Well-being for a Healthier Body and Mind
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Ms. Hoyt has many years of experience in the mental health field. She has worked in inpatient, outpatient and private practice settings. She teaches college level classes in psychology and health and wellness.

Ms. Hoyt has worked with Magellan Healthcare for more than 12 years as an Employee Assistance Professional and in the customer training program.
Objectives

Define “well-being”

Review characteristics of happy people

Learn about mindfulness and its benefits

Explore healthy habits that may contribute to happiness
Poll Question: What Makes You Happy?

Take a moment to write down what makes you happy.

*Note this is present tense. What makes you happy now.
Poll Question: What Would Make You Happy?

Now take a moment to write what you think would make you happy.

*Note this question causes you to think in the future. What would make you happy that you do not have now?
What is Well-being?

State of being . . .

- Comfortable
- Happy
- Healthy
Poll Question: What Have You Seen in Happy People?

What are some personality traits, characteristics or behaviors you have seen in people who seem truly happy?
## Characteristics of Happy People

- Feel gratitude
- Are optimistic
- Like and take care of themselves
- Have friendships and close relationships
- Surround themselves with positive people
- Feel they have control over their lives and choices
- Have curiosity, are creative and never stop learning
- Help others
- Feel they are a part of something larger than themselves
- Have balanced lives
Mindfulness

• Mindfulness means becoming more aware of what’s going on – right here, right now (Watt, 2012).
• Paying attention to how your body is reacting to situations and feelings in the moment, without judging or evaluating.
• Learning to confront pleasant and unpleasant feelings in the present to reduce stress and increase feelings of well-being.
Physical Health Contributes To Well-being

Preventable diseases*

• Heart disease
• Cancer
• High blood pressure
• Type II diabetes

*Obesity, lack of exercise, and cigarette smoking contribute to all of the above
Nutrition May Contribute to Well-being

- Find a diet that works for you
- Read food labels
- Control portion size
- Know what is healthy for you
- Prioritize healthy meal planning

Visit [choosemyplate.gov](http://choosemyplate.gov)
Exercise May Contribute to Well-being

Regular exercise can...

• strengthen your heart
• support bone health
• lift your mood
• slow progression of Alzheimer's
• help you lose/maintain weight
• facilitate better sleep
• aid movement
• improve thinking
• relieve stress
Suggestions to Improve Health for Well-being

- If you use tobacco products, quit!
- Practice good nutrition
- Have regular medical check-ups
- Exercise
- Manage your stress daily
- Mirror traits of happy people
- Seek assistance and support
- Remember your EAP
- Write an action plan today!
Locating Additional Information About Health

- http://www.magellanhealth.com/member
- https://www.choosemyplate.gov/
- http://www.webmd.com/
- http://www.fitness.gov/
Free Apps for Health and Fitness

- Pact
- Human
- Loselt
- Noom Weight Loss Coach
- HealthyOut
- Zipongo
- MyFitnessPal - for your cell phone
Poll Question: What is Your Takeaway Goal?

Name at least one thing you can commit to doing now or the very near future to improve your health and wellness.
Your Employee Assistance Program

Call toll-free or visit us at
www.MagellanHealth.com/member

24 hours a day/7 days a week

Thank you!
Resources

- www.cdc.gov
- www.choosemyplate.gov