



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171

Conference Code: 991 3164 7083

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



Understanding Burnout

September 18, 2024

Presented by: Alison King, LCSW
Webinar host: Kristen Kaila, MPH

Imagine...



What is Stress?

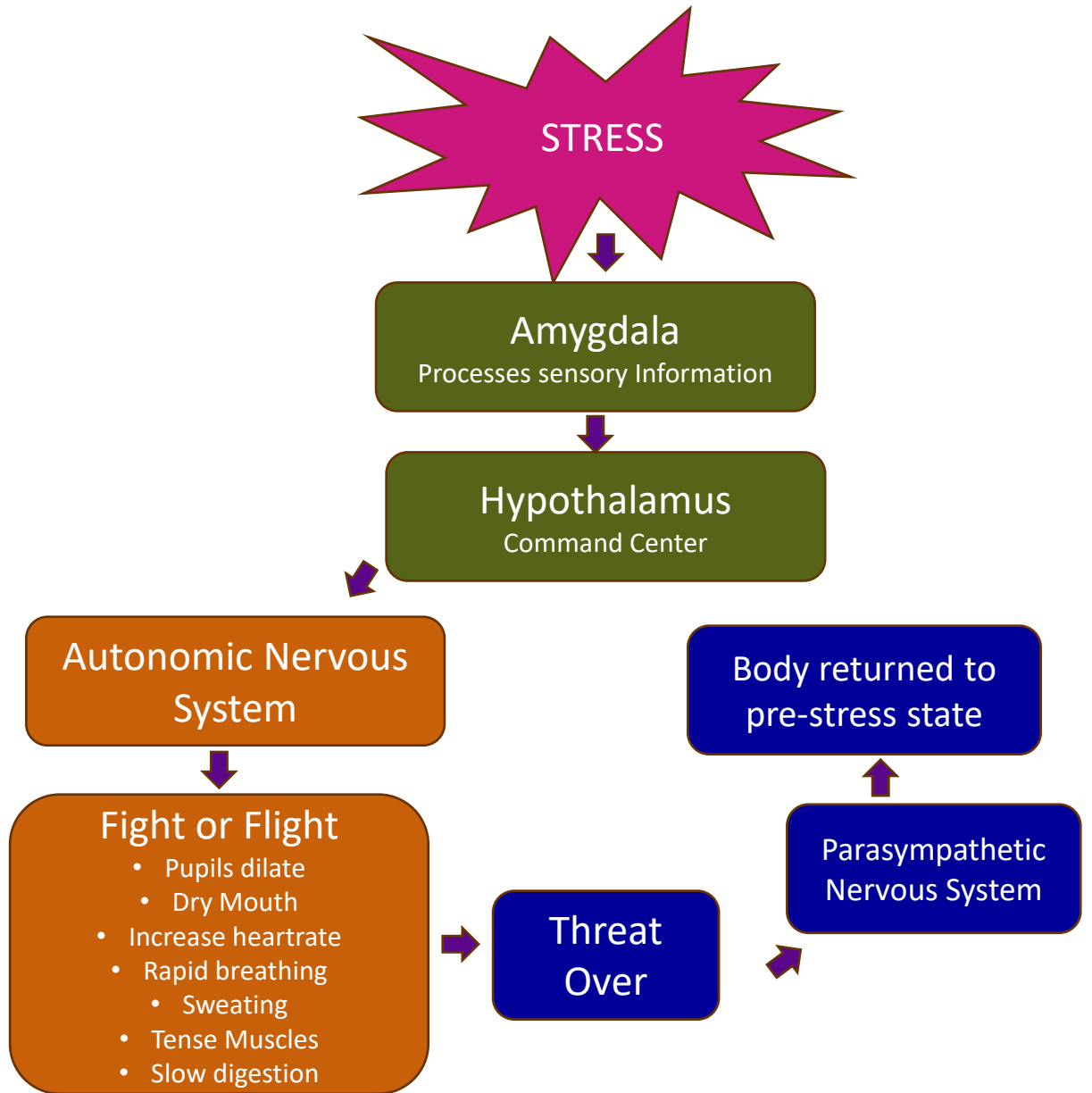
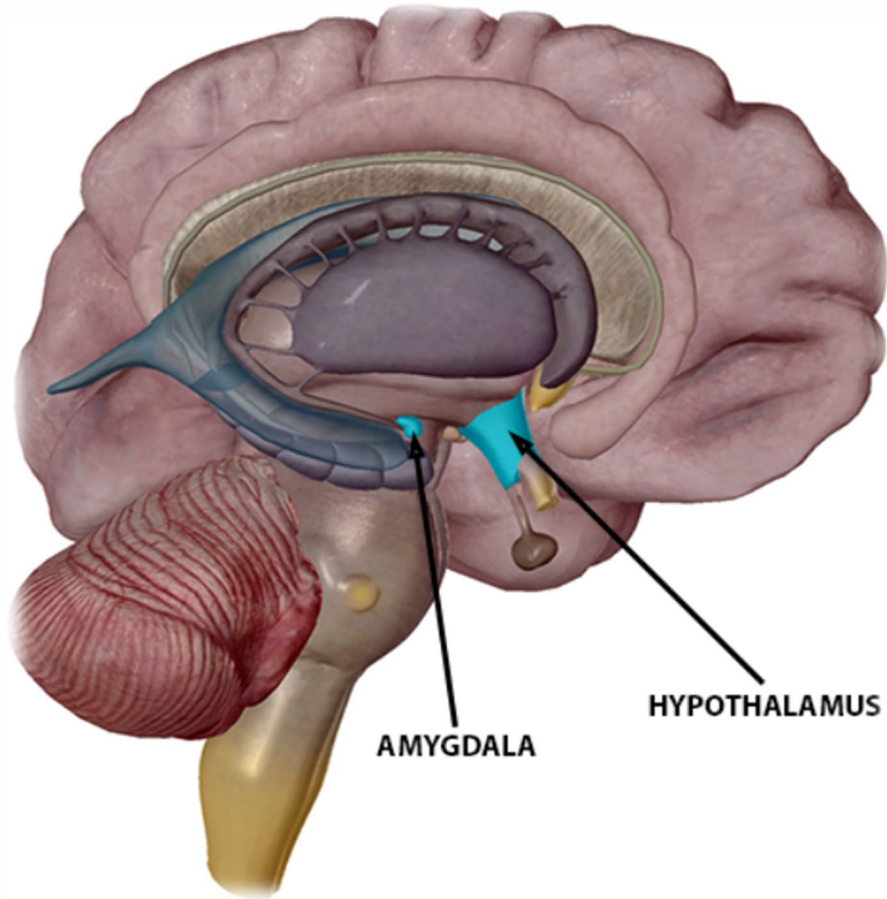
- Emotional and physiological response to an event or a thought
- A state of anxiety which occurs when we perceive something is beyond our control or ability to manage/cope

