

Staff wellbeing and self care

It all starts with YOU...

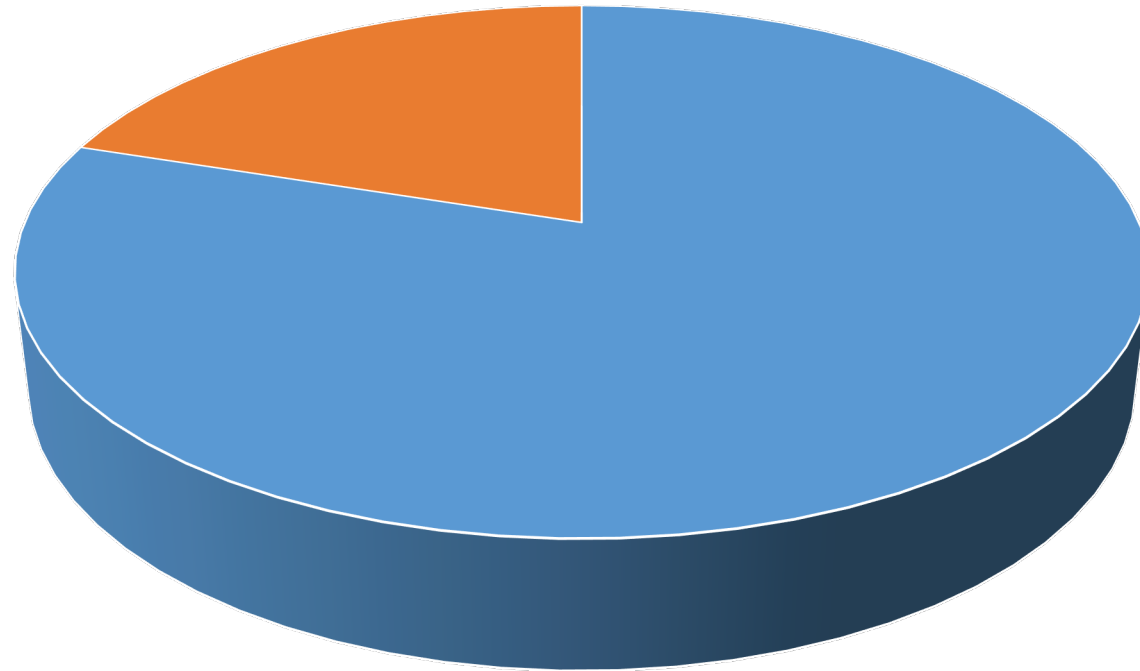
Introduction...



Why it NEEDS to be about YOU



The psychology of YOUR business...



■ Psychology ■ Mechanics

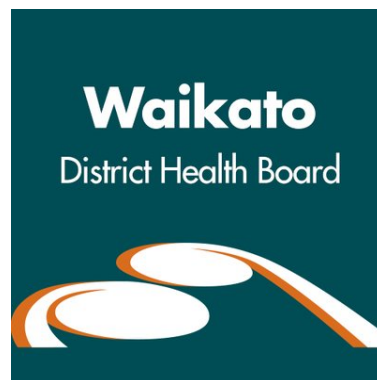
WHY???

