

Wellbeing for Public Service

Agenda

Stress? Who Me?

Is Stress Good or Bad or Both?

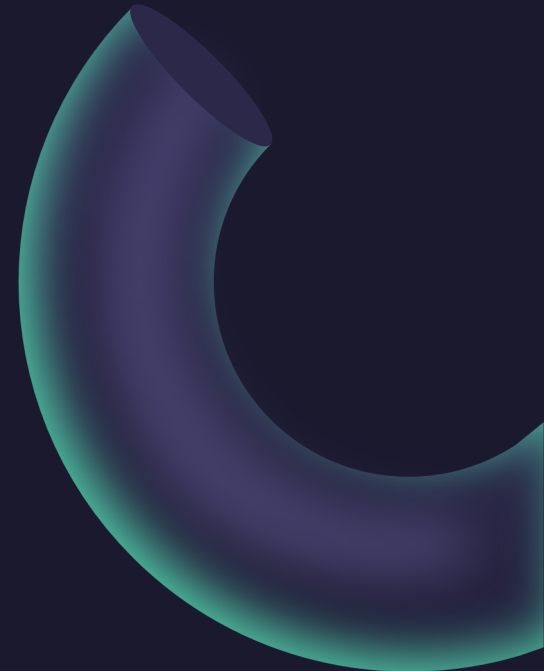
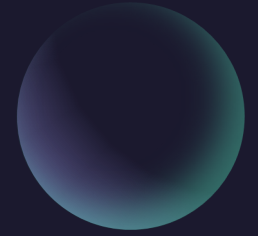
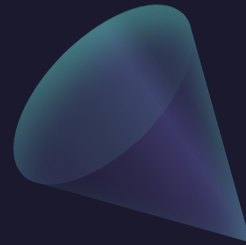
Practical Ways to Reduce Stress

