

# Physical Wellness for Work

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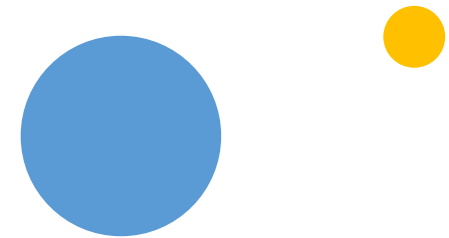
Inspired by...



18 free products  
backed by research  
evidence

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# Solutions Suite for Health and Recovery



# Solutions Suite Philosophy

- Products are available for free
- Can be delivered at minimal cost
- Focus on wellness & self-direction
- Requires low to moderate intensity training that is provided in the Suite through podcasts & webinars
- Complements traditional medical & behavioral health treatment
- Supported by research & evaluation - some are EBPs
- Responds to documented needs
- Supported by free technical assistance
- Many can be used by lay persons



# Solutions Suite

Created by UIC Center & Collaborative Support Programs of New Jersey



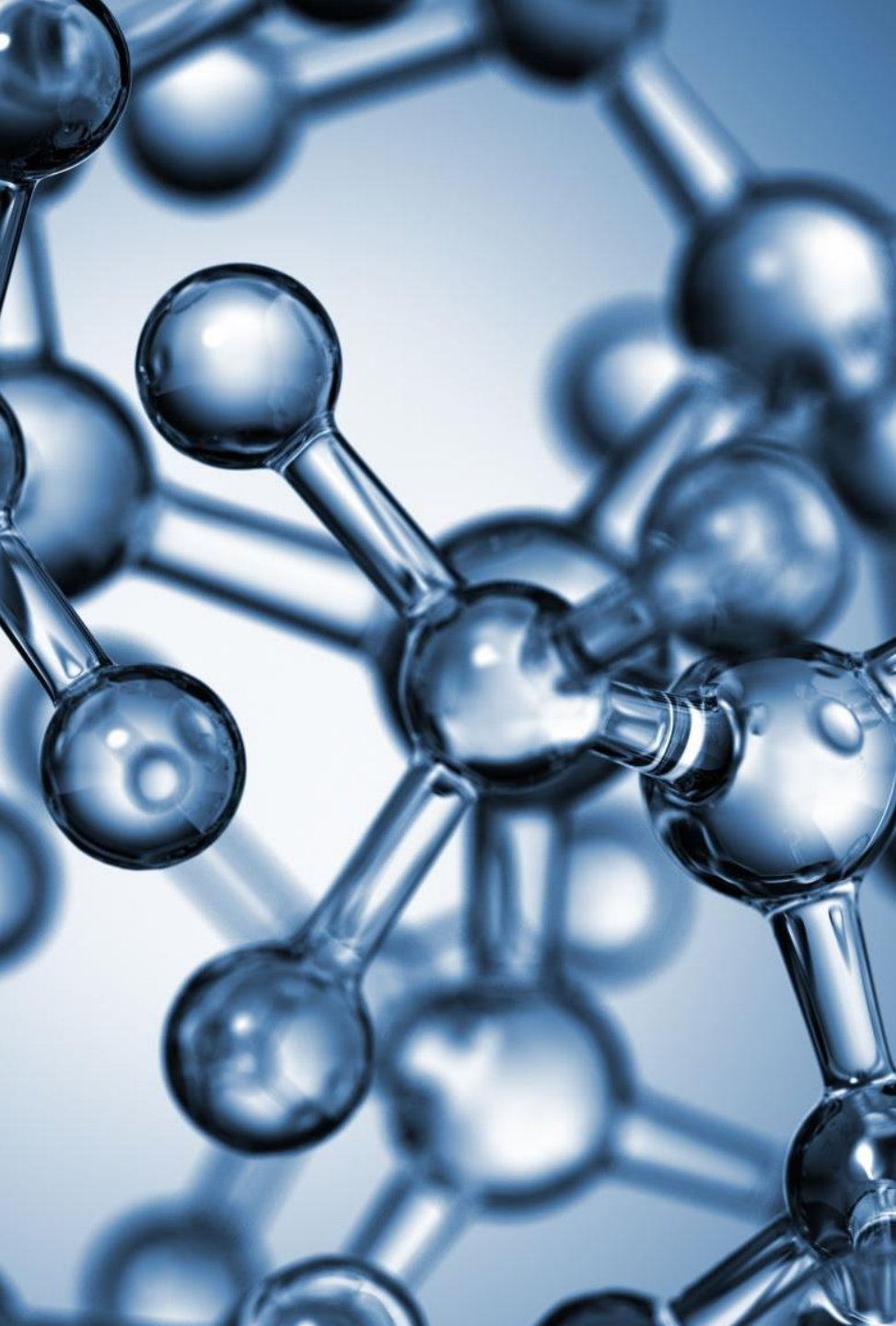
## Integrated Health and Mental Health Care