Types of Stress

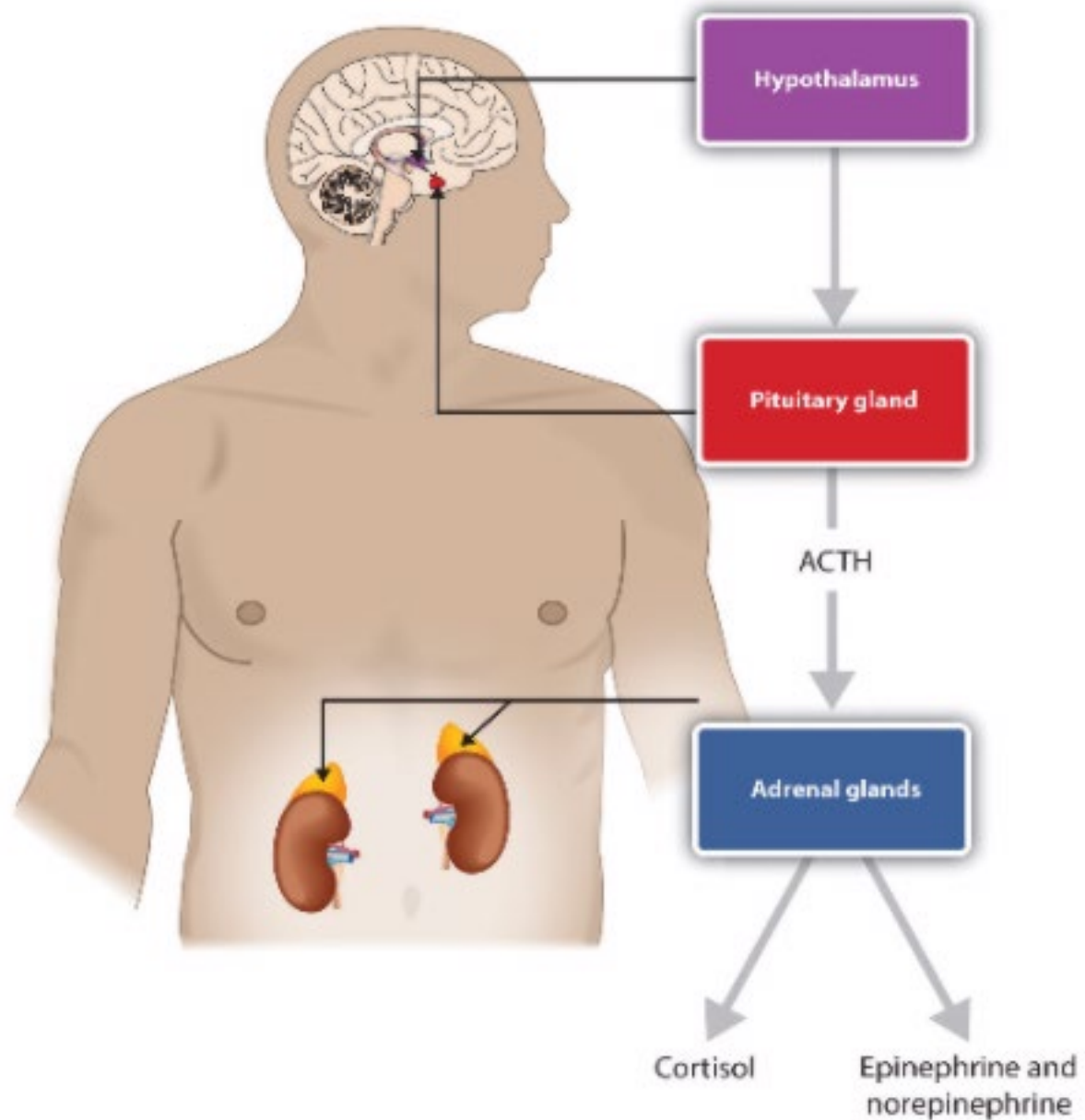
- Acute Stress
- Episodic Acute Stress
- Chronic Stress



