

# It's All About YOU!

Live A Balanced Life

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# Introduction



- ▶ A balanced life is not about giving equal time and energy to every aspect of your life.
- ▶ Some parts need more and some need less.
- ▶ Balance truly is giving every part what it needs, when it needs it, while keeping your mental sanity and physical health.

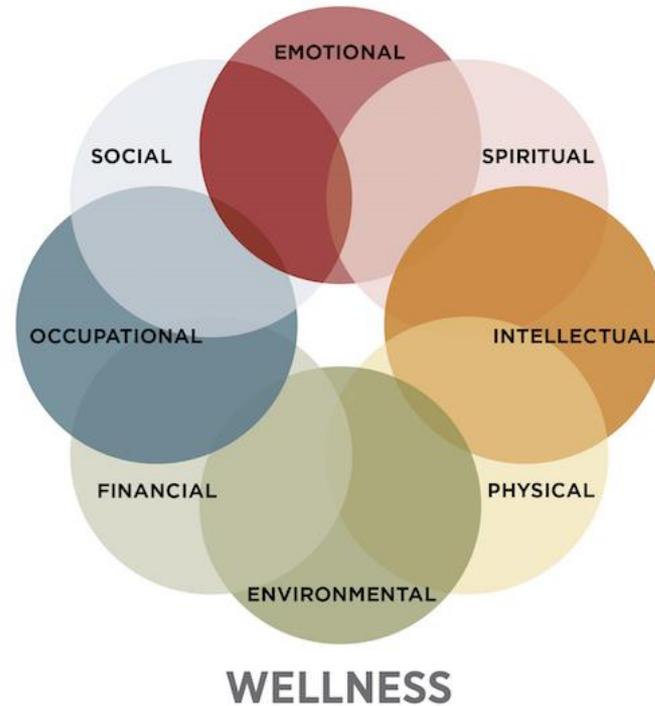


# Objective



- ▶ Will learn...
  - ▶ How to reflect, rejuvenate and replenish our senses
  - ▶ The effects of stress, and how to combat it in an efficient and effortless manner
  - ▶ The importance of sleep and how to improve its quality
  - ▶ The importance of posture
  - ▶ The benefits of laughter

# Dimensions of Wellness





# Stress



- Is a “fight-or-flight” biological response to life events.
- Chronic stress disrupts nearly every system in your body.
  - can raise blood pressure, suppress immune system, increase risk of heart attack and stroke, contribute to infertility, and speed up aging process
- Long-term stress can even effect the brain, leaving you more vulnerable to anxiety and depression.

# Relaxation



## ➤ Deep Breaths

- lower your blood pressure, aid your digestion, increase alertness and decrease fatigue, reduce tension headaches and migraines

## ➤ Massages

- reduce waste products in the muscle, enhance immune system, aid recovery and relieves congestion by increasing circulation

## ➤ Stretching

- Reduces waste products in the muscle, increases blood circulation



# Sleep



- ▶ Sleep is our bodies' way of rejuvenating
  - ▶ repaired/revitalized muscles and soft tissue, brain processes memories and things we learned throughout the day
- ▶ The amount of sleep needed varies over the course of a lifetime
  - ▶ depends on age, activity level, general health and lifestyle habits
- ▶ Sleep deprivation
  - ▶ Causes fatigue, daytime sleepiness, clumsiness, weight loss/gain, aching muscles, headaches, irritability and, in extreme cases, death.



# How to Get a Better Night's Sleep

- Keep a regular sleep schedule
  - Be consistent with day to day bed and wake up times
- Create a sleep friendly bedroom
  - Keep noise down, room dark and cool, and make sure the bed is comfortable
- Eat right and exercise regularly
  - Stay away from big meals at night, avoid alcohol before bed, cut down on caffeine, don't drink too many liquids in the evening, quit smoking



# How can I get a good night's sleep?

- Stick to a sleep schedule
- Exercise
- Avoid caffeine and nicotine
- Avoid alcoholic drinks before bedtime
- Avoid large meals at night
- Avoid medicines that delay or disrupt your sleep
- Relax before bed
- Take a hot bath before bed
- Have a good sleeping environment
- Have the right sunlight exposure
- Don't lie in bed awake
- See a doctor if you continue to have trouble sleeping



# Posture



- Refers to the carriage of the body as a whole, the attitude of the body, or the position of the limbs (arms and legs).
- Poor posture can cause problems including:
  - Back pain
  - Spinal dysfunction
  - Joint degeneration
  - Rounded shoulders
  - Muscle fatigue
  - Hunching



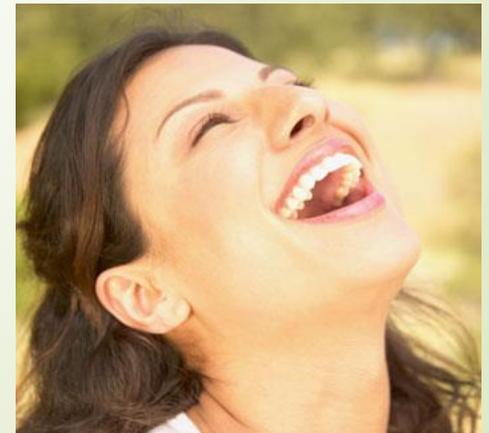
# Posture



- ▶ You can improve your posture and spinal health by making a few lifestyle adjustments:
  - ▶ Avoid sitting in soft, squishy chairs
  - ▶ Lumbar rolls
  - ▶ Mattress should be supportive enough to keep your spine straight when lying on your side
  - ▶ Use a pillow that supports your neck
  - ▶ Keep back straight and use thigh muscles when lifting heavy weights
  - ▶ Perform stretching exercises 2-3 times a week to boost muscle flexibility

# Laughter

- ▶ Relaxes the whole body
  - ▶ Relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- ▶ Boosts the immune system
  - ▶ Decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- ▶ Triggers the release of endorphins
  - ▶ The body's natural feel-good chemicals.
- ▶ Protects the heart
  - ▶ Improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.





# References



- National Sleep Foundation:  
[www.sleepfoundation.org](http://www.sleepfoundation.org)
- U.S. Department of Health & Human Services; National Heart, Lung and Blood Institute:  
<http://www.nhlbi.nih.gov/>