Suite products promote physical health and wellness



## Self-directed Recovery

Suite products promote self-direction & choice for people with disabilities & medical conditions



# Integrated Health & Mental Health Care Tools

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Nutrition & Exercise for Wellness and Recovery

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Wellness Activities Manual

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Online Diabetes Education Toolkit

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Wellness in 8 Dimensions & The Wellness Daily Plan

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Promoting Wellness for People in Mental Health Recovery

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Physical Wellness for Work

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Health Passport/Portable Health Record

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Journaling – A Wellness Tool

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Keeping Healthy After the Hospital

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Whole Health Action Management



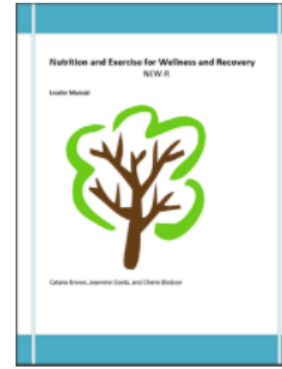
# Tools to Enhance Self-Direction

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- Building Financial Wellness
- This is Your Life: Creating a Self-Directed Life Plan
- Express Yourself: Assessing Self-Determination in Your Life
- Raising Difficult Issues with Your Service Provider
- Action Planning for Prevention & Recovery
- Seeking Supported Employment
- Guidebook on Assessing Cultural Competency
- Self-Directed Care Implementation Manual



# Product Landing Page



Download the manuals & exercise videos for free

## What is the program?

*Nutrition and Exercise for Wellness and Recovery (NEW-R)* helps people with mental illnesses gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change, and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

## Who can use it?

NEW-R is safe for most participants. However, people with cardiovascular conditions (such as past heart attack or angina) should get a doctor's permission before participating. Additionally, pregnant women or individuals with a history of anorexia or bulimia also should have a doctor's approval before joining a NEW-R class. Individuals who have trouble walking due to back, knee, or hip ailments can participate in the exercises, as long as they are seated.

## How does it work?

NEW-R is a two-month class that meets for 90 minutes each week. Because participants should have control over their meal planning and ability to exercise, the class is best offered in community-based settings. It can be taught in mental health or social service agencies, peer-run programs, community health clinics, or anywhere in the community where people can gather comfortably and privately.

NEW-R is taught using a leader manual (42 pages) and a participant manual (70 pages). Both are written at a grade school level. They can be downloaded for free and should be printed and bound for use.

Each session is comprised of didactic teaching of nutritional and other health content, followed by active learning in which participants practice skills and make plans to apply the information in their own lives. This format allows the program to be highly individualized to each person's needs, strengths, interests, and personal situation.

The exercise segments of NEW-R classes use 8 free exercise videos. Each was designed by occupational therapists, and features OT students and people in recovery. Video sessions average 20-25 minutes, and include dancing, yoga, upper and lower body strength, kickboxing, core work, cardio, and a mixed workout. The videos are offered from the lightest to the heaviest exertion needed to complete the exercises. All exercises are demonstrated by students who are standing and sitting, to teach people who do not exercise regularly how to safely participate while building their strength and endurance.



# Product Landing Page

## What resources are needed?

- A computer and copier to download and prepare the manuals
- A private room
- A high quality digital scale (up to 500 pounds) for weekly weigh-ins
- Pencils for participants to take notes
- A white board or flip chart for use during classes
- Equipment and a large screen (or white wall) to show the exercise videos each week, either streaming from the web or on a laptop using a DVD [click here to stream from the web](#) or [click here to request a DVD](#)
- 1-5 pound weights for some of the exercise videos
- 2-3 sturdy, armless chairs for participants who need to sit or hold on for balance when exercising
- Water to help participants remain hydrated after physical activity
- You may need to help participants find affordable exercise shoes; exercising in dress shoes, sandals, boots, or very old tennis shoes is not advised

## What experience is needed?

While specialized training is not necessary to run a NEW-R class, it is advisable for at least one of the teachers to have experience leading health education groups. Helpful preparation also includes:

- Reading the entire leader and participant manuals before running a class
- Regularly visiting [ChooseMyPlate](#) for current dietary guidelines, fact sheets, recipes, and other educational resources
- Learning about the role of food in various cultures

NEW-R works best when both facilitators also set healthy eating and exercise goals, along with the class participants. This will help build empathy for the struggles many people face when seeking to change their health habits.