Stress Response - Acute



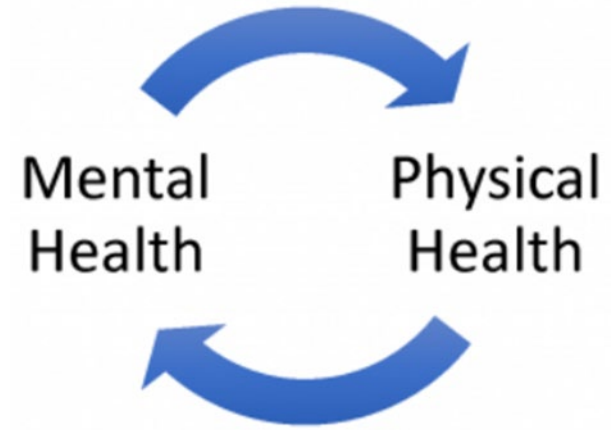
Stress Response - Episodic Acute & Chronic



Chronic Stress

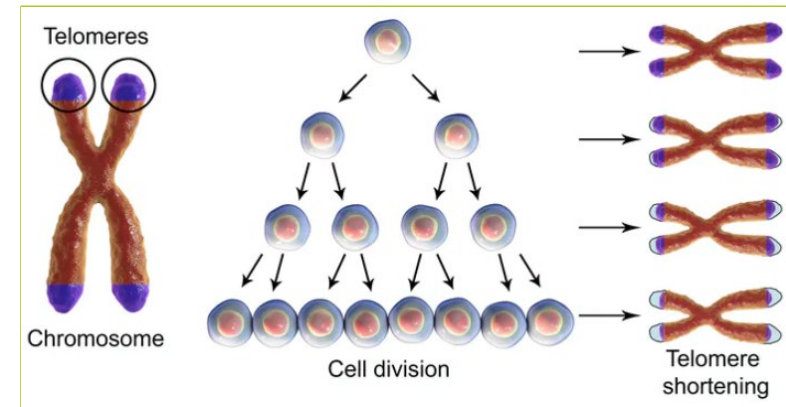
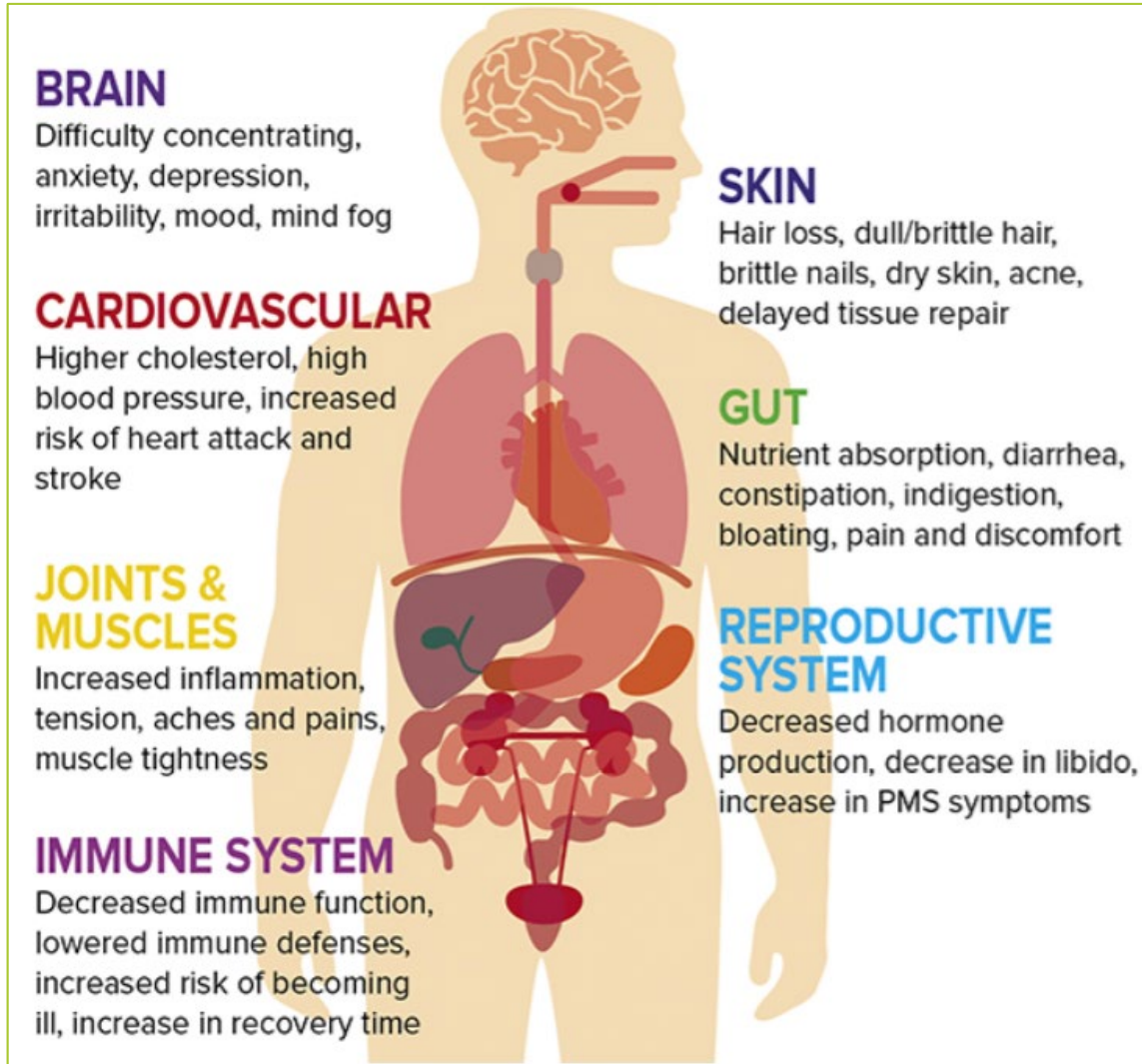
Level I - Burnout

- Exhaustion/fatigue
- Headaches
- Depression
- Anxiety
- Insomnia, excessive sleeping and/or dysregulated body clock
- Chronic pain
