joy to Avoid Burnout

Practice good self-care and continue to do things that bring you joy; *It is not selfish!*
Key Strategies to Prevent Burnout and Fatigue

Practice good self-care! It is not selfish!
Be aware of the signs (e.g., chronic fatigue, exhaustion; reduced feelings of empathy/sympathy, irritability, anxiety, anger; difficulty making decisions; headaches; trouble sleeping)
Set emotional boundaries; Learn to say no without guilt
Set aside time for activities/hobbies that bring you joy
Cultivate relationships outside of work
Use positive coping strategies daily (e.g., cognitive-behavioral skills building/mindfulness; deep abdominal breathing)
Build resiliency skills
Engage in helpful strategies and programs at work- regular breaks, routine check-ins, support groups, health coaching

Ask for help when symptoms are beginning to interfere with your functioning, concentration or judgement!
Self-Care is Necessary for Your Own Health and Well-being and Great Care of Others
Considering all Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans
Evidence Plus Emotion = Behavior Change
What Will the Last 10 Years of YOUR Life Look Like?
Based on Evidence, What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity** - 30 minutes 5 days per week; Even 11 minutes a day improves cardiovascular health (Reduce the time of meetings down from 60 to 50 minutes so you will have more time for short recovery breaks; **Healthy eating** – a minimum of 5 fruits and vegetables per day

- **No smoking**

- **Alcohol in moderation** – no more than 1 standard drink per day for women and men if you drink alcohol

*Getting 7 hours of sleep and regularly engaging in stress reduction will result in even greater reductions in chronic disease.*
We Make Behavioral Choices Every Day
New Year’s Resolutions
for 2009
2012
2011
2014
2015

1. Lose weight again

2. Get fit more next year

3. Give up alcohol less

4. Stand up to boss

5. Be nicer to my wife

6. Sort out junk in shed
The Next 30 to 66 days

• Which healthy lifestyle behavior will you commit to improving in the next 30 to 60 days?
Time: A Big Excuse for Falling Off the Wagon with New Year’s Resolutions
“Discover the Power of Sustained Energy and Full Engagement in Living with Health Athlete.”

Our Vision

• To help people discover their purpose and live a fully-engaged life to their fullest potential.

Our Mission

• To empower people to live their best lives and spread the power of full engagement.

https://healthathlete.osu.edu/
The HEALTH ATHLETE TEAM
Office of Chief Wellness Officer and the Buckeye Wellness Team
In collaboration with the Human Performance Institute
Course Outline for Health Athlete

- W1: Why Energy? (HPI Model and Foundation)
- W2: Energy Management (Sleep)
- W3: Physical Energy (Exercise & Nutrition)
- W4: Emotional & Mental Energy
- W5: Spiritual Energy, Defining Purpose, Change Model, Facing the Truth & Training Mission
- W6: Faulty Assumptions, Old Story, New Story & Taking Action
- W7: Rituals, Accountability & The Journey Begins
Demonstrated Results

- Published in the *American Journal of Health Promotion (2018)*
- Our Performance 2 Day Course improves:
  - Purpose in life, an important component of wellbeing
  - Sleep and energy levels
  - Sense of health and wellbeing
- Participants improved significantly in:
  - Energy (vitality)
  - Mental health
  - General health

Energy is Four-Dimensional; From Ordinary to EXTRAORDINARY !!!

We Develop

We Become Extraordinary

Physical

Emotional

Mental

Spiritual
# Aligning Values and Engagement

<table>
<thead>
<tr>
<th>Importance (from 1 to 10, rate how important each of the following areas are in your life)</th>
<th>Energy (From 1 to 10, rate how much energy you give to the area)</th>
<th>Gap Score (Determine the gap between the two numbers)</th>
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<tbody>
<tr>
<td>Job</td>
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<td>Health</td>
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<td>Your choice</td>
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DEFINING PURPOSE

We have a fundamental drive, as human beings, to find meaning and purpose in our lives.
Purposes:

- Drives engagement
- Guides energy investments
- Ignites motivation
Activity: What is your Purpose Statement?

- Who/what matters most to you?
- How would you define success in your life?
- What impact do you want to have on others?
- How would you want other people to describe you?
- What makes your life really worth living?
Three Keys for Happiness

*Purpose, Passion and Pride*

- To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)

- To enhance purpose, increase opportunities to use your strengths to achieve meaningful goals
  - Knowing your sense of purpose is worth up to 7 years of extra life expectancy!

