Micro-Wellness: Small Actions Lead to Big Results

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Hello!

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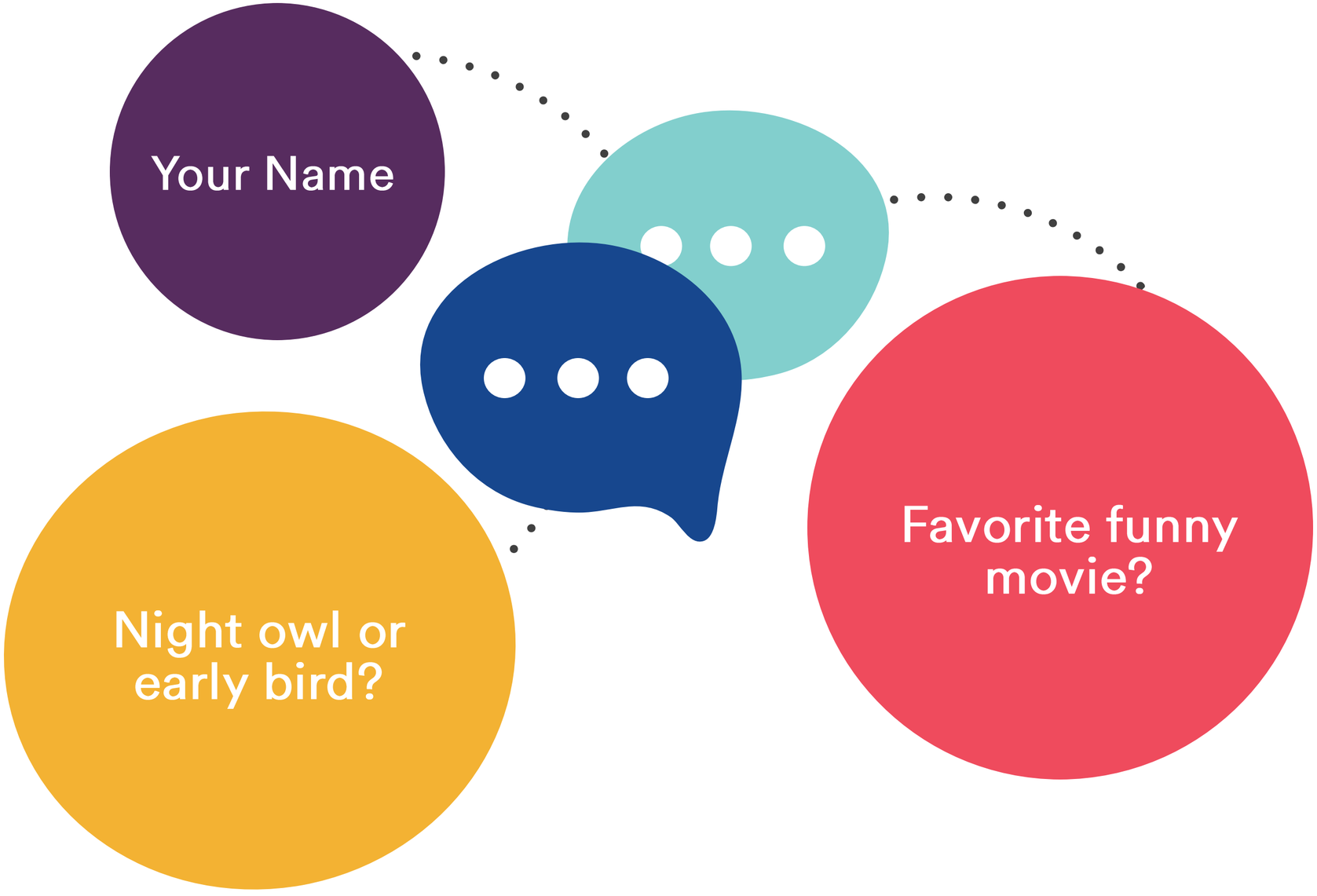
Introductions

Welcome!