A free podcast on why to use NEW-R

Podcast length: 8 minutes  
[Download NEW-R podcast in mp3](#)



A free webinar on how to implement NEW-R (103 minutes)  
[Download NEW-R webinar in mp3](#)

[Request technical assistance](#)



## Physical Wellness for Work

# Physical Wellness for Work

Success at work requires a level of stamina, energy, and concentration that can be challenging to sustain without attention to daily wellness habits and routines. Physical Wellness for Work offers manageable activities to augment health and wellness. Its underlying philosophy is that even small changes in daily habits can result in increased energy and health for a better and more satisfying workday.

# When preparing to use the workbook, keep in mind...



Many people who use the workbook say it reminds them of what they are already doing well, not just the things they want to change or improve.



Users choose the ideas that make the most sense for them personally. It is a self-directed process.



Making one or two small changes at a time is more likely to result in success.



We encourage people to periodically review the activities in the workbook to make updates.



We recommend that users review any changes they make in their plans/goals with their supporters and providers, including Employment Specialists if they are receiving supported employment.

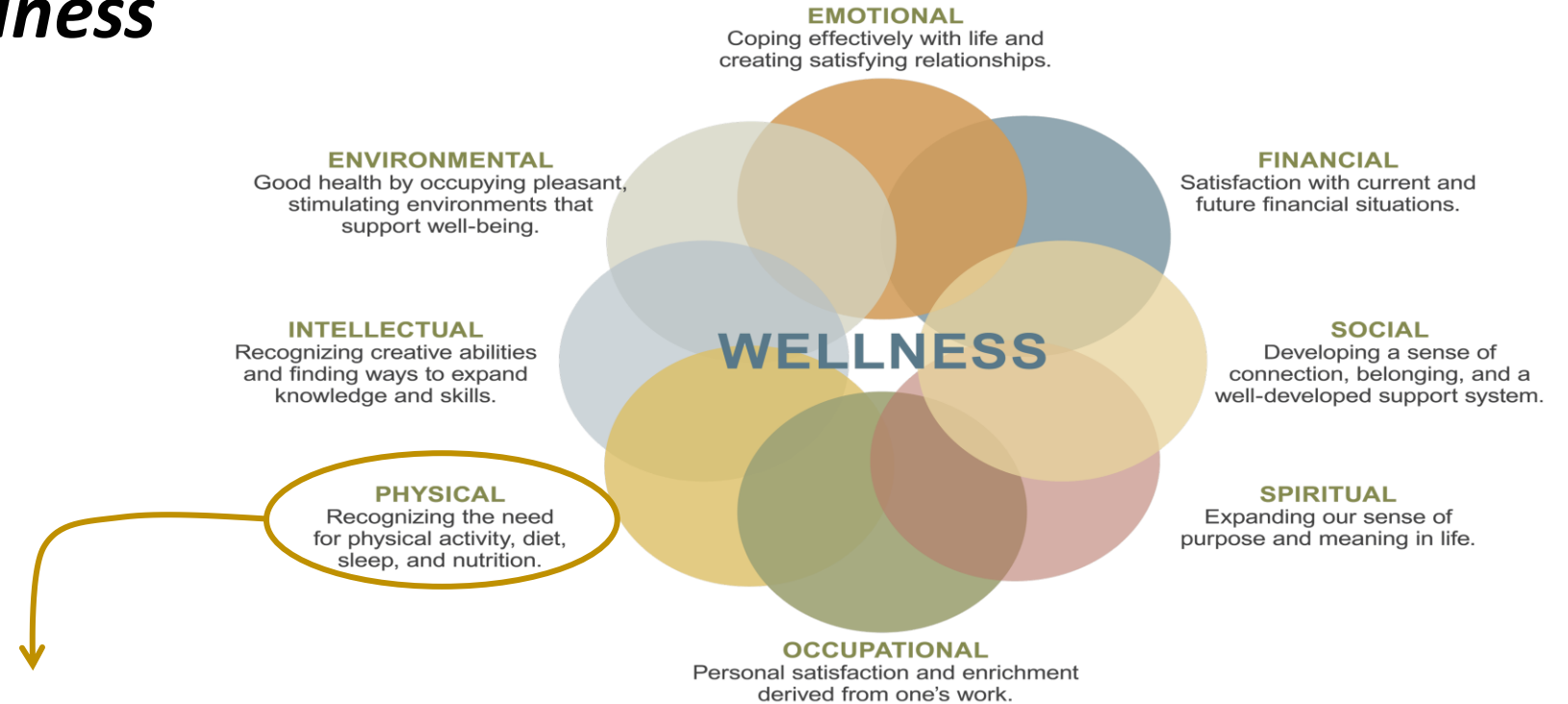
# Personal Responsibility for Wellness





Adapted from Swarbrick, M. (2006).  
A Wellness Approach. *Psychiatric  
Rehabilitation Journal*, 29(4), 311-314.

# Focus on Physical Wellness



Sleep & Rest--Healthy Eating--Physical Activity

## Habits & Routines

Activities to manage stress  
Medical care and screening

## Why Focus on *Wellness*?

You have strengths

*what you  
focus on  
Expands*

Physical Wellness  
habits build other  
Wellness habits

# Small Choices Add Up



Our daily choices affect our physical wellness



Your physical wellness affects how well you work



Small daily choices become healthy habits



Over time, new habits affect you for the better





## *Workbook: Describe your physical health*

- Your typical day, including your workday
  - Some people may not be working now
- Think about how you could work more or better
  - Work smarter not necessarily harder
- What habits do you want to create?



# Workbook: Overview of habits, routines



A habit is an automatic behavior

Routines are patterns of habits

Habits and routines provide structure that contributes to workplace wellness

