

A New Year, A Healthier You!

Mapping your 2020 Wellness Journey





About WorkWell NYC

WorkWell NYC seeks to create workplaces that help our employees live **healthy, active** lifestyles, and provide health and well-being services, programs, and resources at the **worksite** and beyond.





Welcome!



Moderator:
Marissa Frieder
WorkWell NYC



Karey Leung

- Mother of 2
- Drummer
- Avid tea consumer



Daniel Pollak

- Lifelong New Yorker
- Agency leader
- Yankee fan



Today's Agenda

- Reflect on New Year's resolutions (and why they don't always work)
- Review the eight dimensions of well-being
- Set ourselves up for success with SMART goals
- Learn how to create support systems to help keep you on track!





Reflecting on New Year's Resolutions





Wellness, Defined

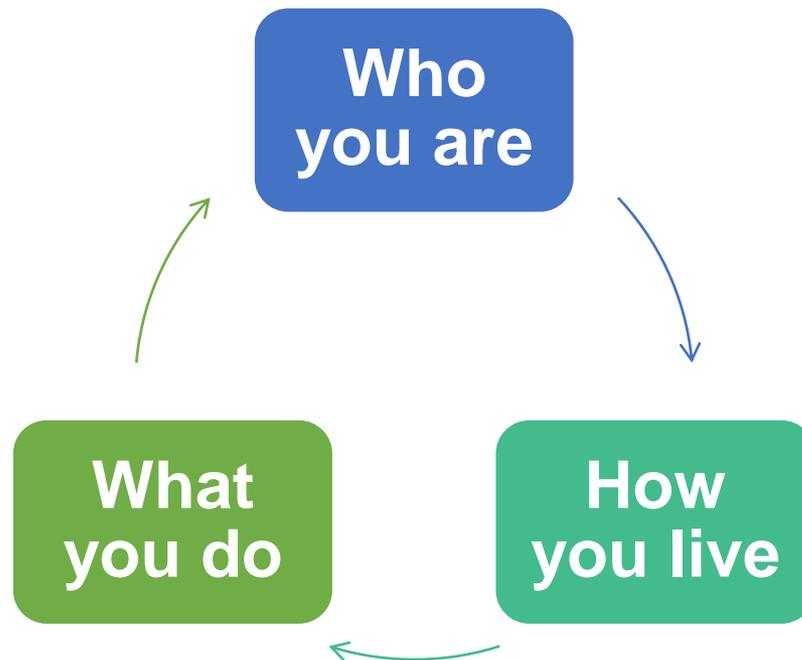
“Wellness is an **active** process of **becoming aware** of and **making choices** towards a healthy and fulfilling life. Wellness is more than being free from illness, it is a **dynamic process** of change and **growth**.”

