

Building Rhythm & Resilience Through Whole Person Health

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#LIV25 | @AdventHealthKC

Should you



Finding Balance

The Sweet Spot

ENGAGE

- Purpose
- Know Your Why
- Plan Your Path
- Find Your Tribe

ENERGIZE

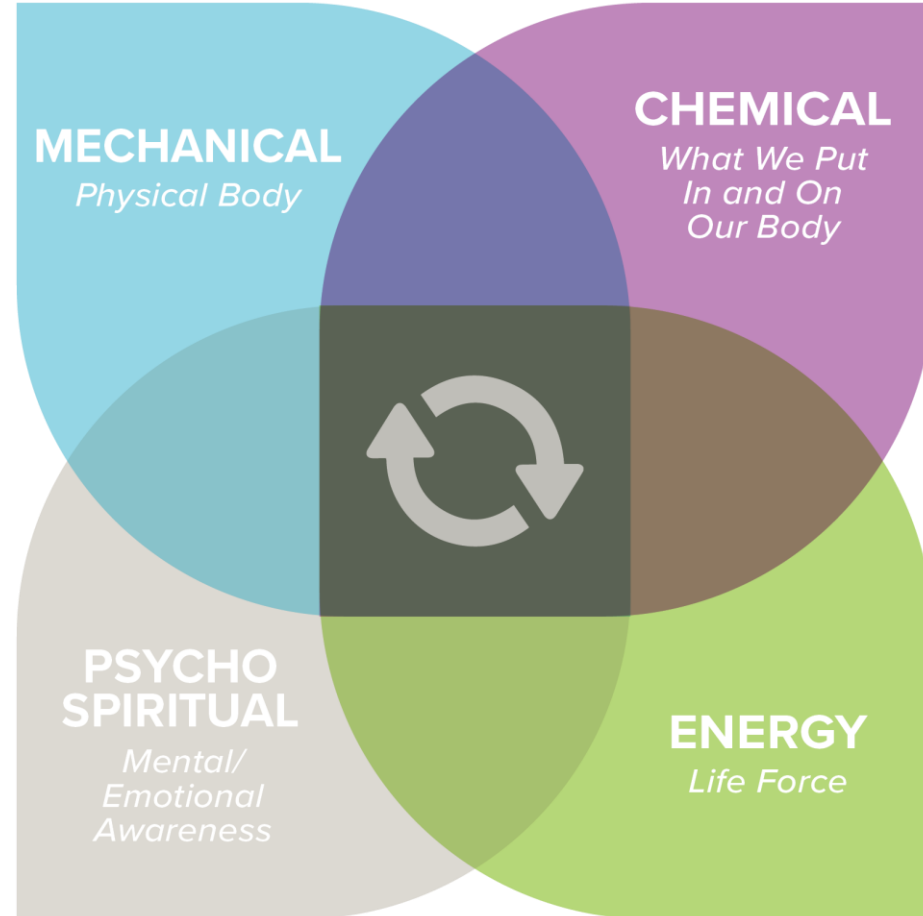
- Fatigue
- Food as Fuel
- Energy

ENRICH

- Global Impact
- Gratitude
- Service



Quadrants of Well-Being



www.SmallChangesBigShifts.com

Wellness Assessment

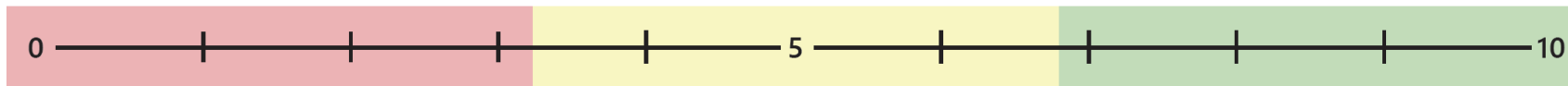
Mechanical

Mechanical.....

