

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.

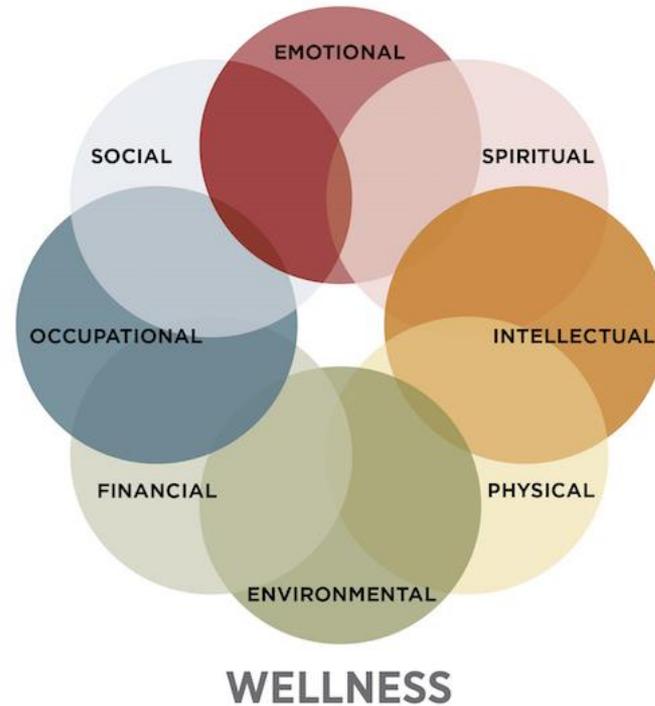


Objective



- ▶ 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



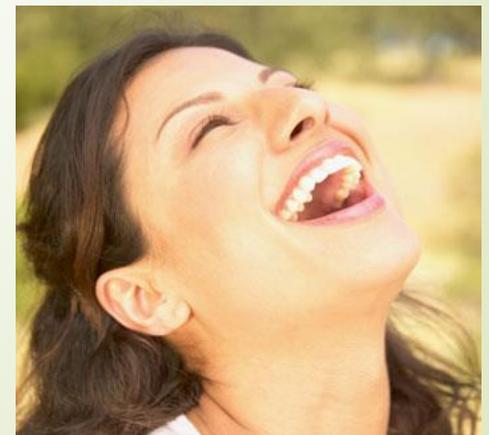
Posture



- ▶ 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
- U.S. Department of Health & Human Services; National Heart, Lung and Blood Institute:
<http://www.nhlbi.nih.gov/>