In the chat, let us know:



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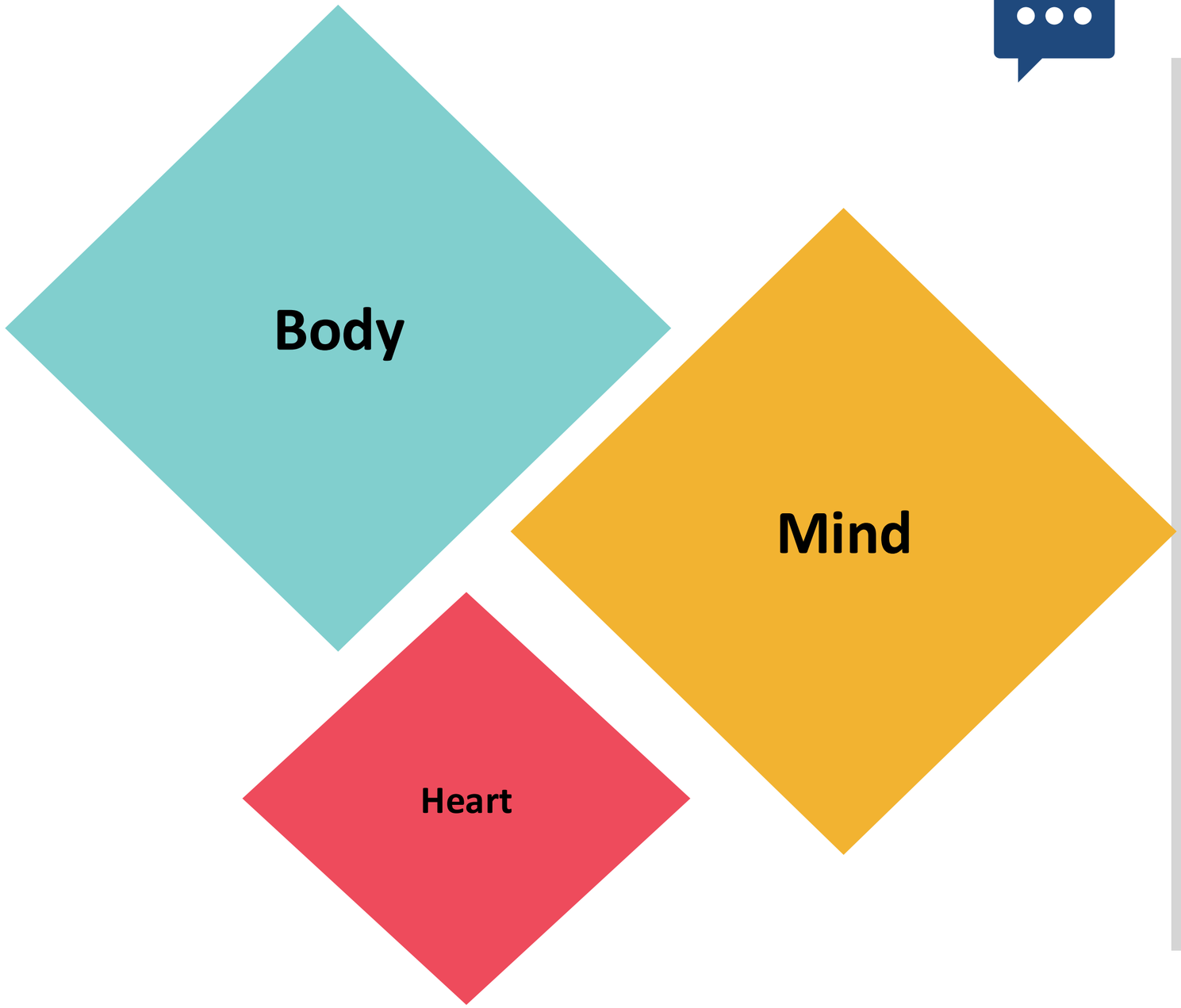
What does 'wellness' mean to you?

What is 'Micro-Wellness?



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How do your stressors look different now than they did thirty years ago?