- UC Davis Student Health and Counseling Center



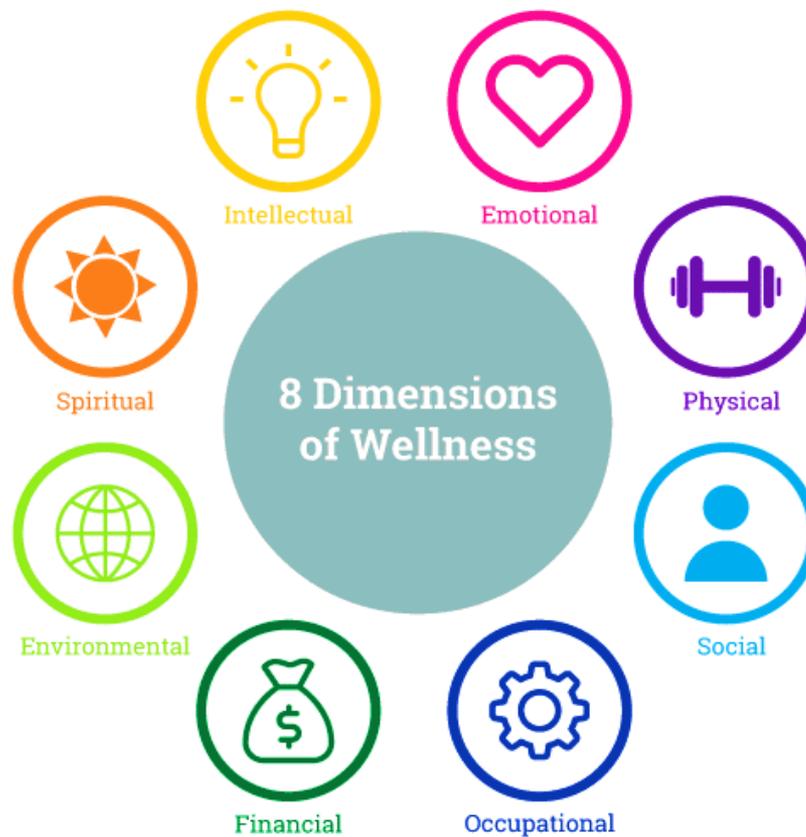


Wellness in All Areas





8 Dimensions of Wellness





Emotional Wellness



The ability to understand ourselves, share our feelings, and cope with the challenges life can bring



Physical Wellness



Taking care of your body to keep it healthy now and in the future



Social Wellness



- Having a sense of connection, belonging and a support system
- Maintaining healthy relationships, caring about others and letting others care about you,
- Contributing to your community



Occupational Wellness



Utilizing your talents, skills, and knowledge to contribute to the world and find satisfaction in your work



Financial Wellness

Managing your resources to live within your means, making informed financial decisions and investments, and preparing for short-term and long-term needs or emergencies





Environmental Wellness

Ensuring that your surroundings support your wellbeing and making choices to protect the environment you live in





Spiritual Wellness

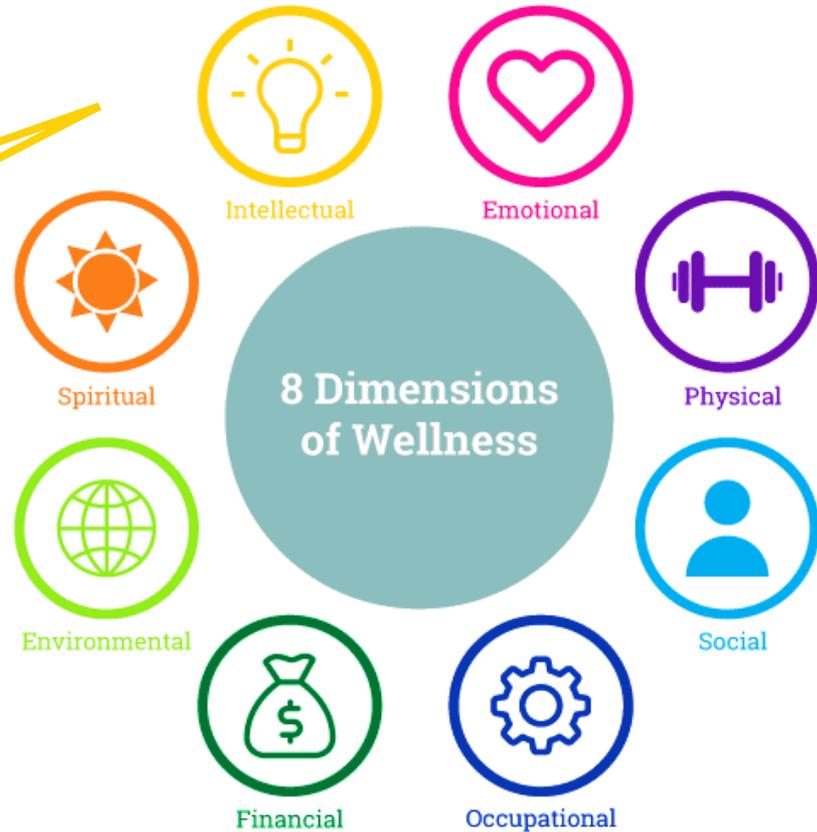
Finding purpose, value, and meaning in your life and participating in activities that are consistent with your beliefs and values





Intellectual Wellness

Learning new things,
keeping your brain active,
and maintaining curiosity
about the world





Let's Discuss!