I don't pay attention to how many breaks I take from my computer

Some days are better than others

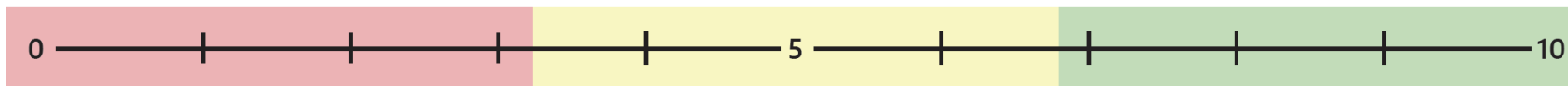
I make a conscious effort to get up and walk around every hour



I experience frequent headaches, especially neck and shoulder pain

I get one or two headaches a week

I rarely have headaches or experience pain



What can you do to be more active? _____

Healthy Habits Mechanical



Wellness Assessment

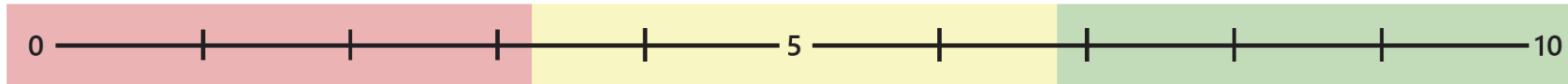
Chemical

Chemical

I eat whatever is easiest and fastest, but it's not healthy

I make healthy food choices half the week

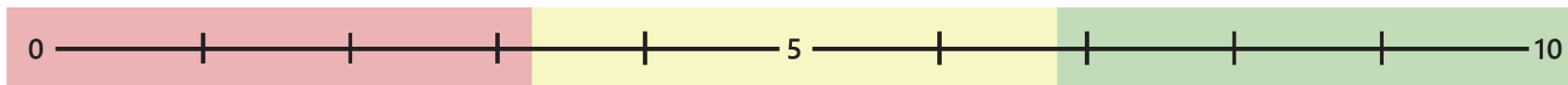
I make healthy meal choices, especially breakfast and lunch



I frequently catch colds or other viruses

I'm sick every now and then, but not often

My immune system is strong, I rarely get sick



What can you do to improve your immune system? _____

Healthy Habits Chemical



Body Talk

Provides a view of how your body processes what it takes in...food and otherwise



Change how you treat your body, and your body will change how it functions!

Wellness Assessment

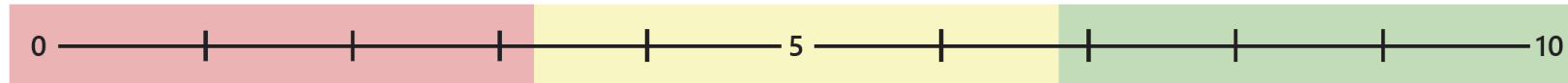
Energetical

Energetical

I am not motivated to do my job or be social

Some days I'm inspired, but most days I struggle

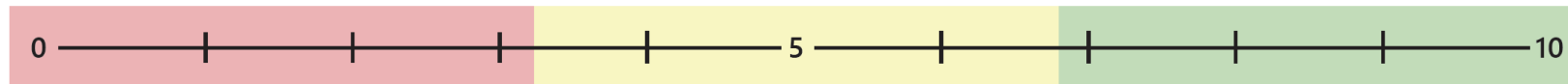
I'm excited to wake up and start work in the morning