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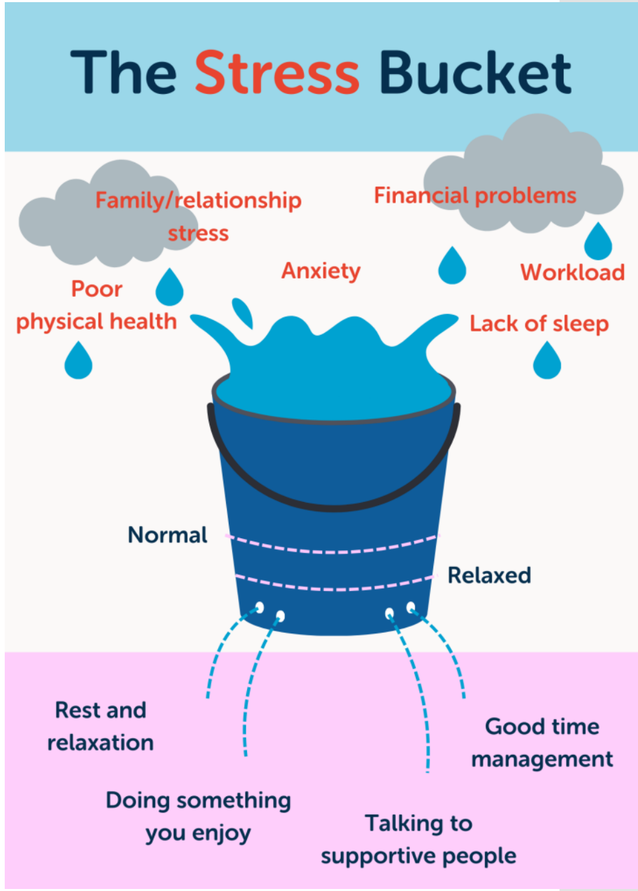
The Connection Between Micro Wellness & Resilience

Goes beyond weight loss and fitness (but can include them!)

Wellness as a positive coping mechanism in our stress bucket

Strengthens physical, mental, and emotional capacities

Not about doing MORE—it's about being more purposeful with what we already do



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What Wellness Is and Isn't

Wellness builds resilience – helps us recover & adapt during stress

Impacts brain chemistry and supports positive cognitive function

- Increases positive neurochemicals
- Decreases stress hormones

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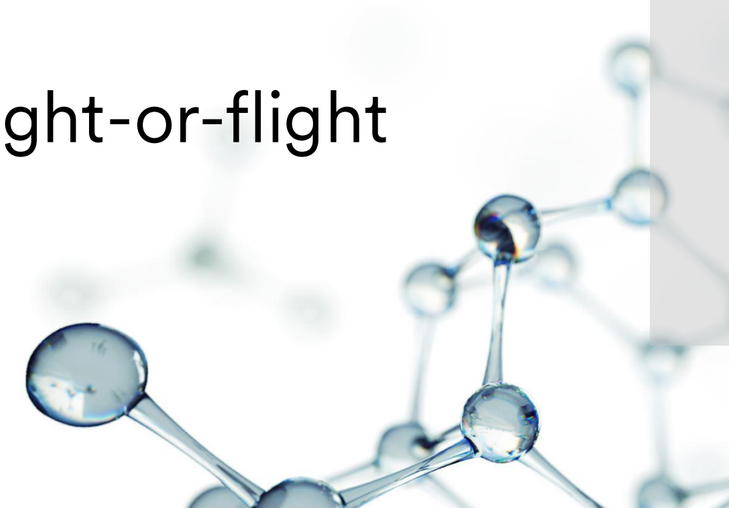
Positive & Negative Neurochemicals

Positive Neurochemicals:

- Dopamine: Motivation & reward
- Oxytocin: Bonding & connection
- Serotonin: Mood stabilizer
- Endorphins: Pain relief & pleasure

Stress-Related Neurochemicals:

- Cortisol: The stress hormone
- Catecholamines (Adrenaline): Fight-or-flight response



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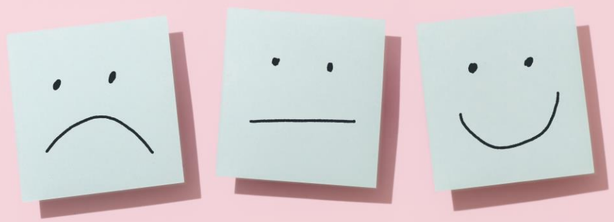
Why Neuro-chemicals Matter



Well-being practices act like a gas & brake pedal

Feeling grounded helps us make better life choices

Can motivate us to take positive action for our own well-being

Action before chemicals

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How can we tap into this natural source of feeling good?