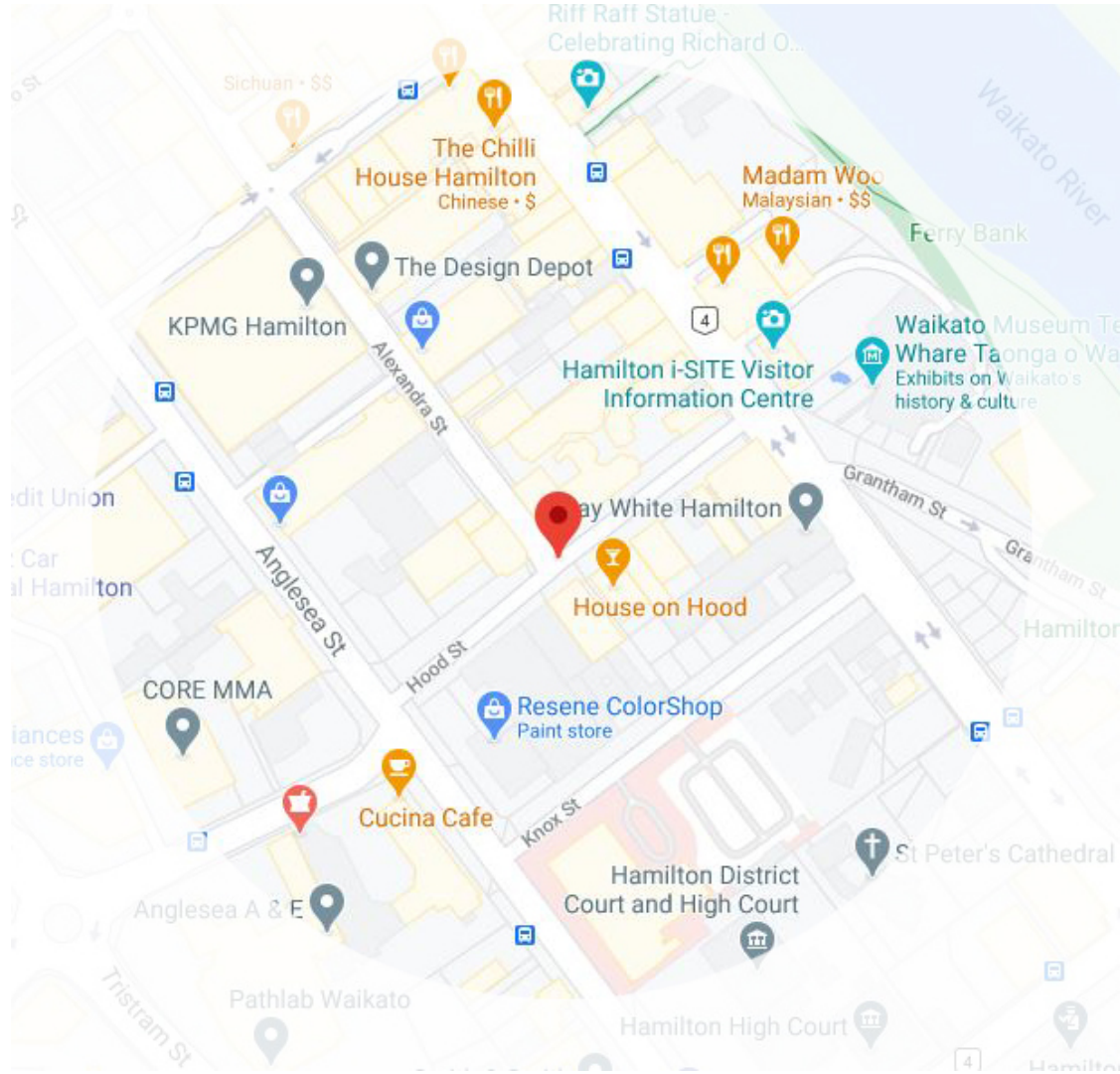


Bringing the team together...



Te Kaporeihana Āwhina Hunga Whara

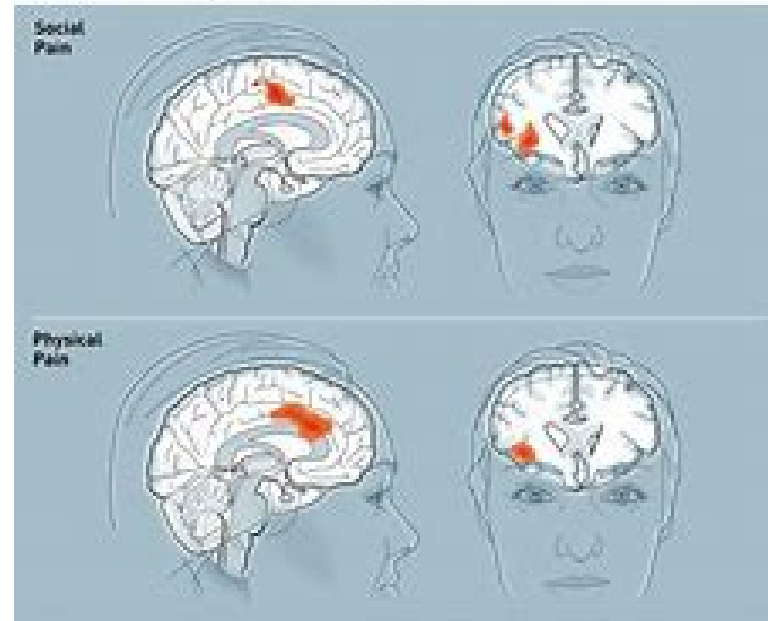




Two further things to learn about your brain...

Exhibit 1: Social and Physical Pain Produce Similar Brain Responses

Brain scans captured through functional magnetic resonance imaging (fMRI) show the same areas associated with pleasure, whether social or physical pain. The dorsal anterior cingulate cortex (highlighted in red) is associated with the degree of distress, the right ventral prefrontal cortex (highlighted in light blue) is associated with regulating the distress.



NeuroImage: Social versus
Physical Pain (Singer, Lohrke, and Willmann, 2009) Social pain images: Cordova et al., "The Neural Correlates of Physical Pain: A Staged Account,"
NeuroImage, May 2000; Physical pain images

Mind-Body connection...



4 – 7 – 8 breathing...

Before starting the breathing pattern, adopt a comfortable sitting position and place the tip of the tongue on the tissue right behind the top front teeth.

To use the 4-7-8 technique, focus on the following breathing pattern:

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds
- repeat the cycle up to 4 times

4 – 7 – 8 breathing...

- reducing anxiety
- helping a person get to sleep
- managing cravings
- controlling or reducing anger responses

Doing gratitude the RIGHT way...



Putting it together...

- Posture
- Breath
- Gratitude

Look after yourself!!!