Sustainability through Self-Care

An interactive toolkit to induce Vitality
1:30 - 3:00 - 90 Minutes
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Abstract

Join us for a hands on workshop that will provide you with an interactive toolkit to induce vitality and thrive as a community caretaker. The workshop is filled with gentle reminders of how to put your own oxygen mask on first, this will allow you to sustain the great work you do in the nonprofit world. Experience a plethora of practices such as mindfulness, relaxation, and breathing techniques to equip you to perform at your peak. This interactive toolkit is filled with strategies to integrate self-care into your daily grind and take back to share with your non-profit!
Zen proverb: The man and his horse.
Foundations in Self-Care

MINDFULNESS:

“The art of conscious living.”-Jon Kabat-Zinn

VOLUNTARY SIMPLICITY:

“Voluntary simplicity means going fewer places in one day rather than more, seeing less so I can see more, doing less so I can do more, acquiring less so I can have more. Choosing simplicity whenever possible adds to life an element of deepest freedom which so easily eludes us, and many opportunities to discover that less may actually be more.”-Jon Kabat-Zinn
Formal & Informal Mindfulness

**Formal:**

Meditation - A practice of experiencing life more from your center, and less from external output.

> “Renew thyself completely each day; do it again, and again, and forever again.” - Thoreau

**Informal:**

A conscious accepting awareness brought to each moment of your life (Stop and smell the roses).
“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I wanted to live deep and suck out all the marrow of life . . .”

Henry David Thoreau
Social & Emotional from Casel

Self-Regulation &

My meditation is walking outside in nature?
Take That Leap Today!

Meet Coach Connor

Unity Human Performance
Owner and Founder · March 15, 2018 to present

TuliVesi Yoga
Yoga Instructor · December 22, 2017 to present · Marquette, Michigan
Student to the craft

AdvantEdge
Strength and conditioning coach · August 2016 to December 22, 2017 · Marquette, Michigan
Sport specific training for athletes in Marquette county

The Y
Personal training, Group Fitness Instructor, wellness center · September 1, 2015 to September 12, 2016 · Marquette, Michigan

I love what I do.
A Day in the Life of a Community Caretaker

Discipline = Freedom

Notice your Patterns

Ask If They are Serving You

Make an Action Plan

“A journey of a thousand miles must begin with a single step.”
First Exposure of the Day

Understand the importance of Exposure

What do you see as soon as eyes open?

Is it Pleasant or Unpleasant?

Is there an alternative?

How Can We Make a Change?
Mindful Eating - Take 30 seconds

Tracing Back Exercise - Source it... Are you even hungry? 3 Golden Rules

Mindful Eating in Action - Not about What You Think, it about What You Do

Where did this Come From?

Who got it here?

What Process did it Endure?

How long before it goes bad?
Don’t Rush The Process

3 breaths before you leave the car or anytime before entering an interaction with others.

Don’t Rush Eating - Wake Up Earlier

Don't Rush Driving - Leave Sooner

Don't Rush Self Care - Spend less time on the needs of others

NO COMPROMISE
A Leaders Constitution

First, Listen

Then, Ask Questions

Lastly, Make Statements
Trust - Finding Peace in Allowing Others to Help

Trust Activity!!!
Relaxation Techniques

Closing Out Each Day

Journaling:
Gratitude - 3 Experiences/People/Things in our Lives
Manifest: Conceive it, Believe it, Achieve it!
Reflection: Adapt and Modify Always

Seated Asana (Not supine) Before Closing Down for the Day (Digestion)
Notice Silence with Sound (Instruments/Chanting)
Still the Mind by Detaching from Senses - Sight, Smell, Touch, Sound, Taste, and Most Of All Thought
The Power of Sleep

Screen Time before Sleep vs. Reading/Writing before Sleep

Pre-sleep rituals that can calm the thought that keep us awake

When deprived results in poor mood and self regulation

Biased memory for negative information

Many mood and anxiety difficulties are characterized by sleep disturbances:
Trouble falling asleep, getting good quality sleep.
Do the DHEW

https://www.mihealthtools.org/work/
Your 2018 DHEW Award

Congratulations! Your worksite has earned the 2018 Honorable Mention Level Michigan Healthy Worksite Award. The badge below is made available only to worksites that have earned the 2018 Honorable Mention Level Award.

