

# UNC Wellness Centers

## *Talk to Me Tuesday!*

### 5 Ways to Thrive in the Midst of Chaos

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## To Survive or Thrive? Beyond just feeling better...

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**Higher well-being =**

- ❖ Stronger immune system
- ❖ Better sleep
- ❖ Less burnout
- ❖ Better coping abilities
- ❖ Reduced cardiovascular mortality

## What's getting in the way of our well-being?

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- Loss of control
- Too many decisions

Me trying to decide whether to send my own kids back to school or do remote learning again.



→ Anxiety

→ Depression

- Uncertainty
- Limited freedom
- Rumination

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## 5 Ways to Thrive

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- Build **Positive** Emotion
- **Engage** in activities that use talents and strengths
- Positive **Relationships**
- Spend time doing things that are **Meaningful**
- **Accomplish** things

Martin Seligman (2018): PERMA and the building blocks of well-being, The Journal of Positive Psychology, DOI: 10.1080/17439760.2018.1437466

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## 1. Build Positive Emotion

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- **What-Went-Well Exercise**
  - Set aside 10 minutes every night for the next week
  - Write down three things that went well and why they went well.
- **Signature Strengths exercise** (viacharacter.org)
  - Creativity? – set aside 2 hours one evening to write or draw
  - Hope?- write a column for newspaper expressing hope for the future
  - Appreciation of beauty?- go for a country drive to a place you haven't seen before

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## 2. Engage in an activity that uses your skills, strengths and attention

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- FLOW- Did time stop for you?
- Plan these activities throughout your week



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### 3. Positive Relationships

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- Reach out to one person per day to offer **Kindness**
  - A hello
  - An uplifting message
  - Drop off a flower
  - Help a neighbor
  - Deliver a meal to someone who lives alone
- Go Bigger with a **Gratitude Visit**
  - Think about someone who made a difference in your life who you have not properly thanked. Call them or send them a thank you note describing how they impacted you

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### 4. Spend time on Meaningful things

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- What are you passionate about?
- What are your talents and how can you use them?
- What can you do throughout the week to engage in this activity?



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## 5. Accomplish something, anything (Achievement)

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- Make a to do list
- Tackle that project you've been putting off
- Take a class
- Pick up a craft kit
- Commit to a workout schedule
- Learn a language
- Learn a new sport



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## Optimism as a key contributor to well-being...

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PESSIMISM – challenges are permanent, unchangeable and pervasive

- *“It’s going to last forever, it’s going to undermine everything, and there’s nothing I can do about it.”*

OPTIMISM – challenges are temporary, changeable and local

- *“It’s going away quickly, I can do something about it, and it’s just this one situation.”*

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What are your takeaways and next steps?!



How will you make a conscious choice to positively impact your days?

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## ***Coming Up Next!***

**August 4 - Run with your Butt...** A silly name for a serious topic. When runners get hurt, they often complain about sore quads, calves, and low back pain. If this is you, then you need to learn how to Run with your Butt!

Join us for a talk with Physical Therapist, Evan Adler, to learn how to harness the strength from your backside to get you moving forward in the right direction.

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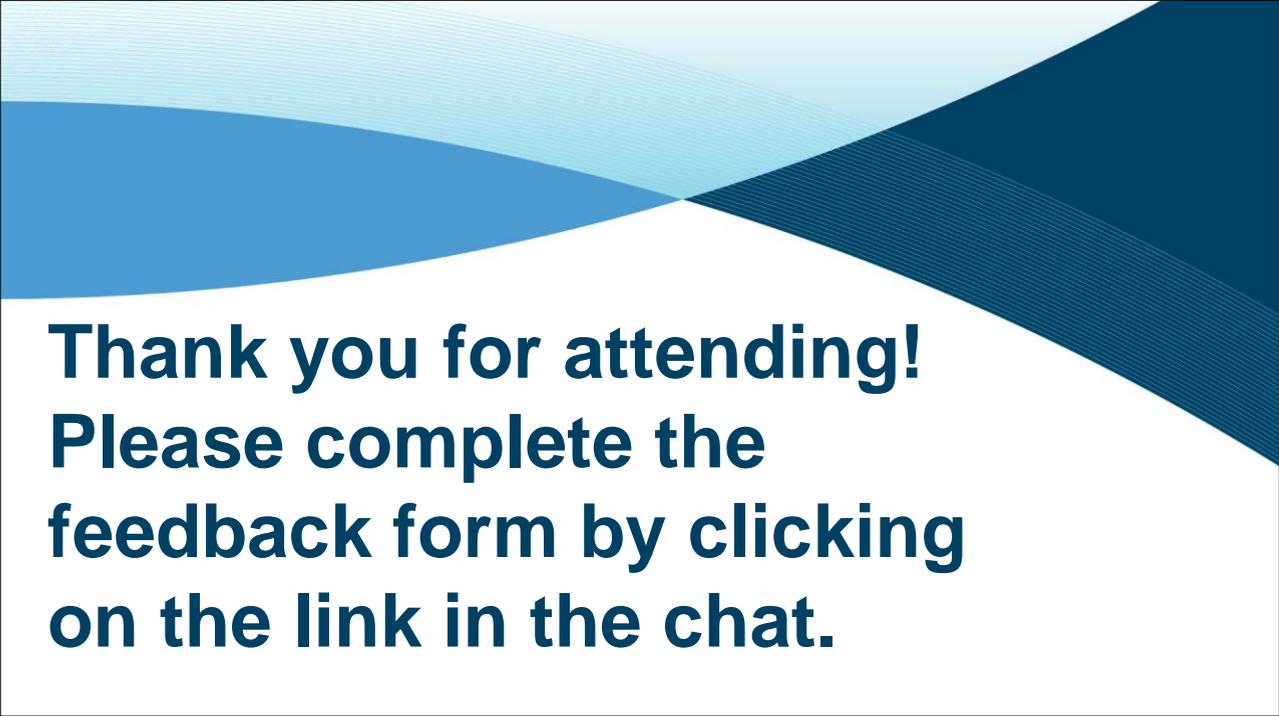
## ***Coming Up Soon!***

### **August 11 - You are not Alone: Improve Health by Developing Strategies to Connect**

Did you know that 1 in 4 adults felt isolated from other people at least some of the time and 1 in 3 lacked regular companionship in early 2019? The pandemic has made this worse and highlighted the impact that chronic loneliness has on health issues ranging from memory loss to shorter lives.

Join the Health Ed team to acknowledge challenges of isolation and brainstorm strategies to socially connect while we are physically distanced.

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**Thank you for attending!  
Please complete the  
feedback form by clicking  
on the link in the chat.**