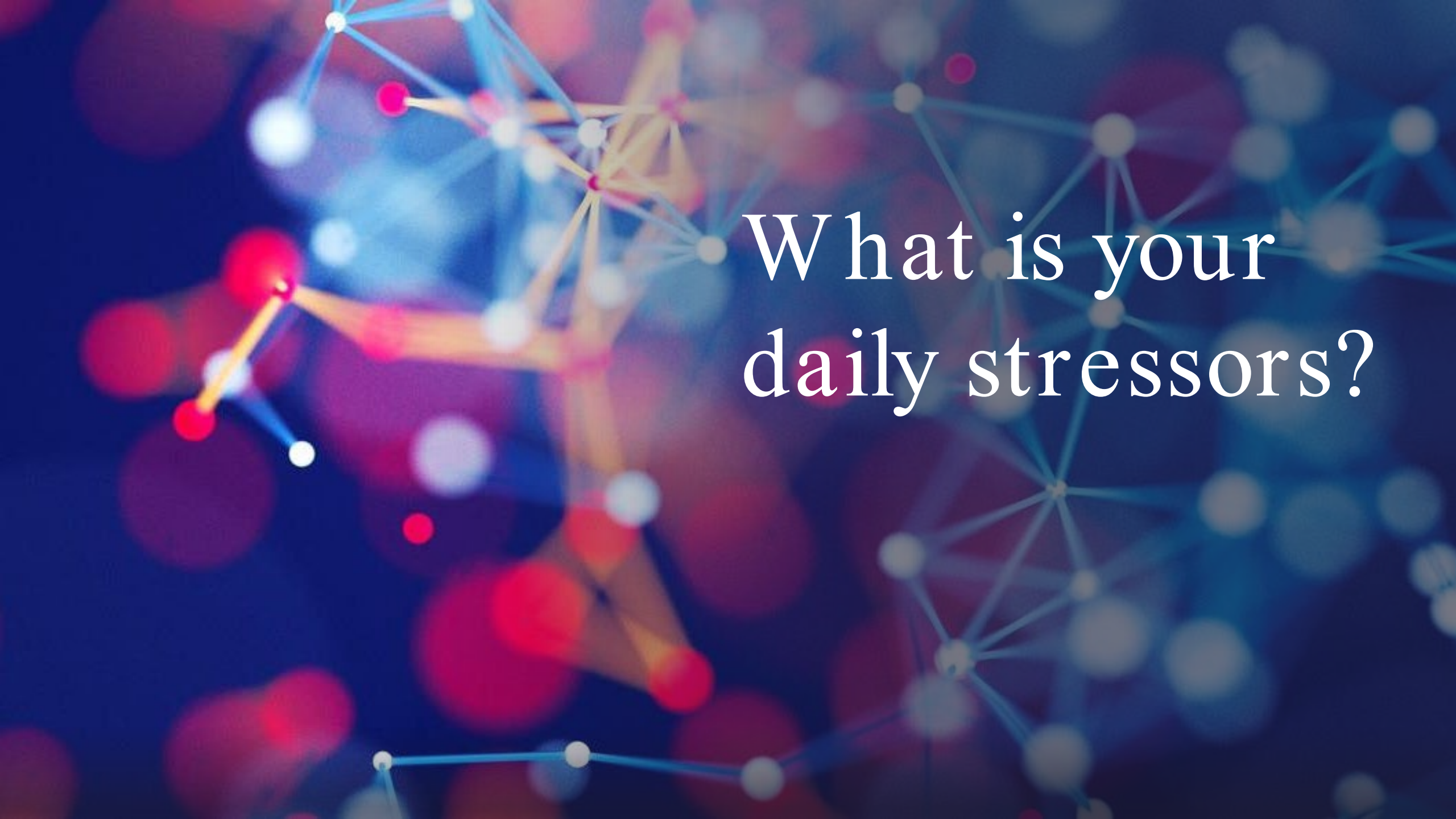
Understanding Wellbeing

Fostering a Culture of Wellness

Strategies for Interactions

Final Thoughts



The background features a complex network of nodes and connections. The nodes are represented by small circles in various colors: blue, red, and white. The connections are thin lines, some in blue and some in red, forming a dense web. The overall aesthetic is digital and abstract, suggesting a network or data structure.

What is your
daily stressors?

slido

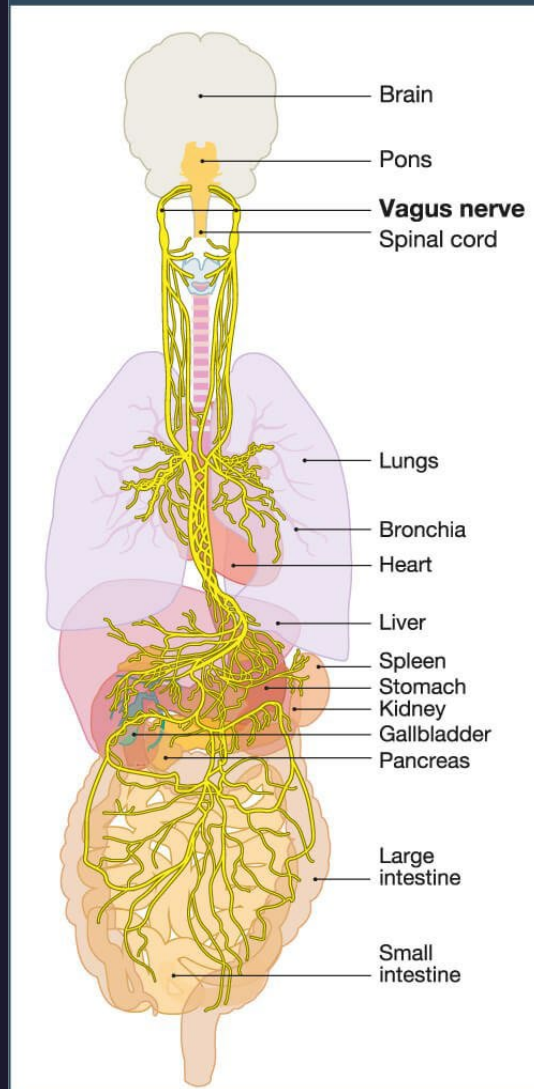
Please download and install the Slido app on all computers you use



What is Stressing You?