Use this badge on your website, letterhead or on various print or promotional materials to publicize your commitment to the health and wellness of your employees.

https://www.mihealthtools.org/work/
Sign the Pledge
Links to Resources

Healthy Meeting Toolkit (PDF)
Healthy Meeting Guidelines
Model Healthy Meeting Pledge
Model Healthy Meeting Resolution
Healthy Meetings and Events One-Pager
Infographic: Healthy Meeting Hacks

https://cspinet.org/protecting-our-health/nutrition/healthy-meetings
Two Levels

Standard

Superior
Nutrition
What types of beverages do you typically see at meetings now?

Standard Healthy Meeting

• Water default beverage
• No full-calorie or sugar-sweetened beverages
  • 40 (or less) calories per container
  • Beverages allowed: 100% juice diluted with water, low-fat or non-fat milk, calcium and vitamin D-fortified soymilk
• Low-fat or non-fat milk with coffee and tea service in addition to or in place of half and half
Beverages

Superior Healthy Meeting

- Eliminate all sugar-sweetened beverages, even if they are 40 calories or less
What are some typical snacks or meals you see at meetings?

**Standard Healthy Meeting**

- Offer fruits and/or vegetables every time food is served

- In buffet lines or self-service, support sensible portions by offering reasonably-sized entrees and appropriately-sized serving utensils and plates
Food

- Use whole grains whenever possible
  - (100% whole grain as first ingredient)
- Healthier condiments and dressings on the side
- Lower-sodium options
Food

- Majority of meat options poultry, fish, shellfish, lean (unprocessed) meat
- Provide vegetarian option
- Whenever possible- offer foods prepared in healthy ways (grilled, baked, poached, roasted, braised, broiled). Avoid fried foods.

Which of these options would fit the guidelines best?
What are some other things that could be provided as a reward besides candy?

**Dessert**

- At special occasions or dinner cut desserts in half or serve small portions
- For lunch, breaks, or regular meetings serve fruit as dessert
- Do not place candy or candy bowls in the meeting space
Superior Healthy Meeting

- All grains must be whole grain-rich (51% or more whole grains by weight or whole grain as first ingredient)
- Serve only poultry, fish, shellfish, or on occasion lean (unprocessed) meat option; seek alternatives to processed and red meats
- Replace all desserts with healthful foods
- Meals should meet nutrition standards from the toolkit healthymeeting.org
Physical Activity
Standard Healthy Meeting

- Mention that it is fine to move within the meeting space (standing, stretching)
- Integrate exercise equipment if possible within the space (exercise balls, standing tables)
Standard Healthy Meeting

• When possible- allow for comfortable clothes/shoes to support physical activity during breaks.

• Periodically break up sitting time.

• Identify someone to facilitate a short physical activity break(s).
Standard Healthy Meeting

• For conferences or all-day meetings, support physical activity before, during, and after the work of the day.

• Provide adapted programming or alternative activities for those with physical disabilities.
Superior Healthy Meeting

- Try to choose meeting/conference locations where there are walkable destinations, provide walking/running maps.
- Only contract with hotels that have a fitness facility available at no cost. If the hotel does not have a fitness facility, contract with a local exercise facility.
- Provide exercise stations in the hall or within the meeting room.
- Implement walking meetings when possible.
Standard Healthy Meeting

• Reduce waste and packaging whenever possible.

• Consider appeal to meeting attendees, sustainability, and usefulness of conference giveaways.

• Have recycling bins available.

• Provide handouts on flash drive or make them available online to reduce paper.
Superior Healthy Meeting

• Conduct a zero-waste meeting or conference.

• Use locally-sourced and sustainably-produced food and giveaways when possible.
Tobacco-Free
Standard Healthy Meeting

• Meetings should be held in smoke-free facilities

Superior Healthy Meeting

• A tobacco-free environment is provided at all times.

• Choose to host your conference in a city with a comprehensive smoke-free policy that includes restaurants and bars.
Sign the Pledge

https://www.foodserviceguidelines.org/healthy-meeting-pledge
YOU DECIDE : ) : )