

Holistic Health Programming: Nurturing Mind, Body, and Soul

By Lexi Bulich
City of Lafayette

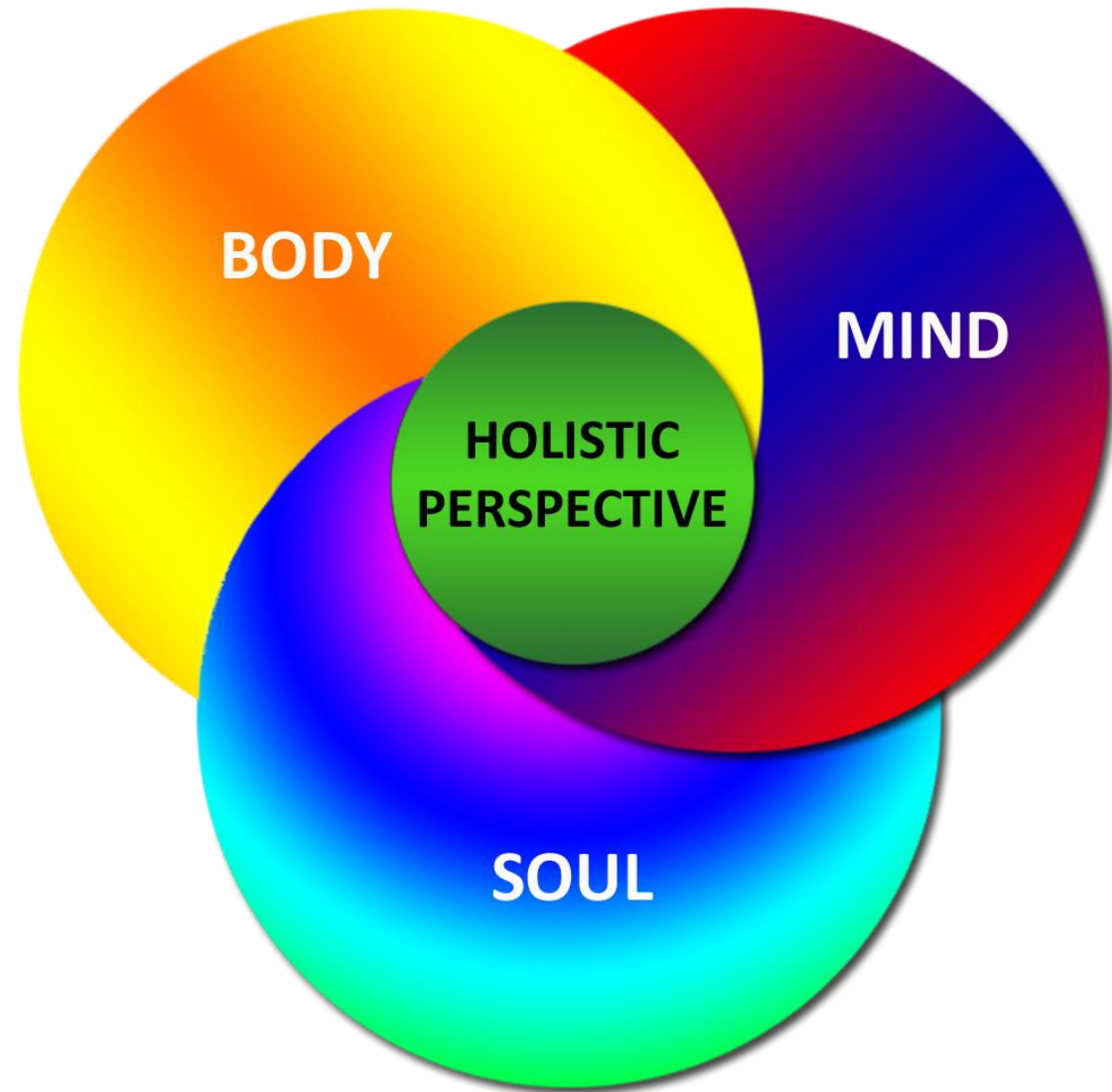
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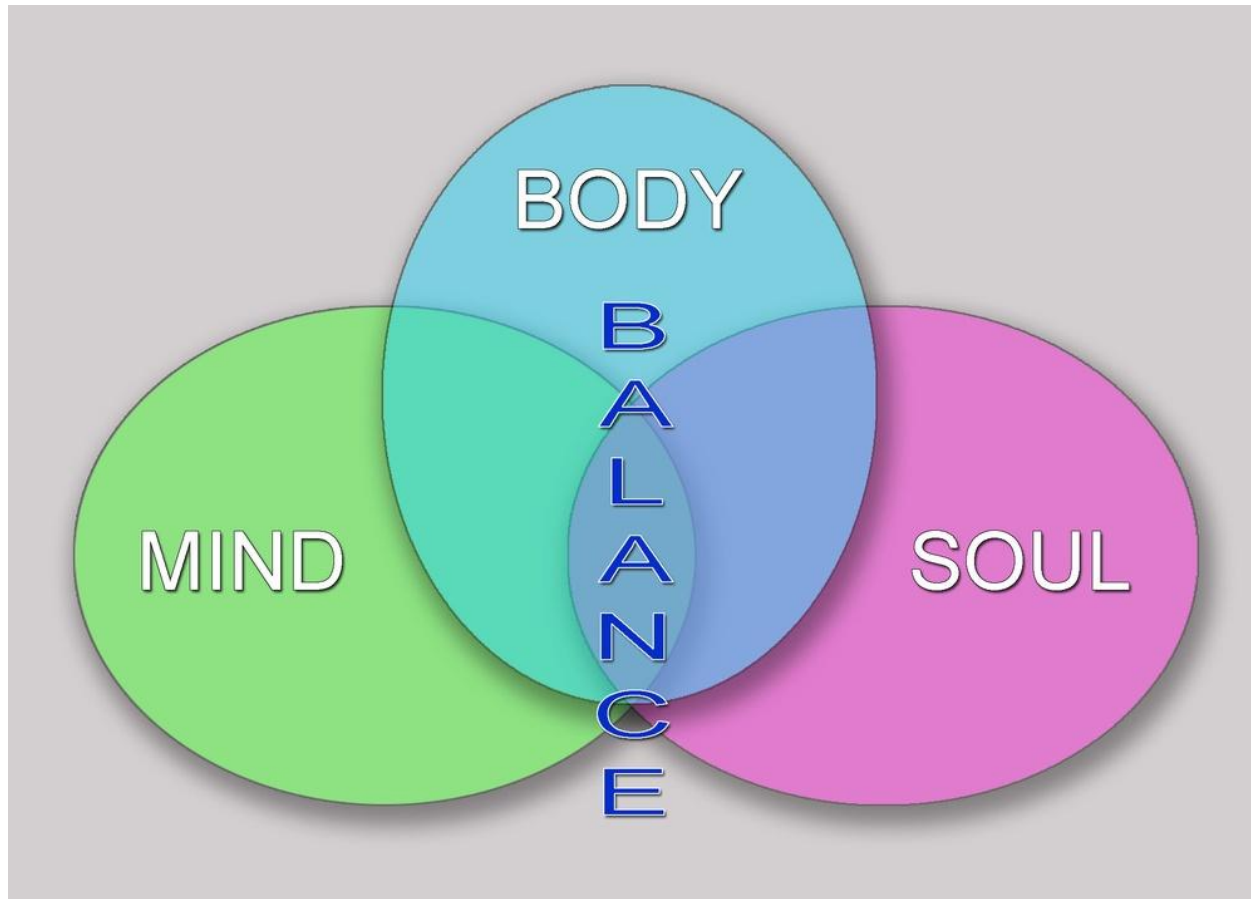
Holistic

