

PROVIDING A PATHWAY TO PERSONAL WELL-BEING IN A CAREGIVERS TIME DEFICIENT DAY

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WHAT IS WELL-BEING?

- Body - A body actively pursuing its optimal functional well-being
- Mind - A mind engaged in the pursuit of emotional and intellectual well-being
- Spirit - A spirit driven in the pursuit of finding purpose.
- Social - A person connecting with others in the collective pursuit of well-being.
- Environment - An environment where individuals interact with the world around them for optimal well-being.
- Life Work - Employing one's skill-set and interests in the pursuit of well-being.

CARE-GIVING & DEPLETION

QUESTION ?

- Is health and well-being, or the lack of, impacting your daily life?
- Is it an obstacle?

WHO ARE YOU?

- You provide care, it is what you do.
- Do not be defined as a caregiver.
- YOU ARE NOT SECOND!
- "Second" mentality is harmful to well-being.

BARRIERS IDENTIFIED

POSSIBLE BARRIERS YOU ENCOUNTER



NOT ADDRESSING BEHAVIOR CHANGE

- We are not Ignorant, we are Stubborn
- My goal is not to make you less stubborn, rather show you a simplified approach to wellness and healthy choices.
- I want you to see its importance in your life.

**IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.
IF NOT, YOU'LL FIND
AN EXCUSE.**

CURRENT INTERESTS & PASSIONS



1. _____
2. _____
3. _____
4. _____
5. _____

WELL-BEING CONTINUUM



CHOICES DETERMINE YOUR CONTINUUM'S OUTCOME



WELL-BEING BEGINS AND ENDS WITH MOVEMENT

How can you incorporate movement into those same passions?

You are free to design your well-being path.

Contd.....

MEANING OF MOTIVATION :

Motivation is derived from the Latin word 'movere' which means 'to move' or 'to energize' or 'to activate'.

WHY ME, WHY NOW?

- Benefits
- Cognitive Impact
- Body and Brain Connection
- Social Connections
- Cumulative Result of Well-Being Behaviors

STRENGTHEN MENTAL CONNECTIONS

Activity & Exercise Regulates Emotions

Releases Endorphins & Neurotransmitters

GABA (Xanax); Serotonin (Prozac); Norepinephrine & Dopamine (Ritalin)

Naturally Reduces:

- Stress, depression, anxiety
- More powerful than Rx medications

Add mental activity to physical activity

- Using more brain cells more intensely
- Supercharging brain's growth & connections



NEUROPLASTICITY

Brain can change its structure and function based on experiences throughout life.

Key Ingredients

- Active lifestyle
- Lifelong learner
- Socializing



“PHYSICAL ACTIVITY IS COGNITIVE CANDY”

~JOHN MEDINA, MOLECULAR BIOLOGIST, RESEARCHER, AUTHOR OF “BRAIN RULES”

Activity & exercise that increases heart rate.

Aerobic exercise 2x/week, decreases risk of:

- Dementia by 50%
- Alzheimer’s by 60%

Resistance Training

- Improves memory and cognitive function
- Reduces depression and chronic fatigue
- Improves self-esteem
- British researchers found leg strength is the best predictor of brain health.

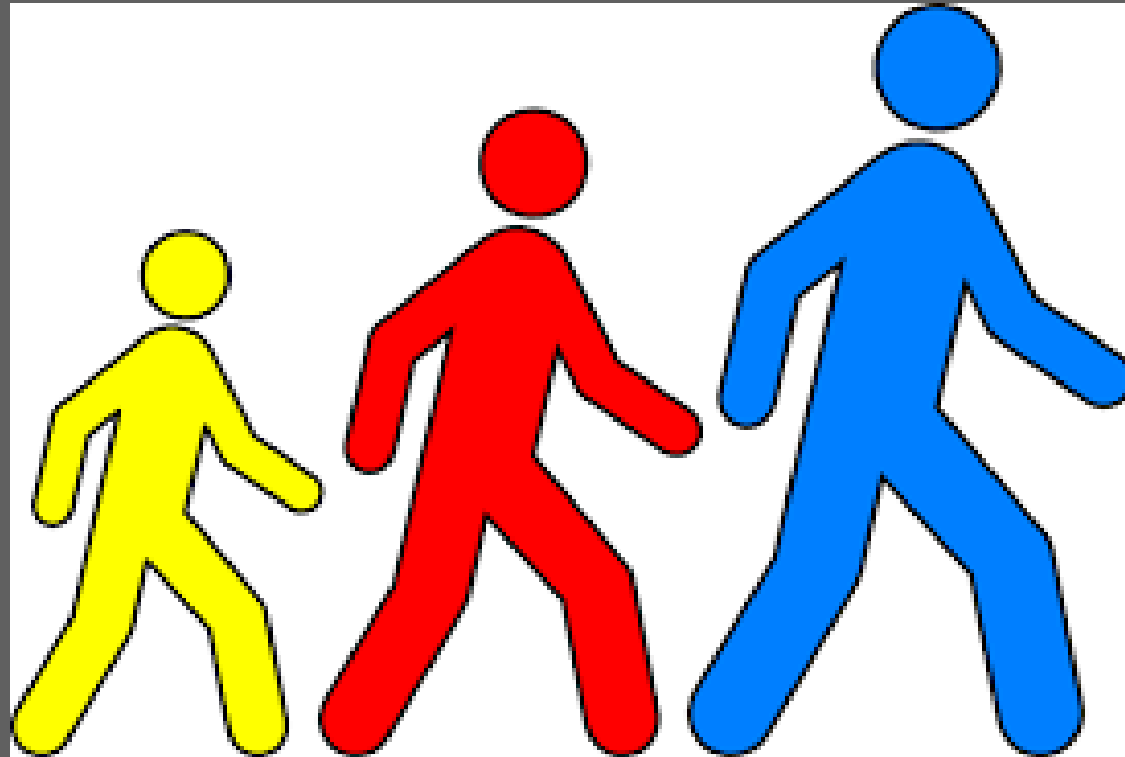
resilience

or **resiliency**

noun

1. the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.
2. ability to recover readily from illness, depression, adversity, or the like; buoyancy.

STARTING POINTS



ITERATIONS AND PROGRESSIONS

Health, fitness and nutrition. Start basic with the skills you already have. Moving up and progressing should be introduced once we master or feel confident with something.

For new skills to be acquired and enjoyed, it takes an amount of confidence and determination. It is okay to start with what you know and continue on with what you know.

Cumulative effect of well-being activity

HONOR AND RESPECT

➤ You are a Direct Product of Your Thoughts

- Health is not a visible comparison – we would all be walking around with signs over our head with chronic conditions, depressed, heavily medicated, addictive personality, social anxiety disorder, GAD, Crohns, COPD, Diabetes, Asthma, Arthritis
- 50% of adults have a chronic condition
- Honor your body and where it is at
- Honor your abilities