



Whole Person Health Balancing Mental, Emotional and Physical Well-Being Wellness Workshop

With Lisa Farley – Founder of Flurish Wellness

ABOUT ME



- ◆ Founder of Flurish Wellness
- ◆ Certified Integrative Nutrition Health Coach and in Positive Psychology & Registered Yoga Instructor, INHC, AADP, ERYT-200
- ◆ Specializes in Preventative Health, Longevity, & Well-Being
- ◆ Corporate Wellness Expert



Flurish: Cultivate Well-Being

- ◆ Being Healthy & Active
- ◆ Feeling Happy and Content
- ◆ Coping with the Normal Stresses of Life
- ◆ Working Productively and Fruitfully
- ◆ Realizing Achievements & Abilities
- ◆ Mutually Balanced Giving Relationships
- ◆ Making a Contribution to Community



Challenges

- ◆ Working Long Hours
- ◆ Irregular Work, Personal & Eating Schedules
- ◆ Lack Of Energy & Focus
- ◆ Not Enough Time
- ◆ Not Sure Where to Start
- ◆ Information Overload



Ways to Support You

- ◆ Create a Daily Schedule / Routine
- ◆ Integrating Regular Self Care
- ◆ Deep Breathing, Relaxation & Mindfulness Techniques
- ◆ Maintaining Good Sleep Hygiene
- ◆ Healthy Eating with Fresh Foods
- ◆ Incorporating Regular Movement
- ◆ Taking Breaks, Time Off & Unplugging



Healthy Lifestyle Benefits

- ◆ Reduces Stress and Anxiety
- ◆ Increases Energy, Mental Alertness & Clarity
- ◆ Boosts Immune System, Overall Health & Longevity
- ◆ Improves Mood, Confidence, Team Unity and Satisfaction Within our Work and Home Environments





WHOLE PERSON HEALTH

Whole Person Health

- ◆ Whole-person health can be defined as experiencing optimal physical, mental, emotional, and spiritual well-being.
- ◆ At its core, whole-person health is self-care.
- ◆ It's recognizing that your body has needs and taking action to meet those needs.
- ◆ It requires making choices that help you function optimally and thrive across different areas of life.



Key Concepts of Whole Person Health

- ◆ **Bio-Individuality** - The idea that everyone has unique needs that may change over time and what works for one person won't necessarily work for another.
- ◆ **Multidimensional Health** - The idea that different aspects of health are interconnected, such as physical health, mental health, emotional health, and spiritual health.
- ◆ **Sustainable Shifts** - Small shifts in habits, practices, or behaviors that are implemented one at a time to create long-term change that feels doable.



Physical Health

- ◆ Physical health is the condition of your body and includes everything from nutrition and the absence of disease to genetics and your fitness level.
- ◆ This may be the first thing that comes to mind when you think of health, and while it's important, it's only one aspect of whole-person health.
- ◆ It also encompasses the strategies that support you in taking care of yourself, which may include eating nutrient-dense foods, staying hydrated, getting adequate rest and sleep, breathing deeply, and engaging in regular exercise and movement.



Mental Health

- ◆ Mental health is the condition of your mind – from your mindset and the way you speak to yourself to your relationship with stress and even your ability to cope with challenges.
- ◆ It also encompasses the strategies that support you in taking care of yourself, which may include practicing gratitude, choosing to learn from obstacles, reframing stories that keep you stuck, allowing space for emotions, and looking at the bigger picture.
- ◆ Mental health is intricately linked with emotional health as it means being able to be present with your feelings and accept them for what they are as well as utilizing tools and strategies to work with your emotions rather than ignoring or fighting against them.



Emotional Health

- ◆ Emotional health is the condition of your emotions and includes your relationship with yourself and others as well as your ability to tune in to, accept, and manage feelings through challenges and change.
- ◆ It also encompasses the strategies that support you in taking care of yourself, which may include expressing your feelings in meaningful ways, practicing mindfulness, creating space for personal interests, and surrounding yourself with people who support you. Like other areas of health, it's a muscle you strengthen through experiences over time.



Spiritual Health

- ◆ Spiritual health is the condition of your spirit and is a broad concept with opportunity for many perspectives. Though it's often linked with a sense of connection to something greater than yourself, **spiritual health also includes how your personal identity helps fulfill your purpose.** Having spiritual awareness can help you find meaning and individual purpose in your life and can help you live in a way that reflects your values, morals, and beliefs.
- ◆ Spiritual health also encompasses the strategies that support you in taking care of yourself, which may include being part of a community with others who share similar beliefs, serving others, aligning your values with your actions, and being open to new ideas and perspectives as you explore your unique path.