adjective

holistic (adjective)

Characterized by the belief that the parts of something are interconnected and can be explained only by reference to the whole.





Holistic is not achieved if any of these parts is missing or imbalanced.



Soul/Spirit = Emotional
Mind = Mental
Body = Physical

Mind (Mental)

= our thoughts, beliefs and attitudes. Our mind allows us to learn, create and make decisions.

Attributes of a healthy mind:

- The ability to respond and adapt to change
- Being present
- Managing stress- more rational
- Maintaining healthy relationships
- Improved cognitive function
- Increased positive emotions: optimism
- More confidence

Attributes of an unhealthy mind:

- Reactive
- Dwelling on the past or future
- Stressed- more emotional
- Loneliness
- Difficulty focusing
- Negative thinking
- Lack of confidence

Physical (Body)

= vital organs and systems that keep us alive and healthy. Our body is the tangible part of us.

Attributes of a healthy body:

- Having the strength and energy to perform daily tasks
- Ability to pursue your passion
- Healthy heart
- Healthy diet
- Low blood pressure
- Maintain a healthy weight
- Bone strength
- Balance & coordination- fall prevention
- Strong immune system

Attributes of an unhealthy body:

- Fatigued all the time
- Lack of purpose or passion
- High cholesterol
- High blood pressure
- Consuming processed and unhealthy foods
- Inability to maintain a healthy weight
- Brittle bones
- Fear of falling
- Prone to cold & flu

Soul (Emotional)

= our feelings... the non-tangible part of our existence.