- Loss of appetite and/or difficulty digesting
- GI symptoms such as constipation and diarrhea
- Difficulty regulating body temperature
- Suppressed or altered immunity - susceptibility to viral infections and increased allergic symptoms



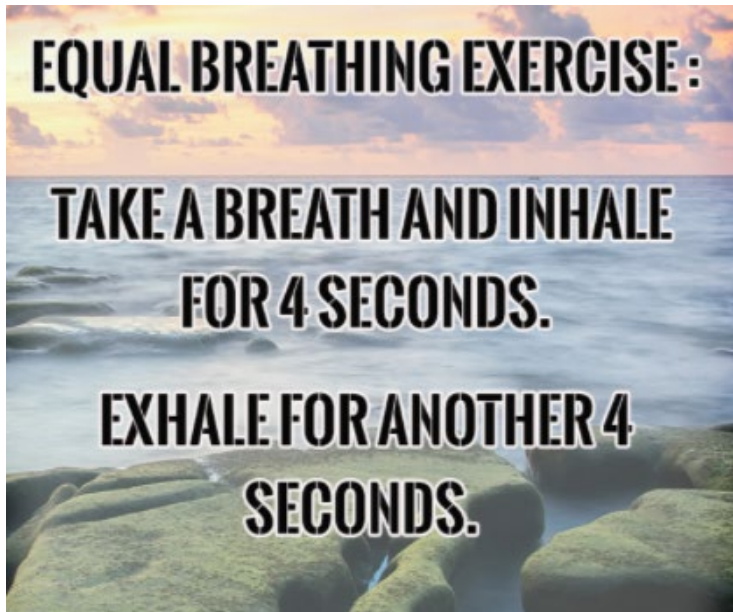
Chronic Stress

Level II – Health Conditions & Telomere Length



Stress Management


BREATHING!