1. Manage Stress

- ◆ Slow Down
- ◆ Stillness and Self-Reflection
- ◆ Mindful Meditation
- ◆ Gratitude and Prayer
- ◆ Reading and Quiet Time
- ◆ Spend Time in Nature
- ◆ Savor the Moment
- ◆ Breathe



2. Improve Sleep

- ◆ Develop a Regular Sleep Routine and Get 7 – 9 Hours Every Night
- ◆ Set an Alarm 30-Minutes Prior to Bedtime for Self-Care and Winding Down Rituals
- ◆ No Electronics on or in the Bedroom During Sleeping Hours



3. Increase Resiliency

- ◆ Helps us navigate life's many challenges.
- ◆ Reevaluate your goals to find a sense of purpose.
- ◆ Let yourself feel and process your emotions.
- ◆ Let go of the need to "be in control."
- ◆ Nurture yourself.
- ◆ Be giving and kind to others.



4. Feel Happy & Content

- ◆ Replace the negativity in your surroundings and life
- ◆ When you're in what looks like a negative situation, find what's good or helpful about it.
- ◆ Stop making mountains out of a molehill.
- ◆ Be grateful for a few of the things you may often take for granted.
- ◆ Get a positive start to your day and bring positivity to others.
- ◆ Live life mindfully savoring each moment.



5. Incorporate Healthy Eating

- ◆ Healthy Fats, Proteins, Lots of Fiber & Greens
- ◆ Meals, Not Snacks
- ◆ Eat Real Food – Minimize Packaged Processed Foods
- ◆ Go 12 to 14 Hours every 24 Hours Without Food
- ◆ Eat Mindfully and Enjoy Meals with Family & Friends



6. Incorporate Regular Movement

- ◆ Find Physical Activities You Enjoy
- ◆ Do It Regularly – 2 to 3 Times Per Week
- ◆ Balance Strength, Cardiovascular and Flexibility Training
- ◆ Walk for 30-Minutes Per Day
- ◆ Take the Stairs



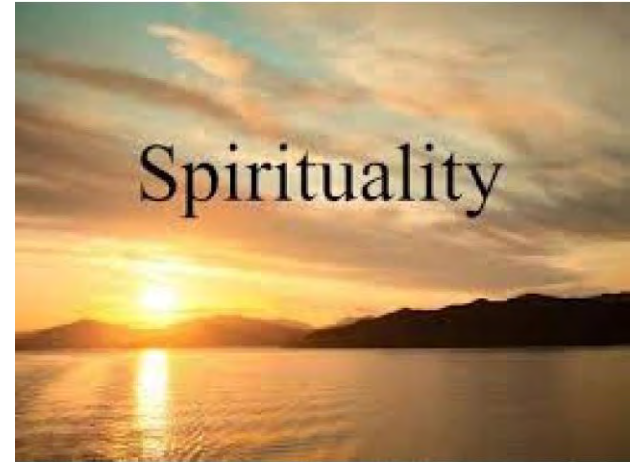
7. Cultivate Healthy Balanced Relationships

- ◆ Have Healthy Relationships That Support You – Personal, Friendships, and Work Colleagues
- ◆ The Most Important Relationship You Have in Life is the One You Have with Yourself
- ◆ It's Important to have Balanced Emotions!



8. Have a Daily Spiritual / Gratitude Practice

- ◆ Can Fill Your Soul and Satisfy Your Hunger for Life
- ◆ Part of Something Greater Than Yourself
- ◆ How You Show Up in the World
- ◆ Peace in Every Moment





Create a Plan & Set Goals

- ◆ How to Start: How Do You Want To Feel?
- ◆ What Do You Want to Achieve?
- ◆ Every Day, Every Month, Every Year

How to Get Started on Healthy Habits

- ◆ List Out All Of The Challenges, What Could Get In The Way
- ◆ Including Time! What Are You Spending Most Of Your Time Doing? (Phone, TV, Social Media)
- ◆ Replacing Current Habits with New Habits
- ◆ Identify Your Goals and Your Purpose
- ◆ Define Short Term Goals, Long Term Goals, Life Time Goals

WOOP Four-Step Technique

WISH jogging in the evening

O U T C O M E feeling balanced

O B S T A C L E tired when I come home

P L A N
I come home tired at 7:00 p.m. then I will put on my running shoes and go outside
obstacle plan to overcome obstacle