Routines also help when you are challenged or stressed at work

# *Workbook:* Checklist and self- reflection



Lists habits and routines, including but not limited to those at work

What do you do already?

What new habits or routines would support wellness at work?

# *Workbook:* Things you can try

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- *Examples:*
- Organize your day around your natural clock
- Use prompts and reminders to establish and maintain healthy routines

*Workbook:*  
Sleep and rest

Most people need 7 to 8 hours of sleep a day

If you don't sleep well, it's hard to be productive

Stay awake and alert throughout the workday

Have the energy you need to do your job

# Workbook: Self-reflection and tips

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*Examples:*

Do you wake up  
feeling rested?

How about your  
energy through  
the work day?

What do you do  
when you get  
home from work?

What could you do to improve your sleep and rest?

# *Workbook: Physical activity*

Any body movement

Most jobs require some physical activity

All jobs require attention and energy

What do you do now?




# *Workbook: Self-reflection and tips*

- Balance, strength, energy, flexibility
- What activities suit you?
- How can you build up your active time?


What could you do to increase your physical activity at work?


How could you increase your physical activity outside of work?





# *Workbook:* Relaxation, stress management


A thick yellow horizontal bar spans the width of the slide, with a vertical yellow bar extending downwards from its right end.

- Techniques to help you cope with pressure at work from deadlines, meetings, performance reviews, etc.
  - Refresh your body and mind
  - Record what you do now
- 
- A thin grey horizontal bar spans the width of the slide at the bottom.



# *Workbook: Self-reflection and tips*

- Do you know when to take a break both at work and from work?
- Can you handle work-related stress?
- What stress management techniques do you use?



What could you do to  
strengthen your relaxation  
and stress management  
habits?

# What do you do to Relax/Manage Stress ?



Post in the Chat what you do

# Workbook: Healthy eating

Eat foods that fuel your body & mind throughout the workday

Eat regular meals at work – resist temptation to skip lunch

Watch portion size – heavy lunches can lead to afternoon sluggishness


Limit caffeine and sugar, especially as work stimulants

What do you do now?