- **What area of wellness do you want to focus on in the year ahead?**
- **What would you like to accomplish this year?**



Setting SMART Goals for 2020 and Beyond!





Step 1: Set Your Intention

What area of well-being do you want to focus on this year? Why?
How will this improve your well-being? How will you feel afterwards?

Karey

- **Dimensions:** physical, social
- **Intention:** Self-care and stress relief – wants to take time for herself for hobbies and connecting with others (besides her children!)
- **Wants to feel:** more in touch with her body, physically, mentally, and spiritually

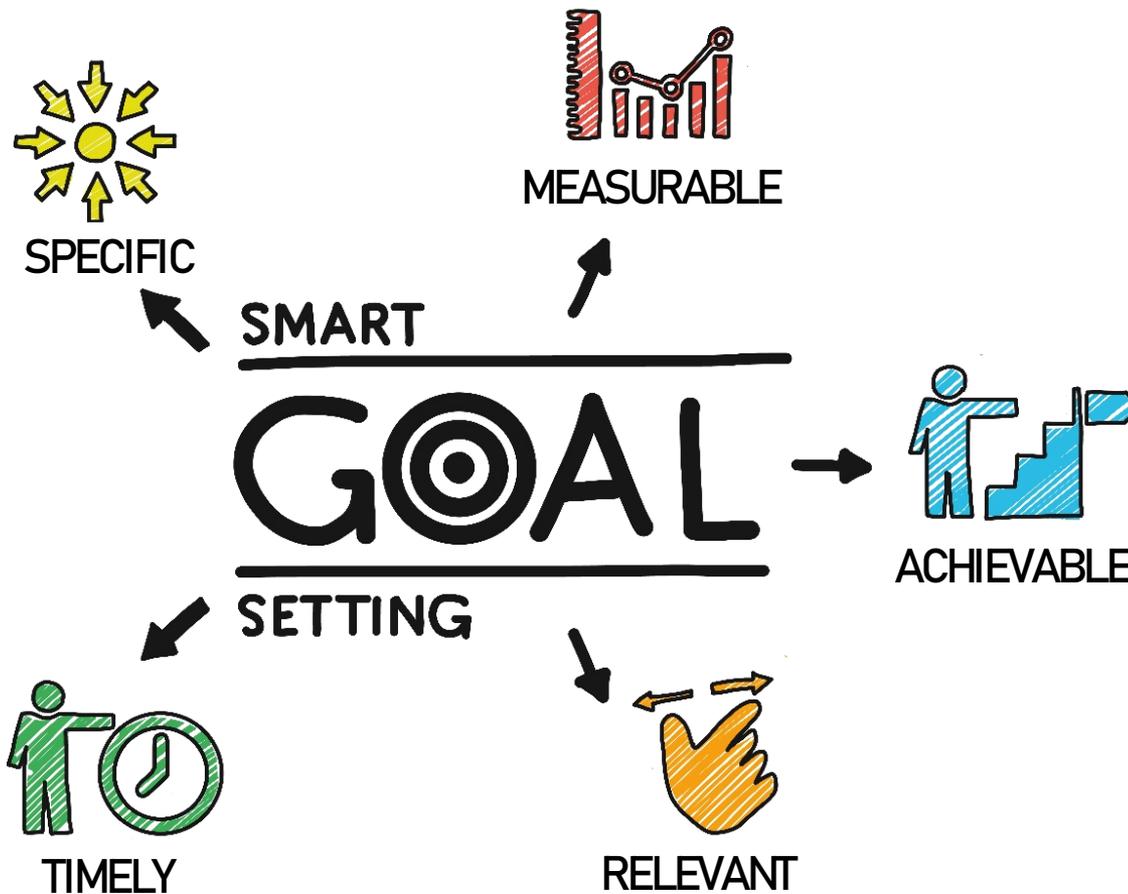
Dan

- **Dimension:** financial
- **Intention:** Develop a long-term financial plan to reduce future stress
- **Wants to feel:** prepared to support his family in the future





