



American
Heart
Association.



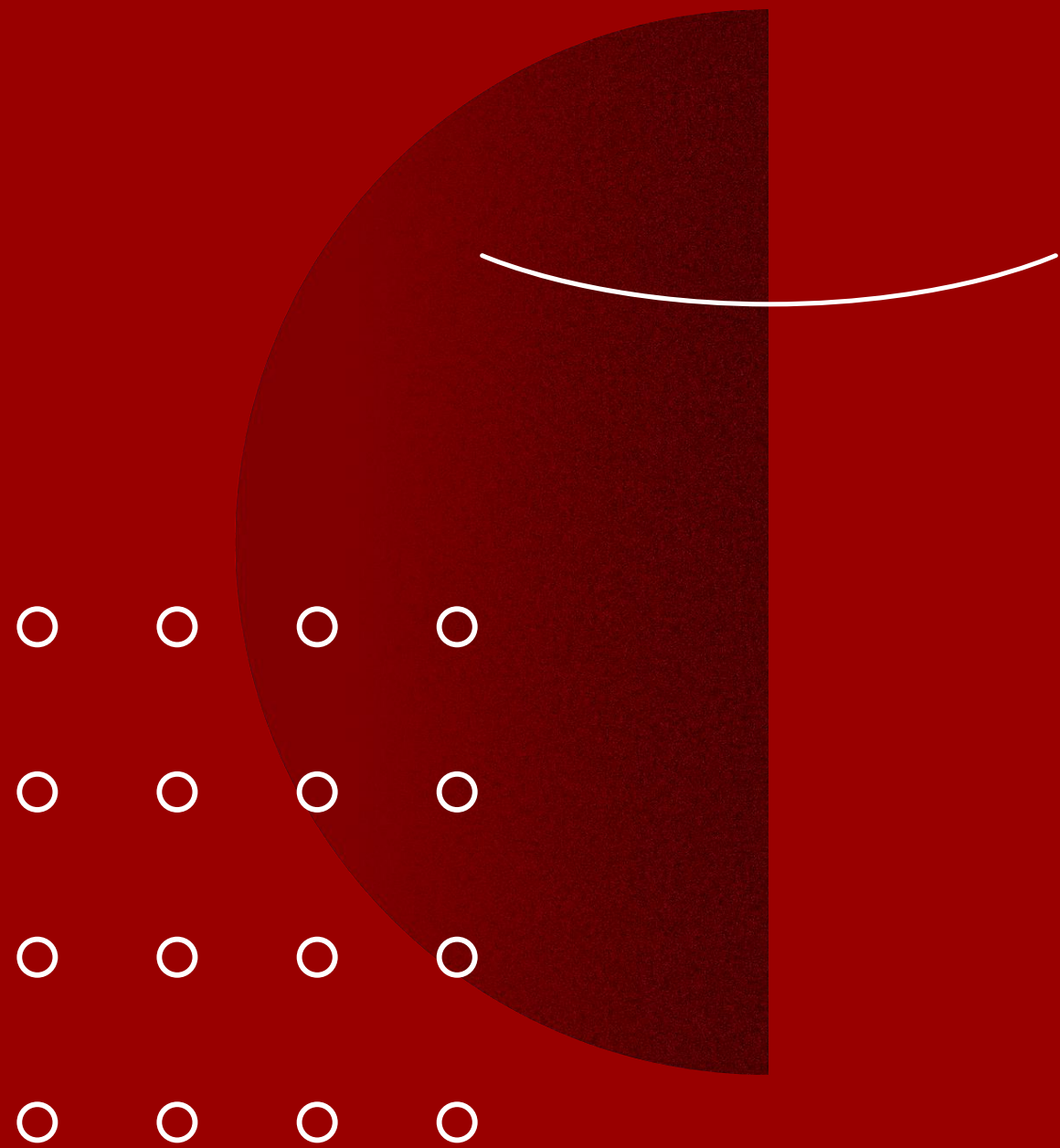
Mental Health, Well-being, & Physical Health

What we will discuss:

- *Mental Health & the workplace*
- *Improve your mental well-being*
- *Using physical activity to improve your mental & physical health.*
- *Resources*
- *Questions?*



Did you know?
76% of employees
report having
struggled with an
issue that
affected their
mental health.