Create Goals – Simple Plan to Start

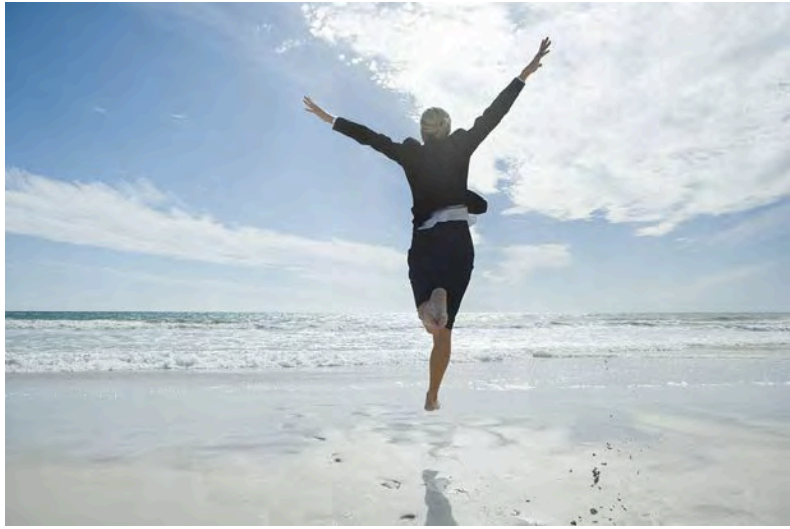
- ◆ Start With One Intention / Goal Per Month
- ◆ List Out 3-4 Steps You Will Need To Take To Reach Your Monthly Goal – Use WOOP App
- ◆ What Is Your Motivation/Reward To Continue
- ◆ Share Your Goals Out Loud
- ◆ Make Goals Fun, Motivational & Exciting
- ◆ Visualize Goals – Make a Vision Board



Stick with a Schedule

- ◆ Maintain a regular routine.
- ◆ Stay focused on your goals.
- ◆ Sticking to a schedule will help you to maintain productivity and morale.
- ◆ This also means separating your day into work and personal hours.
- ◆ Set boundaries with family & friends for your off limits work time.





4 Daily Habits That Will Transform Your Life

- ◆ These 4 habits will act as a protective shield for your day. TIME – Thankfulness, Inspiration, Meditation and Exercise.

Thankfulness

- ◆ Finding time in your day to be truly thankful for and grateful for what we have, what we've received, experienced, and the growth from painful experiences.
- ◆ Deeply feeling gratitude in our heart for those moments, for those people, experiences and things.
- ◆ Acknowledge how fortunate we are and let it become our mindset throughout the day.



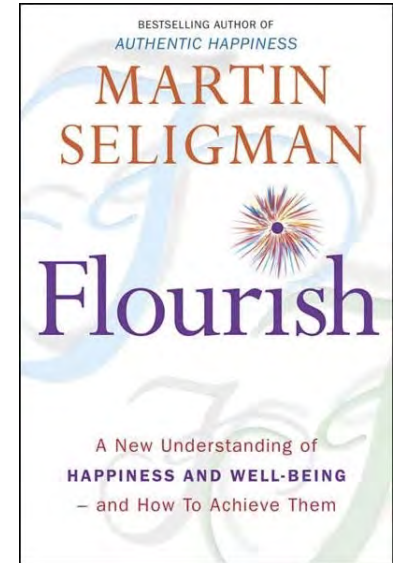
Tap Into Gratitude

- ◆ **What are 3 Simple Things You are Grateful for Right Now:**
- ◆ A roof over my head and a cool/warm home.
- ◆ Plenty of drinkable water.
- ◆ I don't have to go hungry.
- ◆ The simple pleasures of life like a sunset or a relaxing walk in the woods.
- ◆ My family and friends.



Three Blessings

- ◆ Before you go to bed, write down three good things that happened during the day.
- ◆ Then, write down why each of them happened.
- ◆ Think about the impact these positive events had on your day.
- ◆ Identify three strategies for continuing to live in a state of thankfulness, manifesting more positivity and improvement.
- ◆ Write down each time something good happens, or actions you take to make a bad situation good.



Inspiration

- ◆ We all need to read and consume something that is insightful and inspiring that we can turn into application and practice.
- ◆ Leave a book open near your bed, in the kitchen, at your desk etc. to be encouraged to read a paragraph or page when you can.
- ◆ Listen to podcasts while you cook or exercise to transform what you think and believe to apply it towards your goals.