What Increases the Good Stuff

- Movement
- Social Connection
- Nature
- Petting a dog/cat
- Laughter
- Mindfulness
- Creative activities
- Good Sleep

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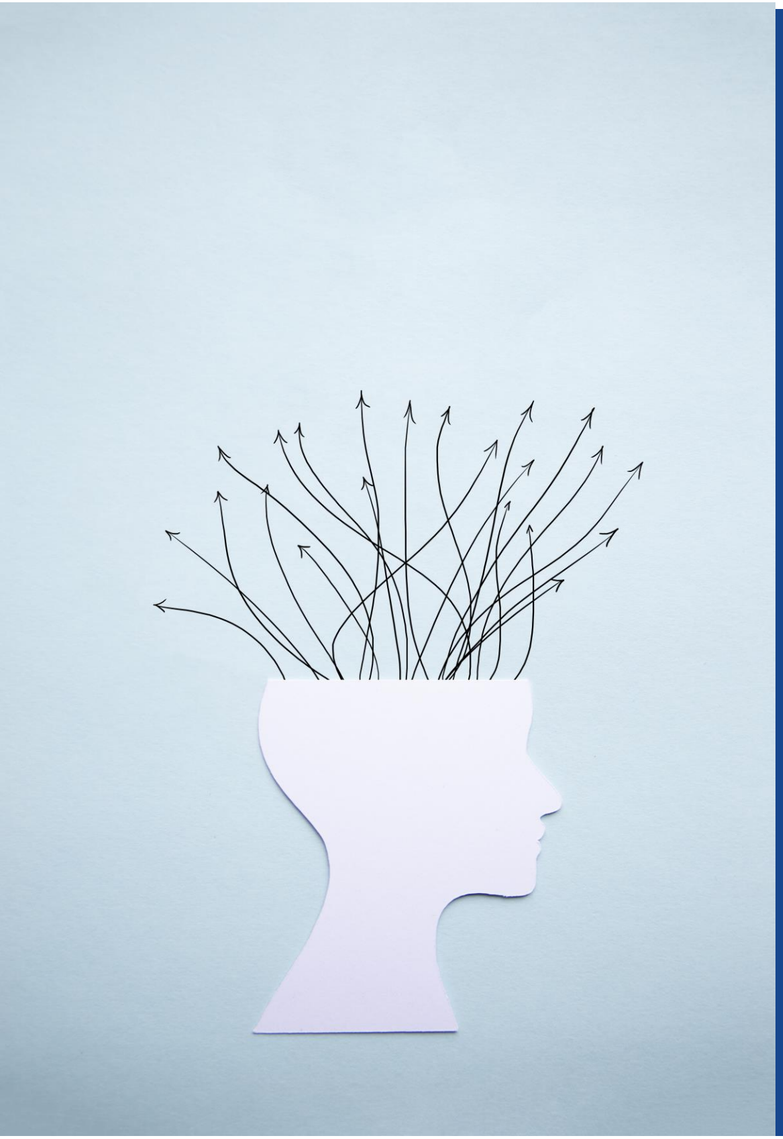

What depletes our reserves?

Activities and behavior that increase these:

- Social isolation
- Lack of Sleep
- Substance use
- Poor diet
- Grief/Loss
- Lack of physical activity
- Negative thought patterns

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The Holy Trifecta of Health: Nature, Sleep, and Humor