Attributes of a healthy soul:

- Ability to acknowledge, understand and accept our feelings
- Sense of purpose
- Maintaining healthy relationships
- Ability to share empathy, kindness, gratitude, resilience, happiness, authenticity
- Energy
- Sense of safety
- Peace

Attributes of an unhealthy soul:

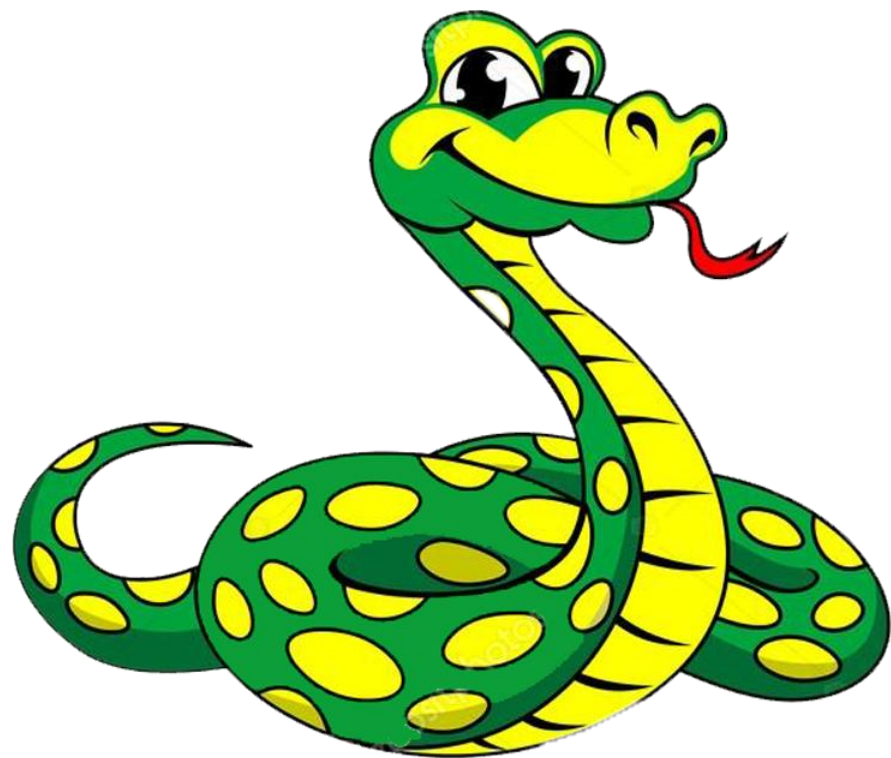
- Fear and anxiety
- Resentment, anger and blame
- Guilt, shame and remorse
- Irritability
- Chronic negativity
- Finding little joy in life
- Addictive behaviors

The Stats

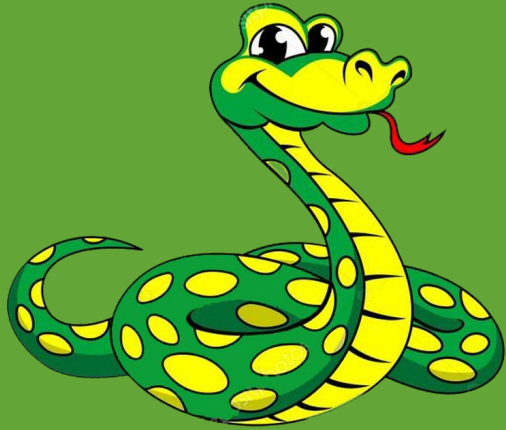
- Worldwide, obesity among adults has more than doubled since 1990 and has quadrupled among children ages 5-19 years of age
- 2023 show that in 23 states more than one in three adults (35%) has obesity. Before 2013, no state had an adult obesity prevalence at or above 35%.
- 31% of adults worldwide, approximately 1.8 billion people, do not meet World Health Organizations recommendation of 150 minutes of moderate-intensity activity or 75 minutes vigorous-intensity physical activity per week. If trend continues, inactivity level will rise to 35% by 2030
- Anxiety is the most reported mental illness among U.S. adults, with nearly 1 in 5
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Post-pandemic, mental health issues have surged, with reports indicating that nearly 50% of adults experienced heightened anxiety and depression.
- According to surveys, around 60% of Americans report experiencing significant stress on a daily basis.



What can we do?



SNEAKY SNAKE



SNEAKY SNAKE

Be intentional about sneaking in...

- Music
- Movement
- Color
- Mindfulness
- Social Interaction
- Sunshine
- Dancing

Music

- It can lift you up when you're low and calm you down when you're anxious
- Music is a powerful tool for mood regulation and stress
- It's readily available!