① Start presenting to display the poll results on this slide.

The Vagus Nerve



The Vagus Nerve

Relaxation

Reset

Restore

Parasympathic/Sympathic



Relaxation Techniques

Deep Breathing

Stretching

The 10 dragons



Wellbeing

What is wellbeing?

What is your view of the world?

What is your lens?

What is wellbeing?



A state of being comfortable, healthy, or happy



There are five areas of wellbeing:



Physical



Mental



Financial



Social



Spiritual

What is your view of the world?

- A point of view is how a story is told.
- It is from the view of the narrator.
- How do you tell others' stories when you interact with them?

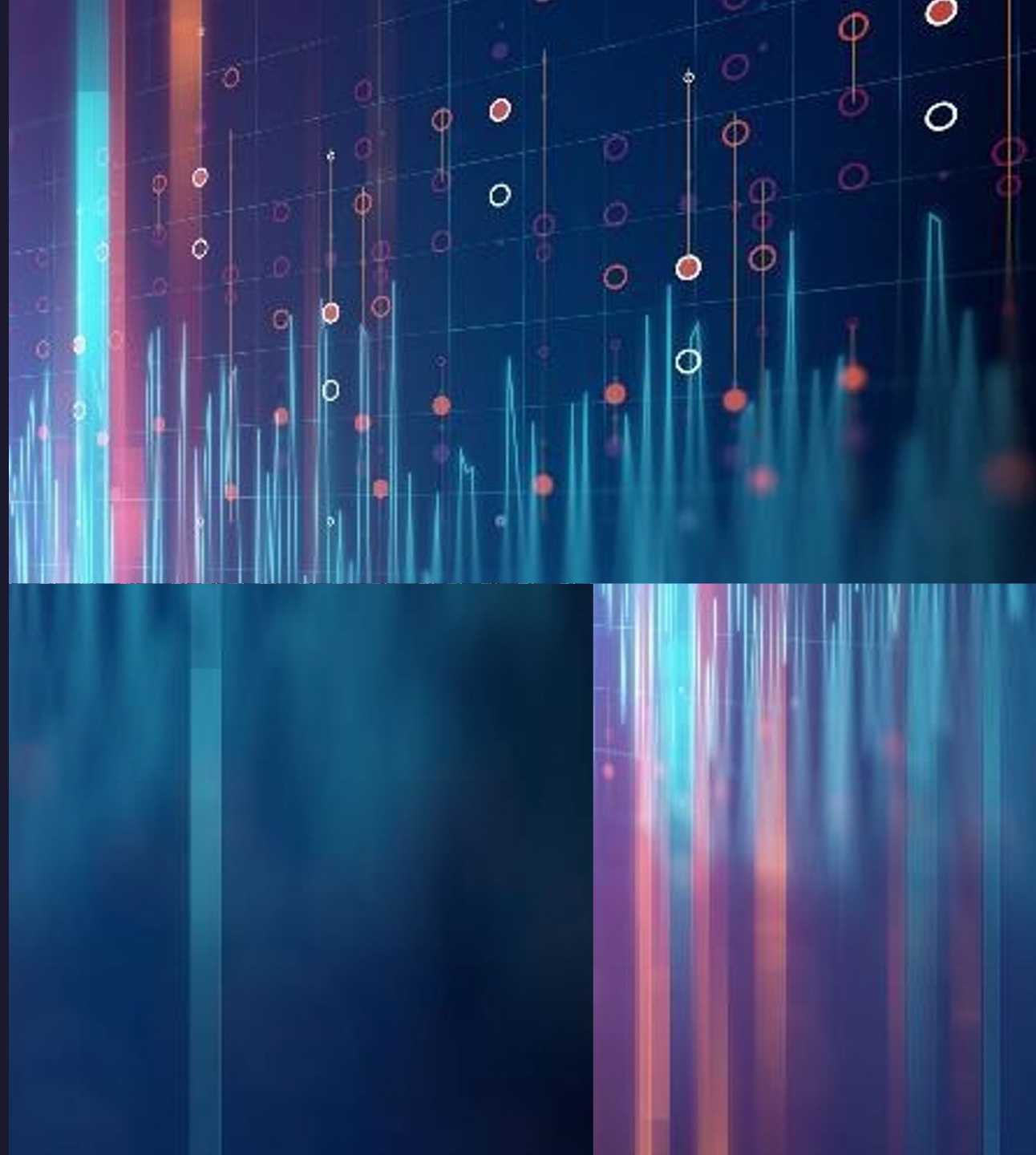




What is your lens?

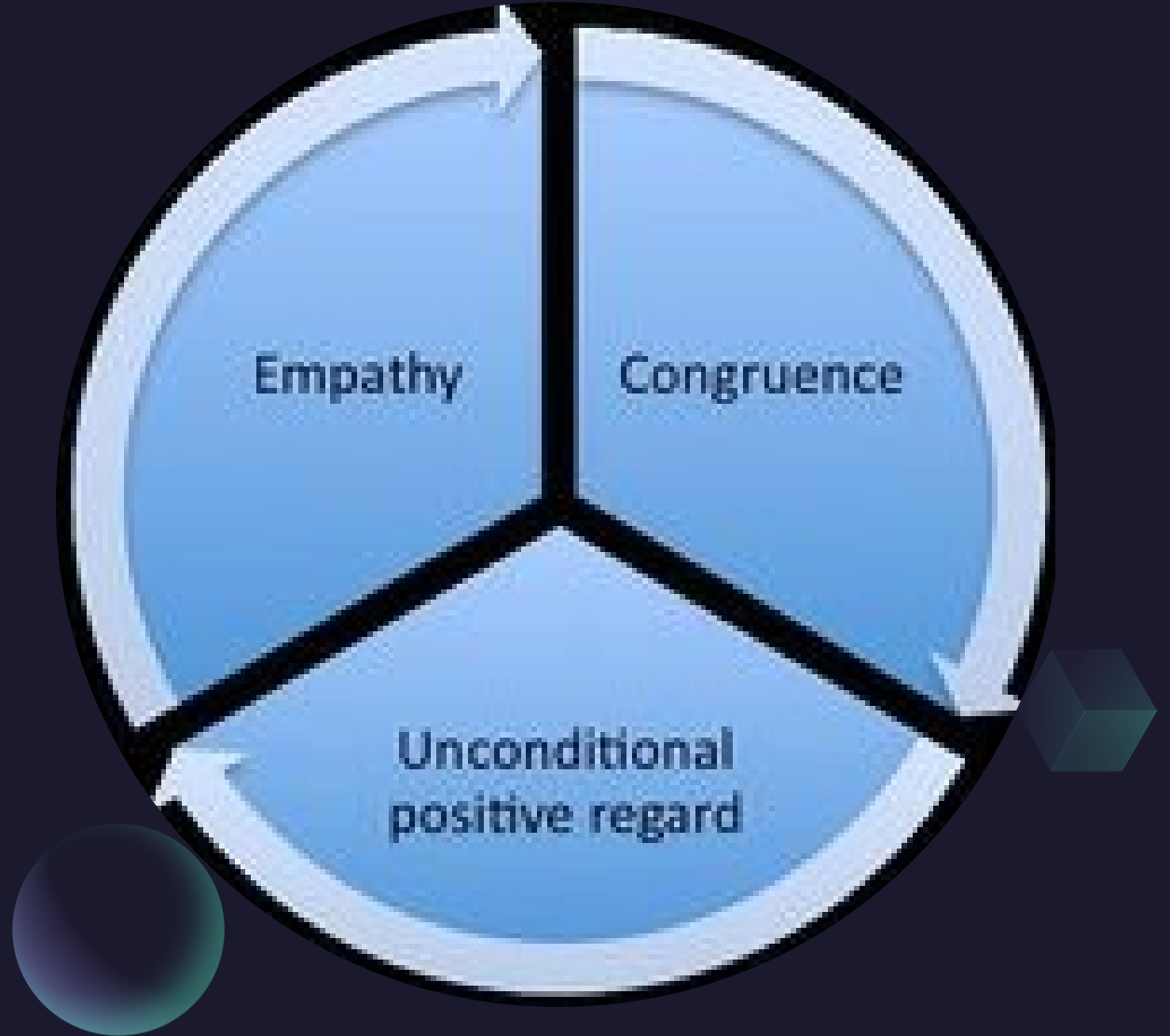
Perspective refers to the narrator's worldview – how they perceive the events, places, and people in the story.