I read or leave the news on in my house most of the time when I'm home

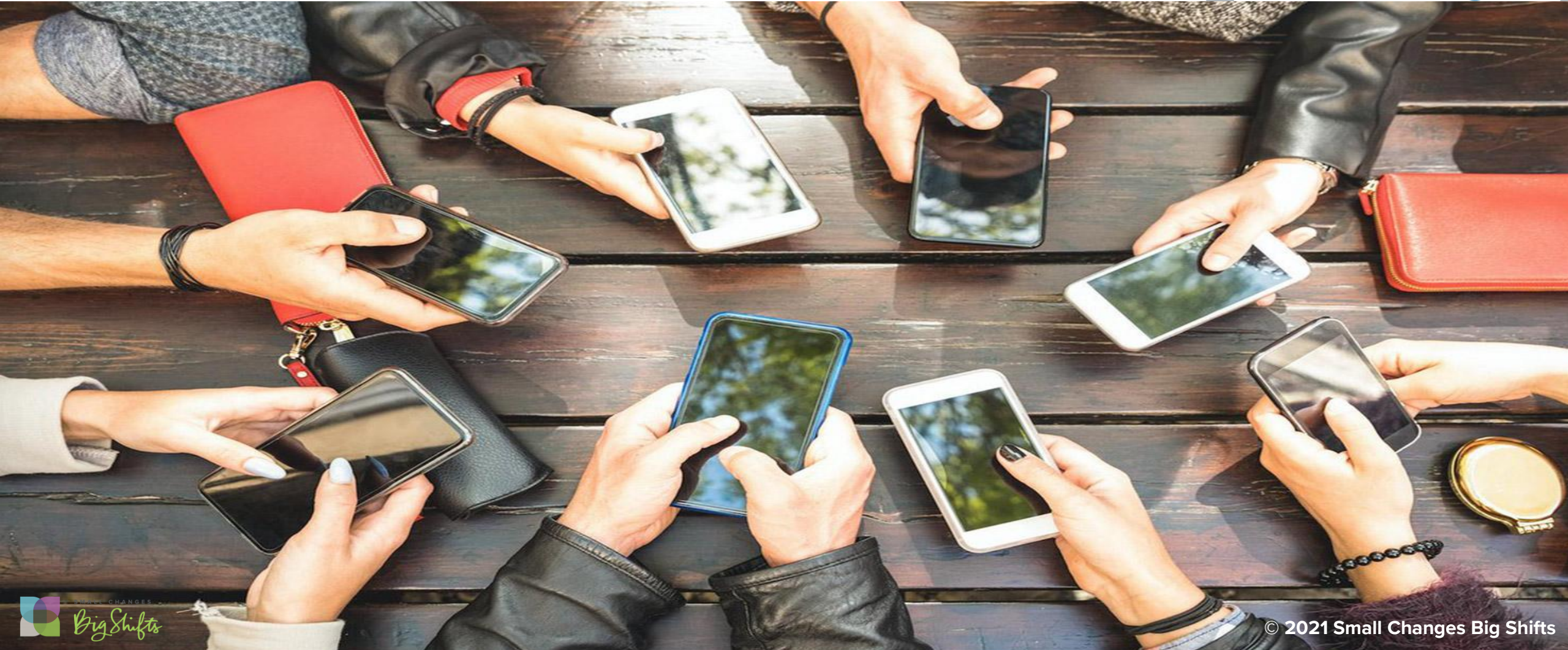
I check the news multiple times a day, but I'm able to unplug from it

I turn off or switch channels after I catch the highlights on the news



What are your energy drains that you start to change? _____

Healthy Habits Energetical



Wellness Assessment

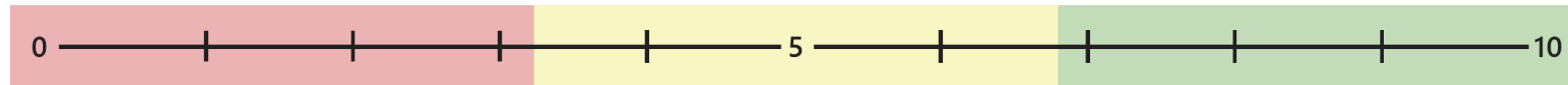
Psychospiritual

Psychospiritual

I feel more fearful than excited about the future

Sometimes I worry about the future

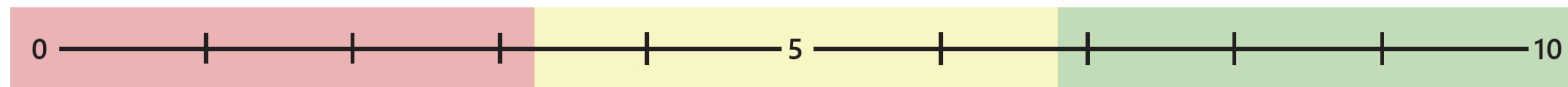
I can't wait to see what the future holds for me