Slow Breathing

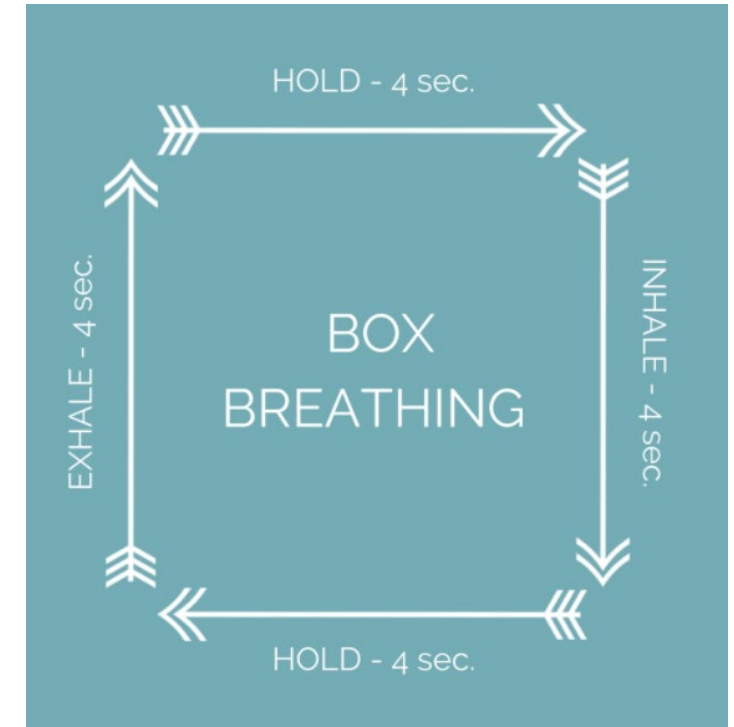
Inhale for 4 seconds and exhale for 6 seconds. Repeat for 10 Minutes

You can practice slow breathing anytime, but for the best results, aim for **two 10-minute sessions**, one in the morning and one in the evening.



Aim for 6-10 breaths per minute

A yellow rectangular card with green text and a green clock icon.



Self-Care

What is self-care?

- Deliberate activities we consciously engage in to care for ourselves

Why self-care?

- Key to building resilience and creating a balanced life
- Necessary to reduce stress and burnout, anxiety and depression
- Required to reduce impact of chronic stress
- Needed *daily*



Resilience

What resilience *is*:

- Maintaining flexibility and balance in life as you deal with stressful circumstances and traumatic events
- Adaptation to adversity - the ability to “bounce back”
- Feeling effective and capable of handling uncertainty
- Behaviors, thoughts and actions that can be learned and developed

What resilience is *not*:

- A characteristic or personality trait



Resilience (cont.)



Resilience (cont.)

Some Suggested Resilience Building Activities:

I. Positive Emotions - Change the Narrative

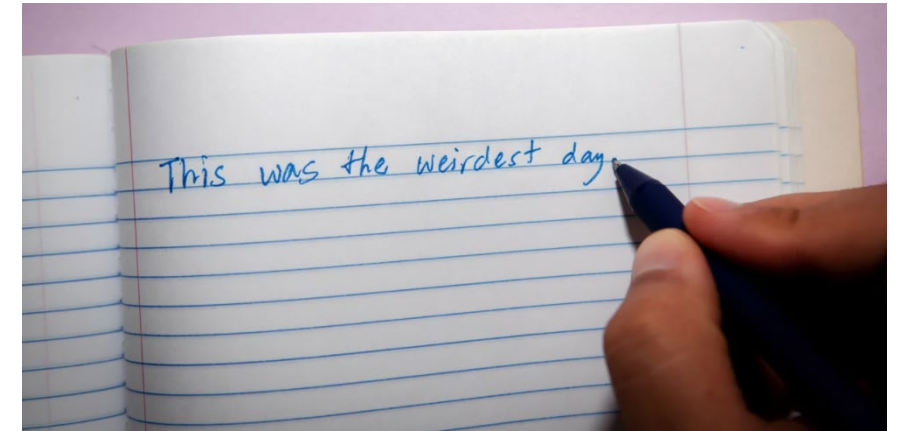
- Journaling, “silver linings,” and gratitude