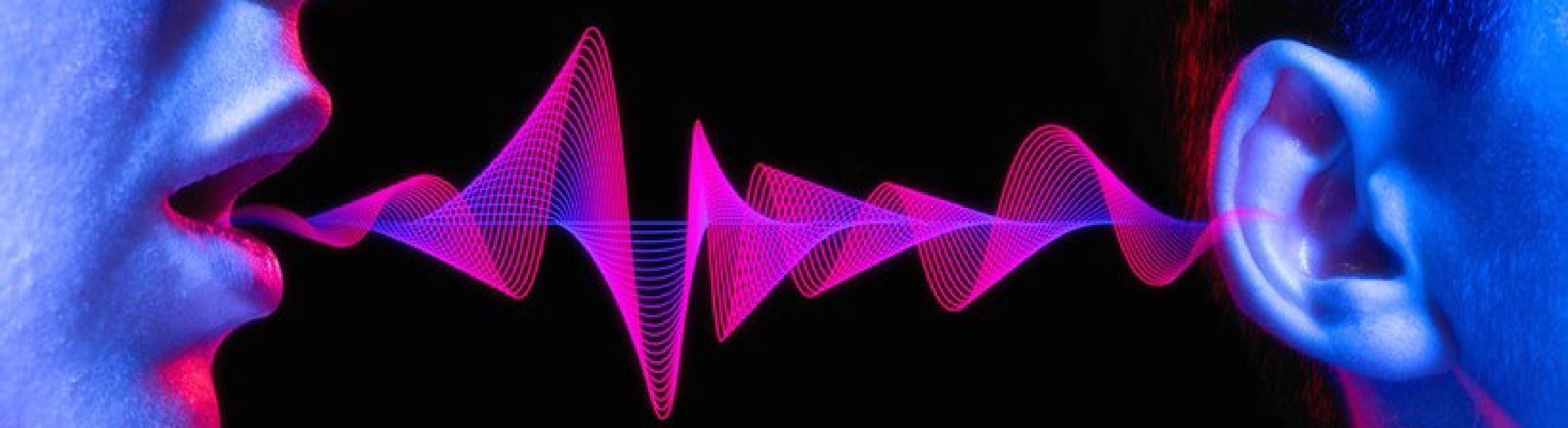
Their perspective is shaped by their experiences, beliefs, and background.



A Culture of wellness

- Look within first
- Understand our lens and acknowledge it
- Be person-centered in your approach
- Encourage engagement and reflection
- We all just want to be heard





Easier Said Than Done! Strategies for Interaction

- Good listening is SOLER:
- S – facing the person square in the face
- O – open stance
- L – lean forward
- E – eye contact
- R- relaxed posture

Thank you

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