The people in my life don't inspire me

There are a few people who keep me inspired

I have a strong support system and connection with people in my life



What can you do to help calm your mind and spirit? _____

Healthy Habits Psychospiritual



Your Mind

The Committee

Positive Self-Talk



The Plan

<p>Quadrant Rating</p> <ul style="list-style-type: none"> - You need to stop, make a course correction and take action in that area - You need to use caution, pay attention and start making changes in that area - You're doing good in that area, keep moving <p>Think of it as if you are driving across country with a GPS. The more often you stop, pull off the road or take a detour (red), the more the GPS has to reroute itself. When the GPS is having to constantly recalculate and reroute, more energy is used, and your journey can become complicated. You need to make a course correction and take action to stay on the clearest route to wellness.</p>	<p>Mechanical</p>	<p>Chemical</p>
	<p>Energetic</p>	<p>PsychoSpiritual</p>

Learn it!

<p>Mechanical</p> <p>The physical body is influenced by how and how often you move. We are designed to move and to be able to move for our entire lives, but our sedentary lifestyles and sometimes our health symptoms keep us still. Changes to our lifestyle can support our movement.</p> <p>Visit: www.smallchangesbigshifts.com/mechanical</p>	<p>Chemical</p> <p>The body's chemistry is influenced by what enters it and what is released in its efforts to maintain a state of balance, called homeostasis. You are what you eat! And you are also what your body absorbs from the environment. With good support, your body can clean all your systems to stay in homeostasis.</p> <p>Visit: www.smallchangesbigshifts.com/chemical</p>
<p>Energetic</p> <p>Chinese medicine calls our life-energy "Qi" or "Chi." It flows through your body and can be influenced by external environments and energy sources. It can be affected by or shared with other people. Healing can be accomplished by shifting energy to correct imbalances in the body's own energy fields.</p> <p>Visit: www.smallchangesbigshifts.com/energetic</p>	<p>PsychoSpiritual</p> <p>The interconnections between the mind and spirit influence the body in ways that are not fully understood, but are undeniable. When we acknowledge and nurture the connection, we can build resilience, help our body heal faster, and approach the world more peacefully.</p> <p>Visit: www.smallchangesbigshifts.com/psychospiritual</p>

Live it!

<p>Mechanical</p> <p>You like to move, move it! Get up and get moving for one minute or more every hour!</p> <p>Examples: Sleep Posture, Desk Ergonomics</p> <ol style="list-style-type: none"> 1. Stretch post-race and tomorrow a.m. 2. Take a few days off of exercise post-race to let your body heal. 	<p>Chemical</p> <p>You need water! Here's the formula to drink enough: Take your weight, divide the number in half, and drink that many ounces of water.</p> <p>Examples: Vegetables, Vitamins</p> <ol style="list-style-type: none"> 1. Hydrate! Avoid drinks high in sugar & use a pinch of salt & electrolytes to replenish. 2. Eat whole foods post-race and the following day to refuel & re-energize.
<p>Energetic</p> <p>For one minute every day, sit still and breathe deeply. When one minute is over too fast, add another minute. Keep adding one more minute to increase your energy and peace.</p> <p>Examples: Manage Technology, Breathe</p> <ol style="list-style-type: none"> 1. Epsom salt bath - 2 cups in warm bath water before bed. 2. Schedule a massage to reward yourself! 	<p>PsychoSpiritual</p> <p>Start with inspiration. Begin the day with an inspiring quote or spiritual text. Fill your mind with things that uplift.</p> <p>Examples: Pause ☸, Smile</p> <ol style="list-style-type: none"> 1. Find gratitude for a healthy body. 2. SMILE! You made it! ☺

Teach it!

There's More!

1. SCBS booth - Quadrant Experiences
2. Kindness campaign
3. E-Factor workshop – 20% off

QUESTIONS?

Thank You!