II. Meaning in Life

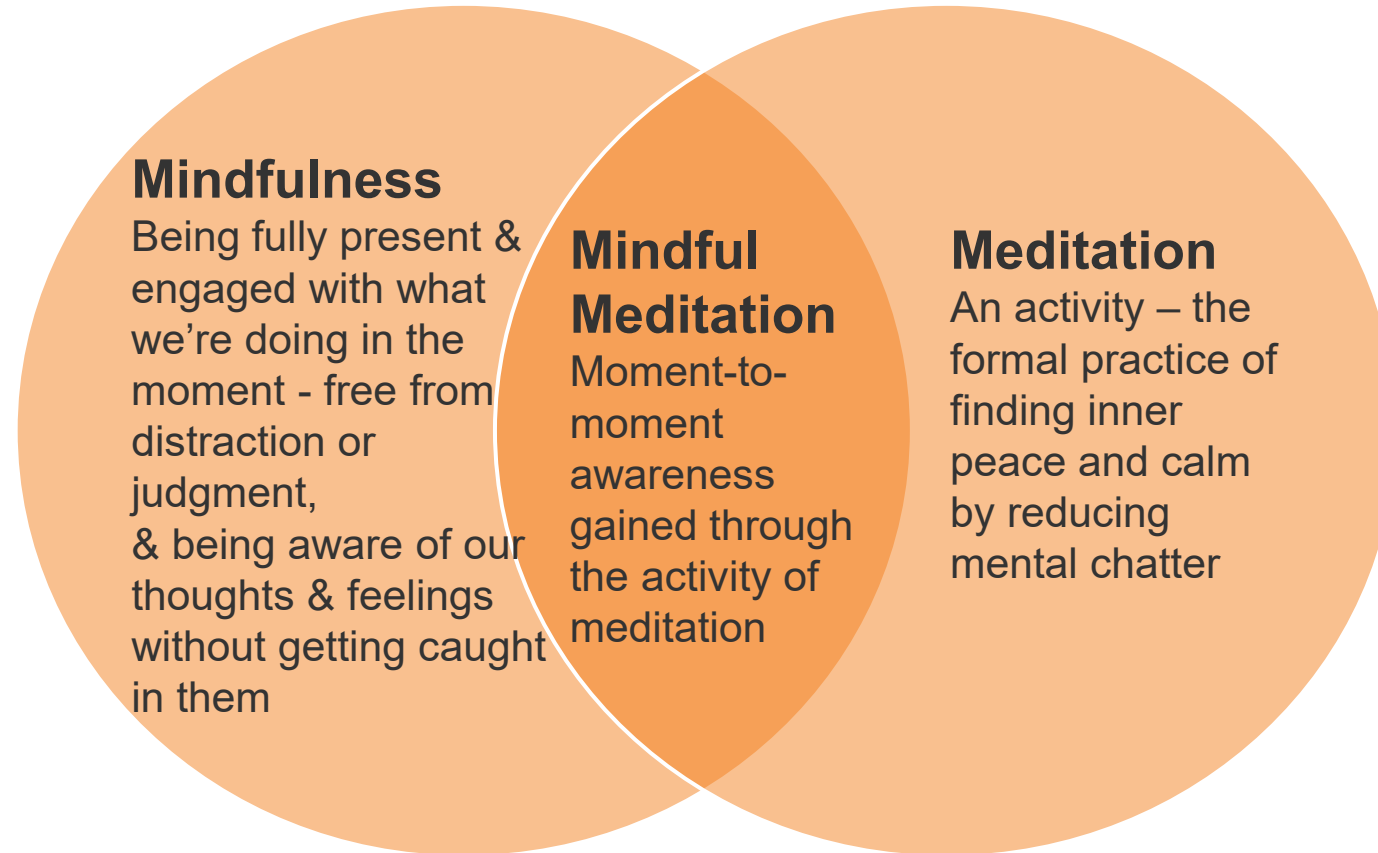
- Find or re-connect with your purpose, your “reason for being” ([Ways to Find Your Purpose in Life](#) and [How to Find Your Purpose in Life](#))
- Engage in acts of kindness

