TOTAL WELLBEING EXPO

Virtual Event

Calming Tools for the Workplace

Neva Avery, MS
Wellness Programs Coordinator
UNC Wellness Centers
“It isn’t what happens to you in life...or at work, it is how you handle it.”
Stress is Healthy up to a Point...
Ways to Reduce Workplace Stress

- Move & Stretch
- Breathe
- Let go
- One task at a time
- Be positive
- Sleep
Positivity Ratio

Ratio of positive to negative emotions

Dr. Fredrickson identifies 3:1 to be tipping point

- 3 positive emotions to lift us up for every negative emotion that takes us down

More than 80% of US Adults less than 3:1

2:1 ratio is most common

1:1 may be closely linked to depression
## Positivity Ratio

<table>
<thead>
<tr>
<th>Positivity</th>
<th>Negativity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>Fear</td>
</tr>
<tr>
<td>Joy</td>
<td>Anger</td>
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<tr>
<td>Gratitude</td>
<td>Stress</td>
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<tr>
<td>Hope</td>
<td>Sadness</td>
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<tr>
<td>Interest</td>
<td>Contempt</td>
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<tr>
<td>Serenity</td>
<td>Ruminating</td>
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<tr>
<td>Pride</td>
<td>Jumping to Conclusions</td>
</tr>
<tr>
<td>Amusement</td>
<td>Shame</td>
</tr>
</tbody>
</table>
“The Big 10 Emotions”

Love
Gratitude
Interest
Pride
Inspiration

Joy
Serenity
Hope
Amusement
Awe

www.pursuit-of-happiness.org
Positivity Ratio Self Test


Barbara Fredrickson, Ph.D., Director
UNC Positive Emotions & Psychophysiology Lab
Physiological Response to Negativity

When stress becomes chronic, these changes may lead to significant health issues.

- Breathing rate increases
- Blood flow to skeletal muscles increases
- Intestinal muscles relax
- Heart rate increases
- Blood pressure in arteries increases
- Blood sugar levels increase
- Pupils dilate
Health Consequences

Cardiovascular Disease
Weight Gain or Loss
Diabetes
Headaches
Depression & Anxiety
Gastrointestinal Disorders
Affects Social Life
Increased Smoking/Drinking
Ideas to Improve Your Ratio

Create a mindset of positivity
- Be open, appreciative, kind, curious, real

Each day write down 3 things you are grateful for – be specific

Give priority to activities that bring you joy, peace, inspiration

Increase your daily “diet” of positive emotions

Volunteer

Practice meditation
Self-Care

Meditation & Breathing practices
Yoga Poses/Stretching Exercises
Enjoying the moment
Unplug
What Does Meditation Look Like?
Physical Benefits of Meditation

- Decreases blood pressure
- Reduces anxiety
- Decreases tension-related headaches, ulcers, insomnia, muscle/joint pain
- Improves mood & behavior
- Improves immune system

www.artofliving.org
Mental Benefits of Meditation

Emotional stability
Increased creativity
Increased happiness
Clarity and peace of mind
Sharpens the mind by gaining focus

www.artofliving.org
Tips for Successful Meditation

Convenient time
Quiet Place
Comfortable seated posture
Do a few yoga exercises/stretches to warm-up the body
Take a few deep breaths
Gentle smile on your face
Close your eyes if comfortable

www.artofliving.org
Chair Yoga at Work

Sit at front edge of chair
Feet flat
Hands on thighs
Align head over heart, heart over hips
Take 5-10 even breaths

Sequence adapted from www.yogajournal.com
Chair Yoga at Work

Inhale & reach arms overhead

Take hold of left wrist, exhale and side bend to the right

Hold pose for 3-5 breaths

Inhale to sit tall, then exhale & stretch to other side

Inhale to sit tall, exhale & release arms by your sides

Sequence adapted from www.yogajournal.com
Chair Yoga at Work

Circle shoulders a few times: up, back & down
Reach back & hold edges of back of chair
Inhale to lift & open chest
Take 3-5 breaths
Exhale hands to knees & round spine by tucking pelvis, chin to chest & drawing abs in

Sequence adapted from www.yogajournal.com
Chair Yoga at Work

Inhale to sit tall

Exhale & hinge forward from hips letting upper body rest between legs

Hands can hold shins or ankles or place flat on floor if that is available to you

Allow head to hang heavy 3-5 breaths

Bring hands to thighs to slowly roll back up to seated

Sequence adapted from www.yogajournal.com
Chair Yoga at Work

Inhale to sit tall

Exhale & twist to the right

Left hand to outside of thigh & right hand to back of chair

Look over your right shoulder

Shift your eyes up & down a few times; 3-5 breaths

Close your eyes & slowly exhale & release twist

Repeat twist on other side

Sequence adapted from www.yogajournal.com
Other Helpful Poses

Neck
**apply gentle pressure if adding assistance with hand to head

Outer Hip

Low back/Glute

Wrist
Questions?

Thank you for attending!