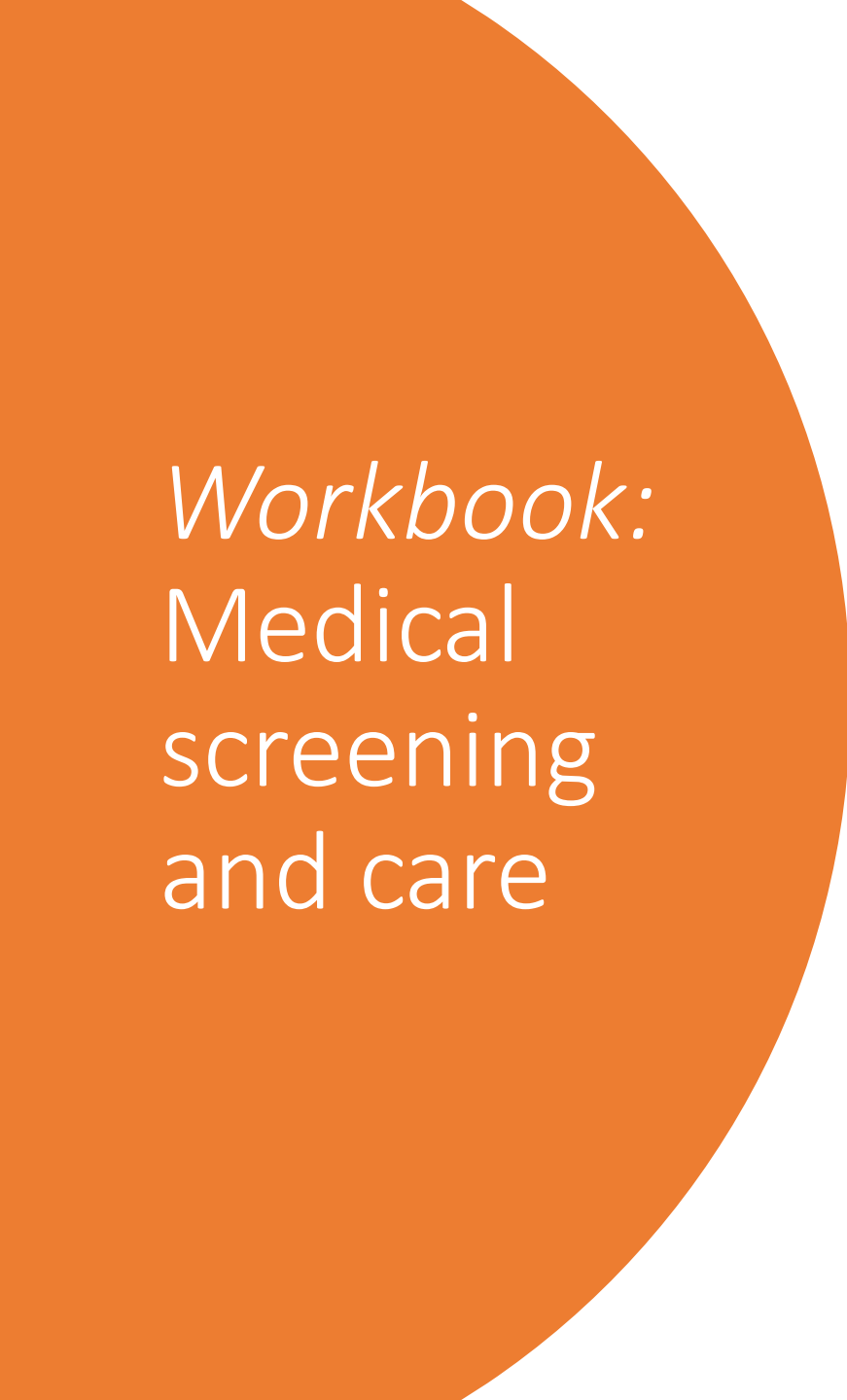


# *Workbook:* Healthy eating tips


- Bring a healthy meal to work
- Scout out healthy restaurants nearby – chance to combine activity (walk to lunch) and healthy eating
- Drink plenty of water



What could you do to strengthen your eating habits and routines?




*Workbook:*  
Medical  
screening  
and care

- Many workers have chronic medical conditions they manage at work and home
  - Screening means preventive tests
  - Care means getting treatment
  - Record recent test results
- 



# *Workbook: Where will you start?*

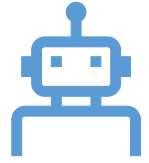
- Identify strengths in each physical wellness area and how they connect to your job and work performance
  - List what you want to change or improve
  - Work with people who support you including co-workers
- 



YOGA

# My Physical Wellness Activities






# Organizing Group Sessions

- Organize a Wellness at Work Zoom Group series to review sections of the manual & complete exercises together
- Create a virtual environment of co-worker support for enhancing healthy workplace routines
- After the group ends, consider adding elements to keep the momentum like a walking group, Zoom yoga, etc.



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# For Further Exploration

## ❖ Solutions Suite

<https://www.center4healthandsdc.org/solutions-suite.html>

## ❖ Center for Integrated Healthcare & Self-Directed Recovery

<https://www.center4healthandsdc.org/>

## ❖ UIC Center Twitter Feed

[@UICHealthRRTC](https://twitter.com/UICHealthRRTC)

## ❖ Rutgers Center Wellness Quiz

<https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/>

# Contact Information



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