Meditation

- ◆ Meditation is spending time with yourself, or finding an activity that brings you joy when you do it.
- ◆ Connect with yourself to understand and know yourself better.
- ◆ You can sit to align with your breath, use visualization, repeat positive affirmations that can re-wire your brain and mind to be the script that you want to live.
- ◆ “I am exactly where I need to be” – Live in the Moment



Reasons to Start a Daily Meditation Practice

- ◆ #1 – Reduces Mind Wandering
- ◆ People mind-wander 46.9% of waking hours.
- ◆ People mind-wander 30% of the time in almost all activities. (Except sex)
- ◆ Mind wandering has a negative impact on happiness.
- ◆ Meditation practice curbs mind-wandering.



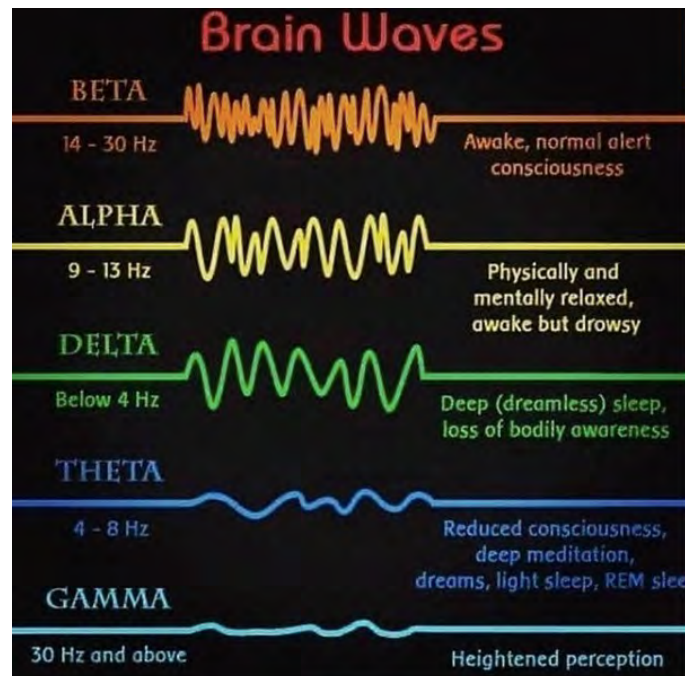
Meditate for 20-Minutes

- ◆ Mindfulness meditation comes with significant benefits, making the time for just 20 minutes of meditation is enough to enhance the brain's ability to detect and pay attention to mistakes with increased focus and attention to detail.
- ◆ If you catch yourself slipping up at work or simply need to find that laser sharp focus, try eking out just 20 minutes for a reboot session.



Meditate for 20-Minutes

- ◆ It takes 20+ minutes of meditation for our brains to enter into a Theta state.
- ◆ The Theta state of deep mental relaxation is when we are prone to a flow of good ideas.



Exercise – Movement

- ◆ What movement does for your body meditation does for your mind.
- ◆ Our mind needs to be still and our body needs to be moving and to be expressive.



Incorporating Regular Movement

- ◆ Find Physical Activities You Enjoy
- ◆ Do It Regularly – 3 to 4 Times Per Week – 150 Minutes per Week
- ◆ Balance Strength, Cardiovascular and Flexibility Training
- ◆ Walk for 30-Minutes Per Day
- ◆ Take the Stairs
- ◆ YouTube, Zoom and Online Virtual Exercise Classes



Next Steps

- ◆ What is the Easiest Next Step You Can Take to Support Better Balance in Your Life?
- ◆ What Is The Easiest Next Step You Can Take To Support Your Health?
- ◆ Focus On This Step Until It Feels Like A New Habit
- ◆ Pick A Next Step To Take





Physical Wellness: The forefront of any wellness regimen and encompasses everything from physical activity level and the nutritional value of your diet to the quality of your sleep. Optimal physical wellness directly impacts the way you think and feel.



Mental & Emotional Wellness: Covers everything from mental health and self-esteem to intimacy and the healthy expression of emotions. As humans, we possess a complex set of emotions that equip us for connecting with others, living with a sense of morality, and acting as functional members of society.



Spiritual Wellness: Productive and healthy individuals seek meaning and purpose to nourish their lives. Spiritual wellness encompasses this idea, encouraging you to live by a guiding set of principles and belief systems that can help you approach life with a positive mind-set.



LISA FARLEY, INHC, AADP, RYT 200

FOUNDER & HEAD HEALTHY PERSON

CERTIFIED INTEGRATIVE NUTRITION HEALTH COACH
CERTIFIED IN POSITIVE PSYCHOLOGY FROM THE UNIVERSITY OF PENNSYLVANIA
REGISTERED YOGA INSTRUCTOR

917.714.1970

LISA@FLURISHWELLNESS.COM

FLURISHWELLNESS.COM