Step 2: Make it SMART





Step 2: Make it SMART

Karey's 2020 Goal

SPECIFIC:	<ul style="list-style-type: none">• Participate in some type of fitness class or activity during lunch
MEASURABLE:	<ul style="list-style-type: none">• Set time aside in calendar• Aim to do something every other month
ACHIEVABLE:	<ul style="list-style-type: none">• Life is busy – aim for every other month to accommodate changing work commitments• Be flexible – look for something ad-hoc she can drop into
RELEVANT:	<ul style="list-style-type: none">• Reducing stress and improving her physical health will help her be healthy for herself and her kids
TIME-BOUND:	<ul style="list-style-type: none">• Take 4-8 classes by the end of year



Step 2: Make it SMART

Dan's 2020 Goal

SPECIFIC:	<ul style="list-style-type: none">• First step: make an appointment with financial advisor through NYC Deferred Compensation Program to create a long-term plan
MEASURABLE:	<ul style="list-style-type: none">• Attend meeting with financial advisor – then, make a plan based on their recommendation
ACHIEVABLE:	<ul style="list-style-type: none">• Convenient – financial advisor is located in the same building
RELEVANT:	<ul style="list-style-type: none">• Want to provide financial security for family in the future
TIME-BOUND:	<ul style="list-style-type: none">• Set up appointment by the end of the month



Step 3: Plan for Success

Karey

What **obstacles** could get in the way of achieving your goal? How will you handle them?

- When I get busy, other things take priority, like work, kids' needs
- Solution: use Outlook to put it on the schedule and block off the time

What **resources** do you have to help you achieve this goal?

- Google, friends - asking around for ideas
- Being in the middle of NYC – lots of options

Who in your life can help you achieve this goal? **How** can they support you?

- Co-workers
- Reconnecting with friends for community and support
- Professional support through EAP, therapy to help me understand myself better
- Avoid sharing goals with people that can be toxic

Why do you want to achieve this goal? What will **motivate** you to keep going if things feel tough?

- Being a parent and working mom feels like a series of chores – need to remember to take time for me
- Don't rush through things – step back and enjoy life



Step 3: Plan for Success

Dan

What **obstacles** could get in the way of achieving your goal? How will you handle them?

- When works gets busy and I have a lot of deadlines – I skip out on things
- When I am stressed, I don't want to sit down and focus on my finances – would rather do something more fun
- Solution: commit to blocking off the time on my calendar

What **resources** do you have to help you achieve this goal?

- Access to low-cost financial planner as a City employee enrolled in the NYC Deferred Compensation Program

Who in your life can help you achieve this goal? **How** can they support you?

- Professional advice from financial planner
- Family – since they are my motivation

Why do you want to achieve this goal? What will **motivate** you to keep going if things feel tough?

- Setting myself up for success, avoiding future financial stress
- Will help me lower my anxiety in the future



Secrets for Success

- Give yourself visual reminders
- Use technology to your advantage
- Track your progress
- Seek support
- Celebrate small wins
- Focus on your “why”





Step 4: Take the leap!





Parting Thoughts

- **Change is a journey**
- **Be kind to yourself**
- **Remember your WHY**





Keep in Mind





Thanks For Attending!



- **Worksheet and resources will be sent via email**
- **Share your feedback on today's presentation at bit.ly/Jan2020webinar**