III. Social Support

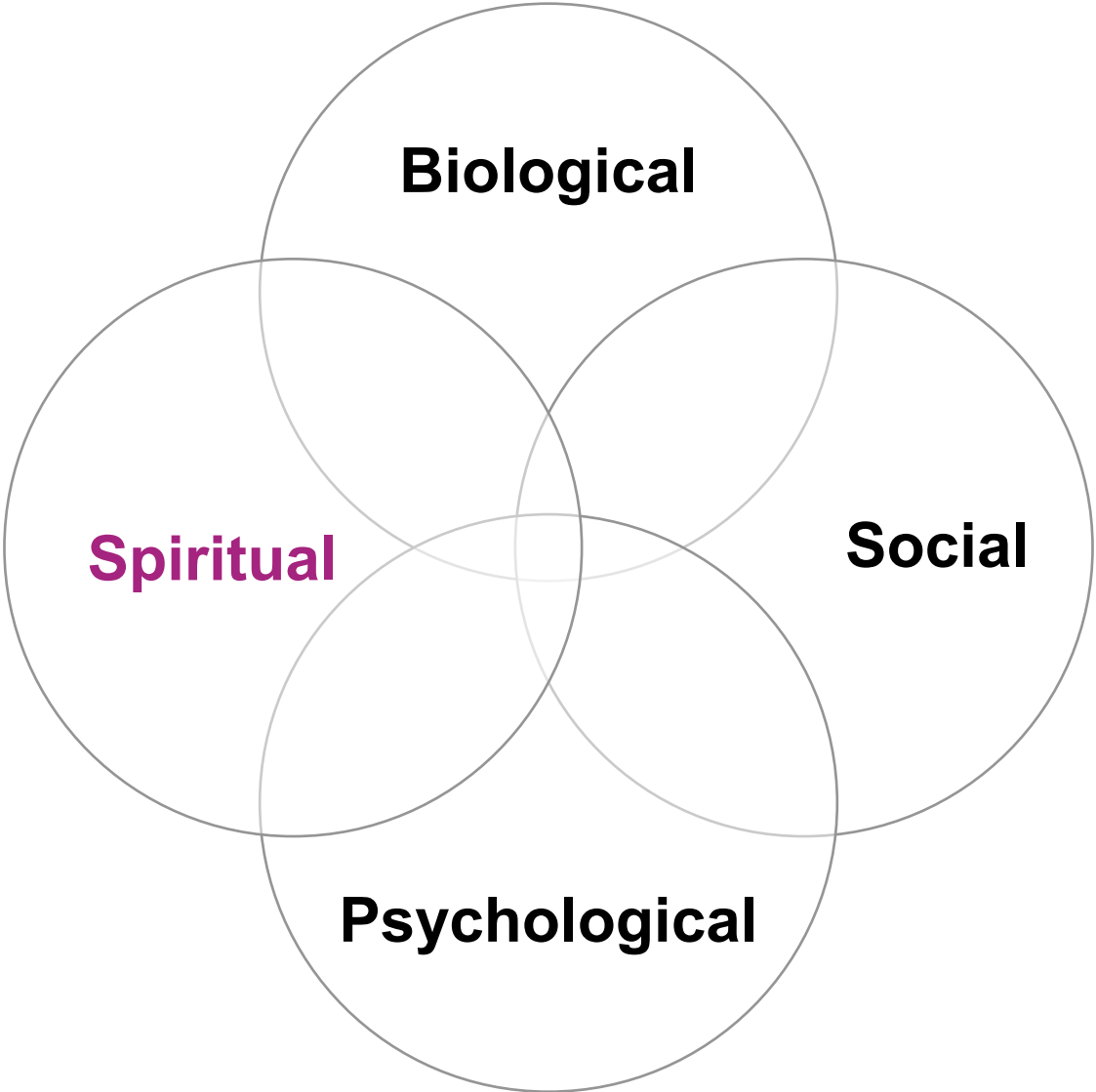
- Pick up the phone!
- Join a group or take a class



Resilience (*cont.*): Mindful Meditation



Whole Person Self-Care



Daily Routine and Self-Care

Self-Care Domain	Classic Concepts/Activities	Re-framed into Daily “Do-able” Practices
Biological	Regular medical care; healthy diet; exercise; getting enough rest/sleep...	Take multi-vitamins; grab an apple today rather than a cookie; go on an afternoon/after lunch walk; turn off phone/media 30min-1hr before bed...
Psychological	Mindful meditation; time in nature; hobbies; pets; positive self-affirmations; journaling...	Use a meditation app for 5-10 min/day at same time each day; close eyes & take 5 deep breaths regularly; go outside and look at sun, sky, for several minutes; pet your furry children; write down an inspirational quote and post in your daily view...
Social	Spending time with family/friends...	Scheduling time with others – phone or in person - regularly; balanced use of social media...
Spiritual	Keeping or developing a personal spiritual practice...	Set an intention for the day each morning; practice gratitude/give thanks before eating (see also psychological above)...

Self-Care Safety Plan

Self-Care Domain	Symptom/Sign	Action Plan
Biological	If lasting >2 weeks: significant change in sleeping or eating patterns, difficulty concentrating, frequent headaches or stomach aches...	Start by consulting your doctor
Psychological	Any of the above and/or increased use of alcohol, tobacco, or other drugs; excessive worry or sadness; irritability/being on edge; avoidance of activities enjoyed in the past...	Contact/reach out for behavioral health support
Social	If lasting >2 weeks: emotional withdrawal, avoiding contact with loved ones - self-isolating...	Contact/reach out for behavioral health support
Spiritual	Loss of hope, faith; questioning one's belief system; feeling lost or purposeless...	Self-help books/literature; consult your spiritual or religious advisor; contact others in your practice community