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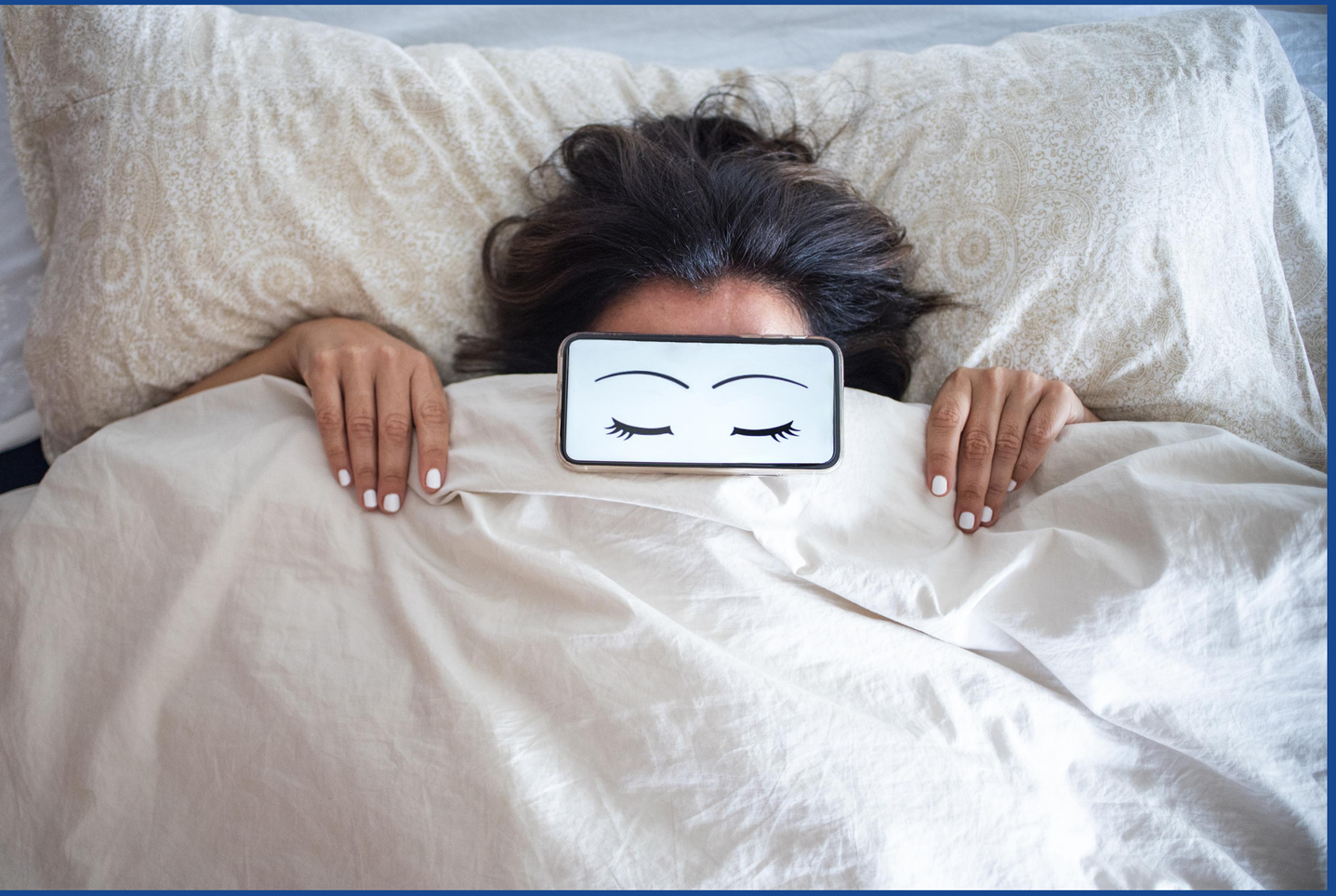
Humor: The Science



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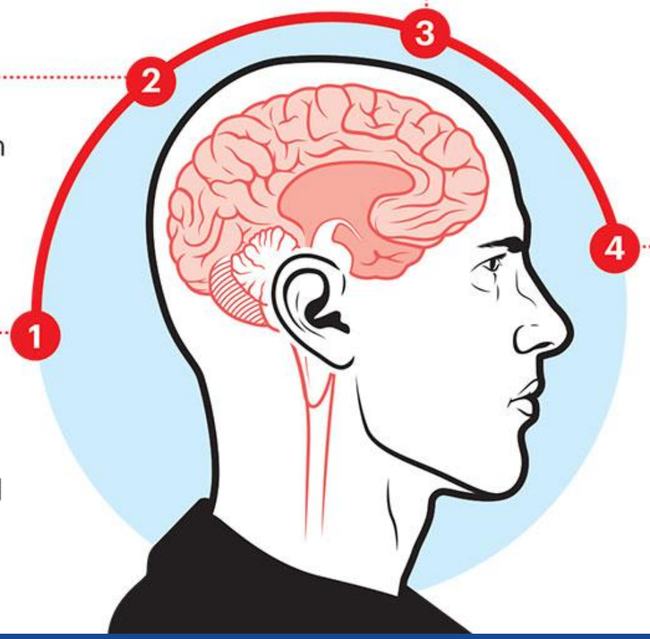
A BREAKDOWN OF THE CLEANUP



1. Brain cells perform autophagy ("self eating"), mopping up diseased and damaged bits of protein and metabolic waste.
2. Special nervous system cells sweep in to scavenge additional waste.
3. The glymphatic system flushes out dirty fluid and molecules from inside the brain tissue through a network of pathways. Clean cerebrospinal fluid replaces it.
4. Lymphatic vessels surrounding the brain deliver the waste to the lymphatic system, which rids the body of toxins, waste and other unwanted material.

