



Wellness@WIC

Oregon Public Health Association

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October 14, 2013

Objectives

By the end of this presentation, you will be able to:

- Identify the Six Dimensions of Wellness as described by the National Wellness Institute.
- Examine quarterly resources provided to state and local staff.
- Experience the creative ways staff across the state are incorporating wellness into their worksites.
- Discover how resources can be shared.

Right hand, Left hand

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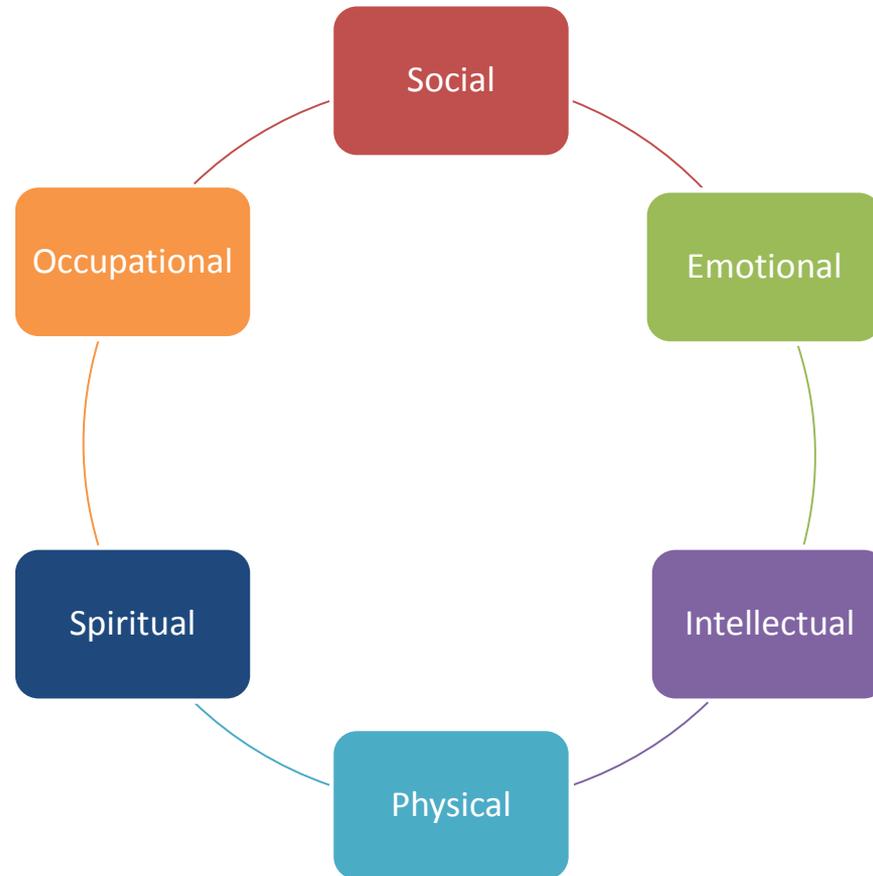
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Six Dimensional Model of Wellness



“Wellness is a lifelong journey, an active process of making daily choices and commitments to better health and well-being.”

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Behavior	Functions	Skills
Brain Stem State: Survival Need: Safety “Am I safe?”	<ul style="list-style-type: none"> •Survival systems •Modulate states of arousal •Unconscious •Born online 	<ul style="list-style-type: none"> •Fight <ul style="list-style-type: none"> •Hit, kick, push •Physical aggression •Flight <ul style="list-style-type: none"> •Withdraw, hide, run, scream •Fool <ul style="list-style-type: none"> •Deceive, lie
Limbic System State: Emotional Need: Connection “Am I loved?”	<ul style="list-style-type: none"> •Emotional tone: flexible or rigid; positive or negative •Attachment; relationships, territory •Stores highly charged emotional memories •Unconscious 	<ul style="list-style-type: none"> •It’s all about ME •Things are not going well and it’s all your fault
Cortex State: Integrated Need: Problem Solving “What can I learn from this?”	<ul style="list-style-type: none"> •Impulse control, self control •Empathy •Working memory •Sustained attention •Planning, prioritization, initialization •Organization, time management •Goals 	<ul style="list-style-type: none"> •Access your own wisdom •Empathy: see the world from another person’s perspective. Give and receive love •Manage your impulses, time, priorities and dreams to live the life you truly want.

✓ Recognize their own patterns of behavior.
 ✓ Navigate brain behaviors.
 ✓ Practice breathing techniques.



Children Learn What They Live

by
Dorothy Law Nolte

If a child lives with criticism,
He learns to condemn.

If a child lives with hostility,
He learns to fight.

If a child lives with ridicule,
He learns to be shy.

If a child lives with shame,
He learns to feel guilty.

If a child lives with tolerance,
He learns to be patient.

If a child lives with encouragement,
He learns confidence.

If a child lives with praise,
He learns to appreciate.

If a child lives with fairness,
He learns justice.

If a child lives with security,
He learns to have faith.

If a child lives with approval,
He learns to like himself.

If a child lives with acceptance and friendship,
He learns to find love in the world.

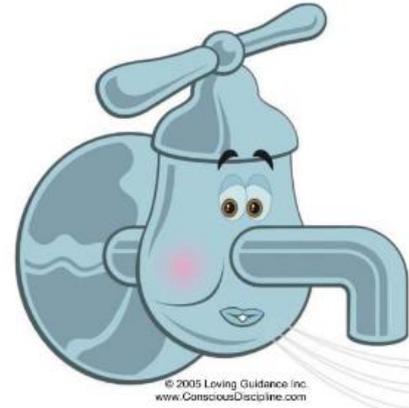


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S.T.A.R



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Drain



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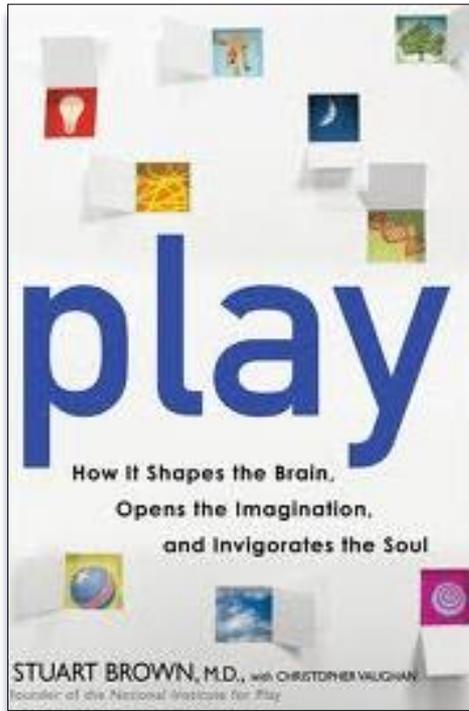
Balloon



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Pretzel

Physical Wellness



“The beneficial effects of getting just a little true play can spread through our lives, actually making us more productive and happier in everything we do.”

Stuart Brown, M.D.

Staff Playbook



Malheur County: Healthy Nellie & Her Sidekick Nelson



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State & Local Response

Really, Really, Really well done. This is a really great resource in a very positive and fun tone. Thank you for taking charge and putting your heart and soul (sole) into this project!

Resource of Note



Designed to help worksite wellness professionals keep abreast of emerging industry trends, share ideas and best practices, leverage the group's collective experience, and build strong relationships.

<http://wellnessnetwork.eventbrite.com/#!>

For more information on



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bit.ly/wellnessatwic



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