



TOTAL WELLBEING EXPO

Virtual Event

Calming Tools for the Workplace

Neva Avery, MS

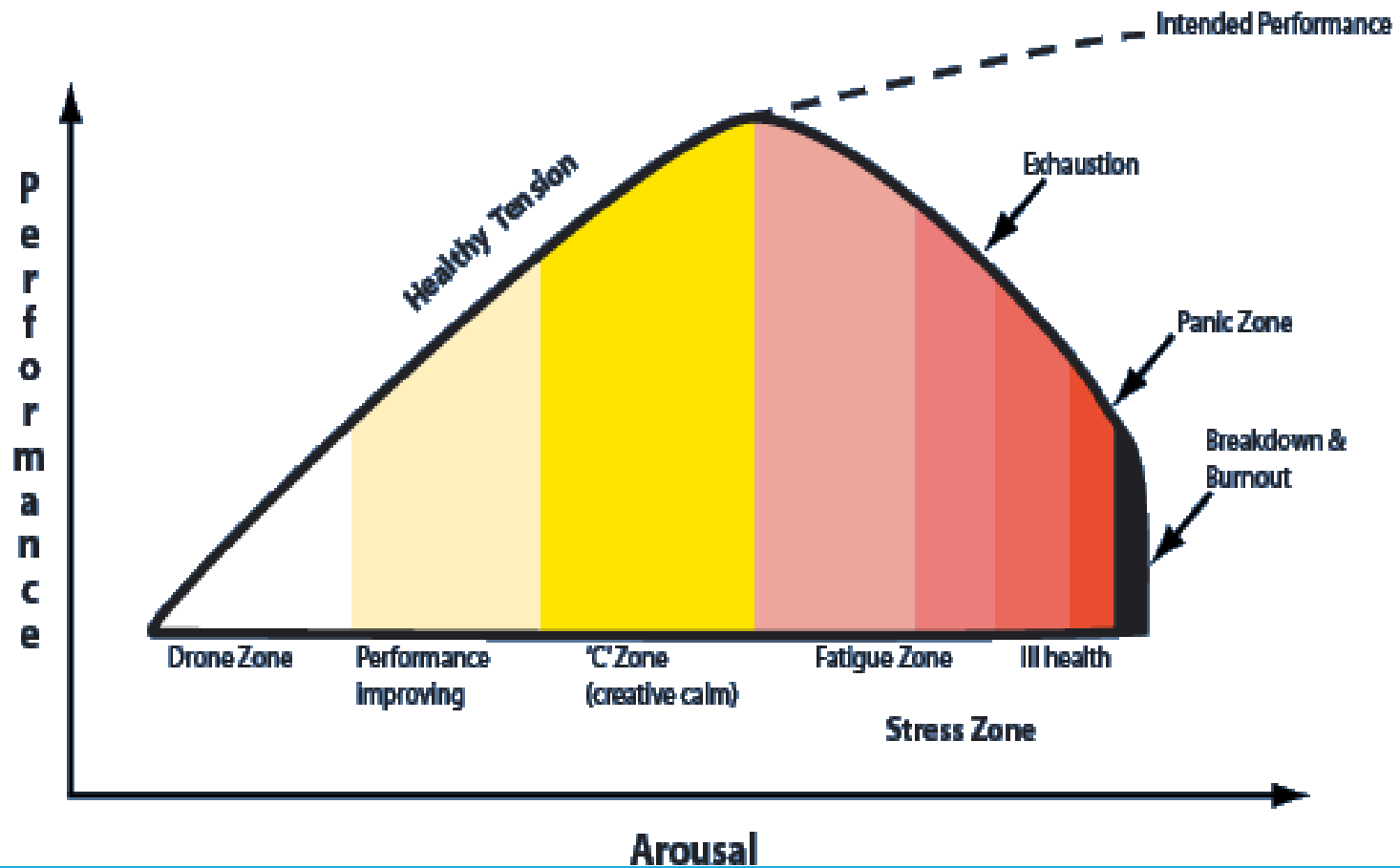
Wellness Programs Coordinator

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



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

Positivity	Negativity
Love	Fear
Joy	Anger
Gratitude	Stress
Hope	Sadness
Interest	Contempt
Serenity	Ruminating
Pride	Jumping to Conclusions
Amusement	Shame

“The Big 10 Emotions”