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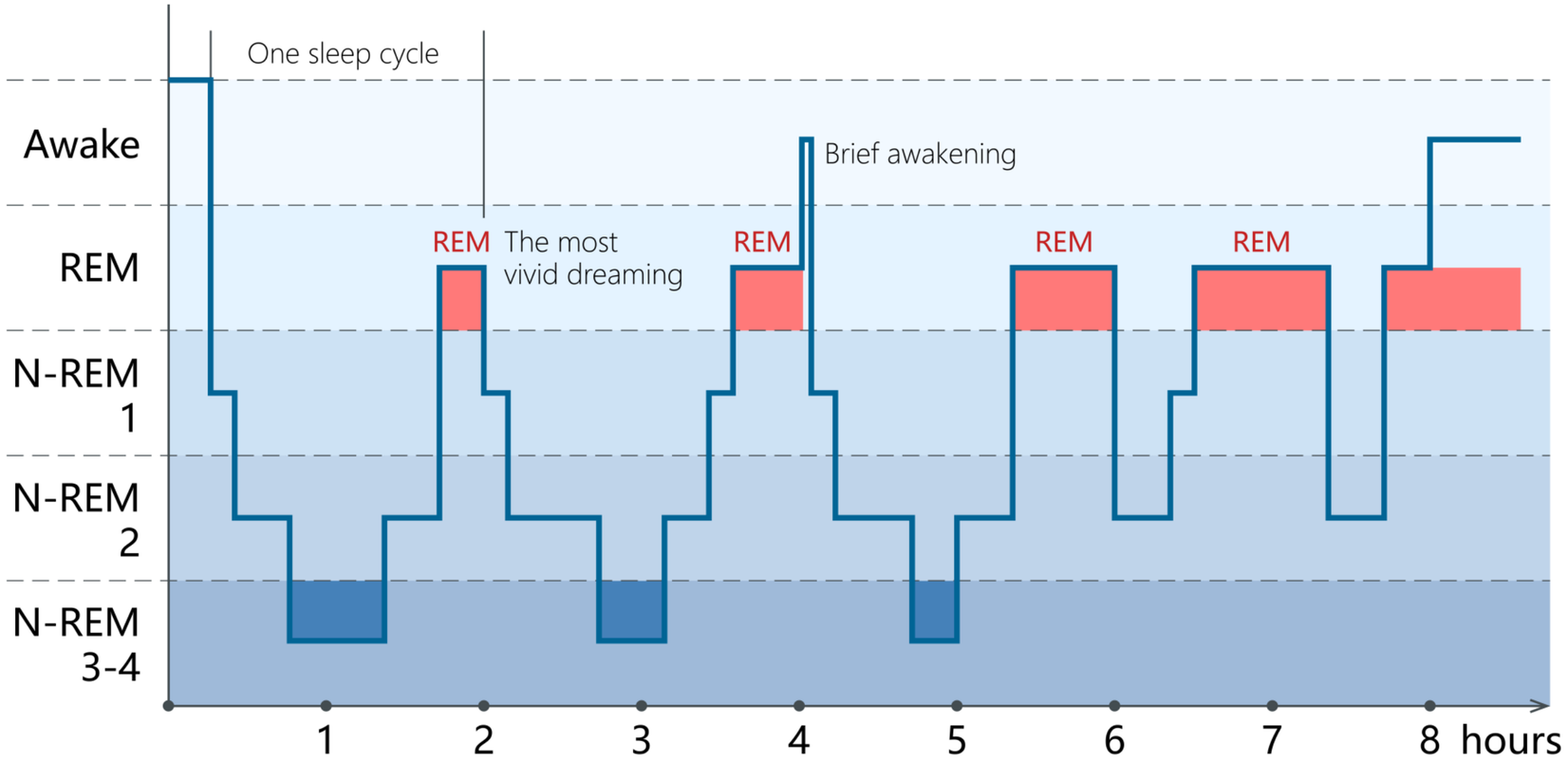
Sleep Cycles



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Restorative Sleep

- Avoid 'nightcaps'
- Have a routine
- Power nap: <20 min, >90
- Cool bedroom

Humor

- Videos
- Stand up comedy
- Friendship
- Activities

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Humor: The Science

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Nature

A recent study found spending time in nature boosts:

-body appreciation

-self-compassion

-overall life satisfaction

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Ways to bring more nature into your day:

1. Go Outside
2. Bring Nature In
    - Scents
    - Videos/Screensavers
    - Plants
    - Pet an animal

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Choose Your Three!

- Movement
- Social Connection
- Nature
- Petting a dog/cat
- Laughter
- Mindfulness/Meditation
- Creative activities
- Good Sleep

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Recap

Wellness is a resilience tool

Microdose wellness daily to shift neurochemicals

Small actions lead to big changes

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What's next?

What's ONE thing you'll implement today?

Q&A and discussion

Thank you for being here!

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