- To enhance pride, look for ways to align your job with your passions; reflect upon your accomplishments (none are too small!)
Boosting and Sustaining Energy

• Managing ENERGY, not just time, is the KEY to extraordinary results!

• Full engagement is the acquired ability to intentionally invest your FULL and BEST energy, right HERE, right NOW.

• Energy is four dimensional: Physical, Emotional, Mental, Spiritual (purpose).

• Multitasking is the enemy of extraordinary energy.

• Human energy oscillates, peaks in demand and recovery are important for top performance.

• Sit less, stand more!

From the HPI corporate athlete course
Energy Management Tips

Are you aligned with your ultimate dream/purpose and mission in life?

Face the truth in all ways: Physically, Emotionally, Mentally, Spiritually

Stories (positive or negative) that you tell yourself are powerful

Changing your story is key to changing your life.

Human Performance Institute, Inc.
A BIG ENERGY ZAPPER
POOR NUTRITION PRACTICES AND OVEREATING

Remember ELEO
Eat Light and Eat Often like a Baby!
Whole Health begins with Mental Health
Cognitive-Behavioral Therapy/Skills Building is the Best First Line Evidence-based Treatment for Stress, Anxiety and Depression

The thinking/feeling/behaving triangle

- Thinking
- Feeling
- Behaving
Common Cognitive Distortions

Automatic Thoughts

• All or Nothing Thinking – “Anything less perfect is not acceptable.”
• Mind Reading – “She doesn’t think I am smart or competent.” “He doesn’t like me.”
• Overgeneralization/labeling – “I’m stupid” - in response to one poor grade on a report or a mistake at work. “I am a loser.” “I can’t do anything right.”
• Mental Filter – only seeing the negative: “I don’t do enough healthy eating and exercising. I lost 5 pounds, but still I am not where I want to be.”
• Catastrophizing or Minimizing – “I didn’t get a good review, I’m going to lose my job; I won’t be able to keep my home.”
• “Should” and “Must” Statements – “I should be a better parent or boss.”
• Personalization – “He changed the date of the gathering intentionally so I can’t come.” “We lost the game; its all my fault.”
Catch, Check and Change Your Automatic Negative Thoughts

• When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?
Is this thought really true?
Is this thinking helpful?
Do I have evidence to back this up?
Changing Negative to Positive Thinking Takes 30 to 66 Days of Consistent Practice
Read 5 Minutes in a Positive Thinking/Inspirational Book Every Morning and Night
Mindfulness Integrated CBT
Learn to Stay “In the Present Moment”

Mind Full, or Mindful?

The Present by Spencer Johnson is a great book to help
The 5-4-3-2-1 Method of Grounding/Mindfulness

**5-4-3-2-1 Grounding**

**FIND**
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can taste
- 1 thing you can smell
Behavioral Activation is Part of CBT
Choose an activity that you enjoy and even if you don’t feel like it, do it!
Micro-Recovery Breaks & Brief Interventions Work

Use the 4-7-8 deep breathing technique

Reduce meeting times and cancel unnecessary meetings to allow micro-recovery breaks! A 40% reduction in meetings increases productivity by 70%
A Paradigm Shift is Needed from Sick Care and Crisis Intervention to Prevention and the Building of Resiliency Skills

- Composure
- Patience
- Optimism
- Gratitude
- Acceptance
- Kindness
- Sense of purpose
- Forgiveness
- Connection

- Amit Sood, Mayo Clinic

Plus, cognitive-behavioral skills building and mindfulness- Bern Melnyk
An Ounce of Prevention is Worth a Pound of Cure

- Benjamin Franklin

Photo: https://www.pexels.com/photo/three-people-diving-on-body-of-water-1540108/
The Next 5 Years

What will you do in the next 3 to 5 years if you know that you can not fail?

Shoot for the moon, even if you miss, you will hit the stars.

- Les Brown

There Is A Magic In Thinking Big!
Take the 1-5-5 Eye Opener 30 Day Morning Challenge

1 Minute of Gratitude

5 Minutes of Reading in a Positive or Inspirational book

5 Minutes of Movement/Physical Activity
My Main Reasons for Engaging in Healthy Lifestyle Behaviors: Who are Yours?
Now More than Ever, We Need to Keep Dreaming, Discovering, Delivering and Taking Good Self-Care
Just “Do It!”
It’s Time to Have Fun and
Let’s Move for Energy with Chair Aerobics!
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