Love

Gratitude

Interest

Pride

Inspiration

Joy

Serenity

Hope

Amusement

Awe

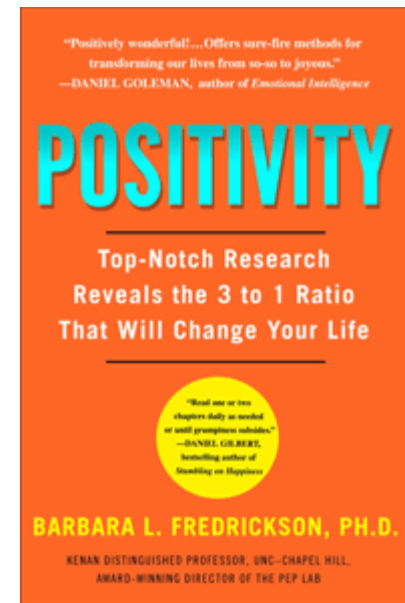


Positivity Ratio Self Test

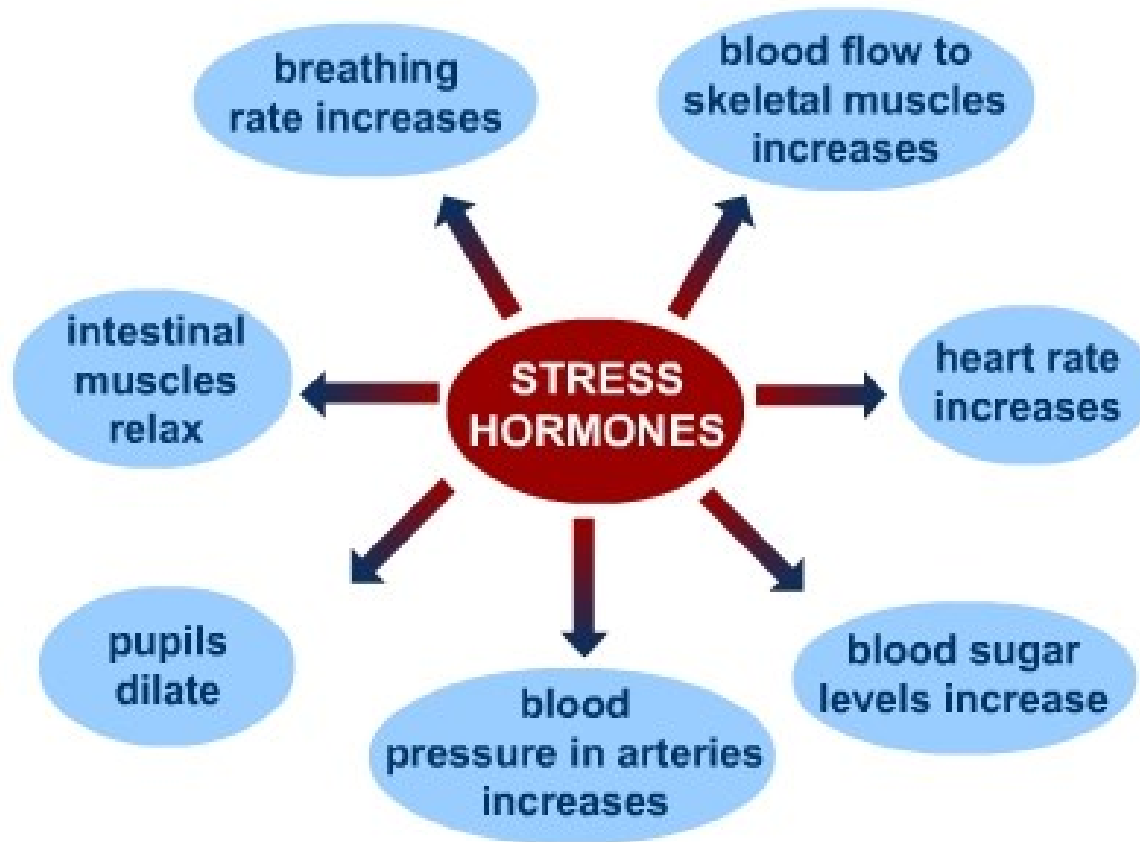
<http://www.positivityratio.com/single.php>

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

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

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Mental Benefits of Meditation

Emotional stability

Increased creativity

Increased happiness

Clarity and peace of mind

Sharpens the mind by gaining focus

Tips for Successful Meditation

Convenient time

Quiet Place

Comfortable seated posture

Do a few yoga exercises/stretchers to warm-up the body

Take a few deep breaths

Gentle smile on your face

Close your eyes if comfortable

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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*

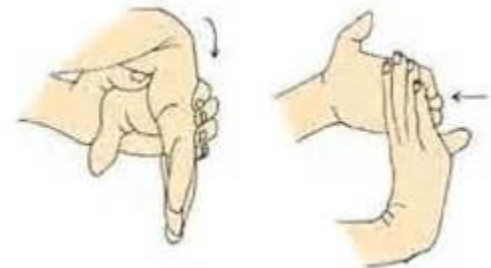


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Outer Hip



Low back/Glute



Wrists



Questions?

Thank you for attending!