*HOW CAN YOU
IMPROVE YOUR
MENTAL WELL-
BEING?*



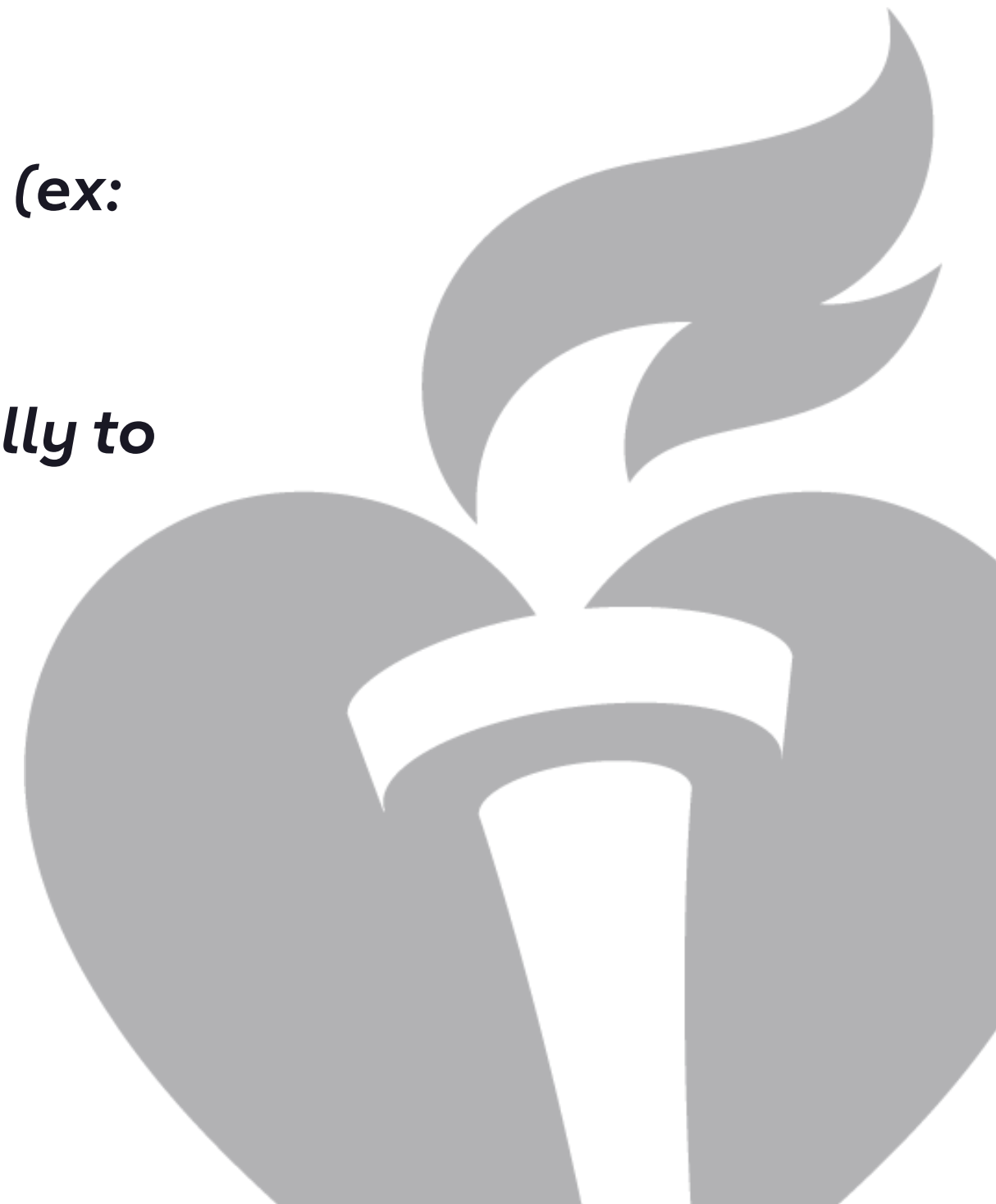
CHRONIC STRESS CAN LEAD TO...

- High Blood Pressure
- Physical Inactivity
- Smoking
- Overeating
- Depression
- Anxiety



TIPS FOR IMPROVING MENTAL WELL-BEING

- *Identify the cause of your stress or anxiety and address it directly.*
- *Choose healthy habits and don't rush it.*
- *Incorporate healthy lifestyle habit one at a time instead of trying to "fix" everything at once.*
- *Increase your physical activity to "help jump start your day."*
- *Find a relaxing ritual (ex: meditation)*
- *Get a pet!*
- *Go low-tech, especially to improve sleep.*
- *Practice positivity.*
- *Keep trying.*



Physical Activity Matters

- Very few Americans get the recommended amount of physical activity.
- Around the world only 1 and 4 adults meet the global recommended levels of physical activities.
- Half of adults get the physical activity they need to prevent and reduce chronic disease.
- Physical inactivity contributes to 1 in 10 premature deaths.
- Up to 5 million deaths a year could be prevented if the global population was more active.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Tight on time this week? Start with just 5 minutes. It all adds up!



Sedentary Workday?

Adults in the United States spend an average six to eight hours a day being sedentary.

Introduce movement throughout your workday with activities like:

- Walking during breaks
- A midday walk during a lunch break
- Stand during meetings
- Take the stairs instead of the elevator
- Walk to talk with a co-worker in person verses calling or messaging them on the phone
- Take public transportation instead of driving
- Use a standing or adjustable desk
- Exercise at your desk



Benefits of Physical Activity

Regular physical activity can provide significant benefits for your health. It can help you feel better, function better, sleep better, reduce anxiety, and so much more. People who are physically active usually live longer and are at less risks for serious health complications.

Lowers risk of high blood pressure

Lowers risk of stroke

Improve muscular and cardiorespiratory fitness

Help maintain a healthy body weight

Help prevent falls

Improve mental health

Improve cognitive health

Improve sleep

Improve bone health





Risk of Sedentary Behavior

People's lives are becoming increasingly more sedentary. The trend will likely continue to increase due to people spending more time engaging in sedentary behaviors. With an increase of sedentary jobs, modes of transportation, and the popularity of electronic devices, adverse health outcomes will become apparent.



Sedentary lifestyles are associated with the following health negative outcomes:

- Increase death or incidence in cardiovascular disease
- Increase death or incidence in cancer
- Increase risk of type 2 diabetes
- Risk for obesity
- Risk for metabolic syndrome



Fighting Physical Activity Barriers

Being able to understand barriers to being active regularly and creating strategies to overcome them is important to make physical activity a part of your routine. Here are some suggestions for overcoming the barriers:



1. Time: know your available time slots
2. Social support: tell your friends or family about your interest in physical activity
3. Lack of energy: plan physical activity for times during the day when you know you will be energetic
4. Lack of motivation: join an exercise class or exercise with a friend
5. Fear of injury: low risk activities
6. Lack of skill: choose activities that don't require a new skill
7. High costs and lack of facilities: find inexpensive resources in your community or activities that require minimal equipment
8. Weather conditions: select activities that will always be available regardless of the weather

Questions?

For more information on Mental Well-being and how it relates to health, visit www.heart.org



In the Chat Box:

What is one thing you will do for your physical health after today's session?

Thank You!