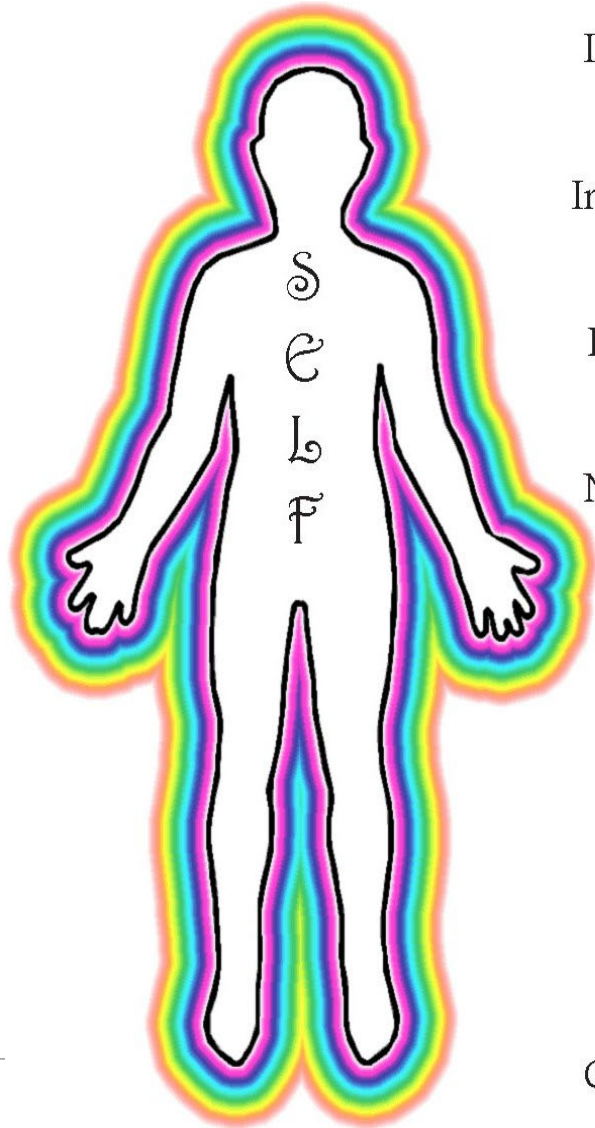
Tools and Resources



Self-Care Check-in

SELF CARE RATING SCALE

According to Virginia Satir, there are 8 domains of the self that need care. Rate yourself on each domain, 1 is needs work, 5 is in excellent form. Anything less than a 3 needs attention (the work needed is to the right).



Intellectual	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Stimulate the brain, intrigue the mind
Interactional	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Socialize with responsive others
Emotional	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Enhance positive emotions
Nutritional	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Improve nutritional intake
Sensual	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Get in touch with your sexuality
Spiritual	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Engage your 5 senses
Physical	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Challenge yourself physically
Contextual	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Improve or change your environment

Mindful Meditation & Breathing

Apps

Insight Timer	Calm	Simple Habit
Buddhify	Smiling Mind	Aura
Stop, Think, & Breathe	UCLA Mindful	Inscape
Headspace	Breethe	10% Happier

[UCLA Mindful Awareness Research Center \(MARC\)](#)

- [Guided Meditation Podcasts](#)
 - Each weekly podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments.

Free Course: [Insight Timer - Jack Kornfield and Tara Bach: Mindfulness Daily at Work](#)

Benefits of Breathing

- [Breath Control Helps Quell Errant Stress Response](#)
- [Relaxation Effect of Prolonged Expiratory Breathing](#)

Articles/Ideas/Activities

General Resources

- [Greater Good Magazine](#)
- [Mindful Magazine](#)

Resilience

- [Building Resilience](#)
- [Resilience Activities/Exercises](#)

Spirituality

- [Finding Spirituality](#)

Self-Care

- [A Complete Guide to Self-Care for Men](#)
- [They Need Me-Time, Too: A Self-Care Checklist to Do With Your Kids](#)
- [50 Self-Care Activities You Can Do Together with Kids](#)

Help/Hotlines

National Parent Helpline – 1-855-427-2736 - M-Sat - 8am-8pm PST

Suicide & Crisis Lifeline – 988 – call/text - 24/7

Substance Use - SAMHSA National Helpline - 1-800-662-HELP

Mental Health

- NAMI California: 1-800-950-NAMI or email info@namica.org
- California Youth Crisis Line – *Chat with a Counselor* via website or call 1-800-843-5200
- Crisis Text Line – *Chat with Us* via website or text HOME to 741741

LGBTQIA+

- Trevor Project - 1-866-488-7386 or *Chat with Us* via website or text START to 678678
- Lesbian, Gay, Bisexual and Transgender National Hotline: 1-888-843-4564

California - Essential/Basic Needs - 211 – 24/7

Domestic Violence - 1-800-799-7233 or text START to 88788 or *Chat Now* via website

Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit[®] by Sharecare

Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now[®] by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management
• Weight Watchers



**Chiropractic/
acupuncture
services and
more**
• Choose Healthy



Eye care
• EyeMed



**Hearing aids
and screenings**
• Nations Hearing
• Hearing Care Solutions



**Fitness club
discounts**
• American Specialty Health
• Active&Fit

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

October Health Challenge

Relax Your Mind

7-day challenge



Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com

Upcoming Wellness Webinar

Financial Well-being

October 16, 2024

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