2020 Global Council on Brain Health: Music on our Mind Study

Study Statements:

1. Music is a powerful way to stimulate your brain.
2. Music impacts different regions of the brain including those involved in hearing/listening, movement, attention, language, emotion, memory, and thinking skills.
3. Music engages multiple parts of the brain and helps them work together.
4. Music can help people recall meaningful memories and emotions.
5. Music is important to promote mental well-being.

Publication Recommendations

1. Incorporate music in your life. Music may improve well-being including quality of life. Listening to music provides a resource for enjoyment and entertainment, especially when shared with family and loved ones.

2. Dance, sing or move to music. These activities not only provide physical exercise but they can also relieve stress, build social connections, and are fun ways to stimulate your brain!

3. Enjoy listening to familiar music that comforts you and evokes positive memories and associations.

4. Try listening to new music. While listening to music that you know and like tends to cause the strongest brain response and dopamine release, unfamiliar melodies may stimulate your brain, while providing a new source of pleasure as you get used to hearing them.













Ideas for *sneaking* music in...

- Get a portable speaker
- Play music whenever you can!
- Lobby/waiting room music
- Make music... drums, shakers, rain maker craft
- Hire live music performers
- Theme playlists
- Mood playlists
- Hire a Music Therapist and offer Music Therapy services
- Music as Motivation: Use music to signal transitions between activities
- Music-infused workouts
- Music-themed classes
- Music-themed birthday parties



SNEAKY SNAKE

Community, Connection & Togetherness

1	 We Are the World Luciano	Luciano & The Chosen Stars
2	 Together Sia	Together
3	 Connected Stereo MC's	Connected
4	 Together Forever Rick Astley	Whenever You Need Somebody
5	 Nothing's Gonna Stop Us Now Starship	No Protection
6	 Don't Give Up On Me Andy Grammer	Naïve
7	 Together In This - From The Jungle B... Natasha Bedingfield	Together In This (From The Jungle B...
8	 We Are Family - 1995 Remaster Sister Sledge	We Are Family (1995 Remaster)
9	 Everybody (Backstreet's Back) - Radio ... Backstreet Boys	This Is The End: Original Motion Pic...
10	 Count on Me Bruno Mars	Doo-Wops & Hooligans
11	 It's a Beautiful Day Michael Bublé	To Be Loved
12	 Lean on Me - Remastered Club Nouveau	Life, Love & Pain (2022 Remaster)



Movement

- Sedentary is the new smoking
- Get up and move every 30 minutes
- Movement releases endorphins: endorphins are hormones released in your brain in response to certain stimuli, and they help improve mood, relieve pain, and reduce stress
- Evidence suggests that physically active people have lower rates of anxiety and depression than sedentary people
- When you engage in strenuous physical activity, you're essentially mimicking the responses that can come with anxiety, allowing you to learn how to manage these responses and not be overwhelmed by them in other situations

Source: American Psychological Association

Ideas for *sneaking* movement in...

- Walking Meetings or “Board” Meetings
- Themed Challenges- ex: “Move More” March, Holiday Hustle, Walktober
- Lawn Games
- Fitness Dice
- Active Games- use classic games like “kickball” or “dodgeball”
- Scavenger Hunts incorporating physical challenges
- Storytime Movement- act out the story adding movements that relate to the narrative



City of Lafayette Employee Wellness Challenge
March

BINGO!

"MOVE MORE" IN MARCH
Creative, yet simple, ways to move more in March at home and at work!

The Rules:
A bingo = five boxes in a row horizontally, vertically, or diagonally
Complete the challenge with two bingos!

Hit 10,000 steps in one day	Stand up once an hour at work	Stretch for 15 minutes**	Walk 10 minutes before & after lunch	Declutter your desk
Take the stairs	Try a standing office workout**	Do a seated desk workout*	Breathe deep & reset	Park farther away than normal
Check your posture hourly during workday	Shovel snow	Your Choice	Stretch 15 min before bed	Stretch 15 min when you wake up
Do 10 calf raises while washing hands	March in place 10 min	Vacuum, sweep, or mop	Walk & talk-phone or in person	Gym before or after work
One song dance break	Walk & chat for 15 minutes w/ coworker	Take an active lunch break	Walk or bike instead of driving	Spring clean for 15 minutes

* Seated Desk Workout Link
** Standing Desk Workout Link
*** Want a 15-minute in-person stretch or workout for your team? Email Lexi Bulich, lexi.bulich@lafayetteco.gov, to schedule an in-person session during your next team meeting.



SNEAKY SNAKE

Let's Move!

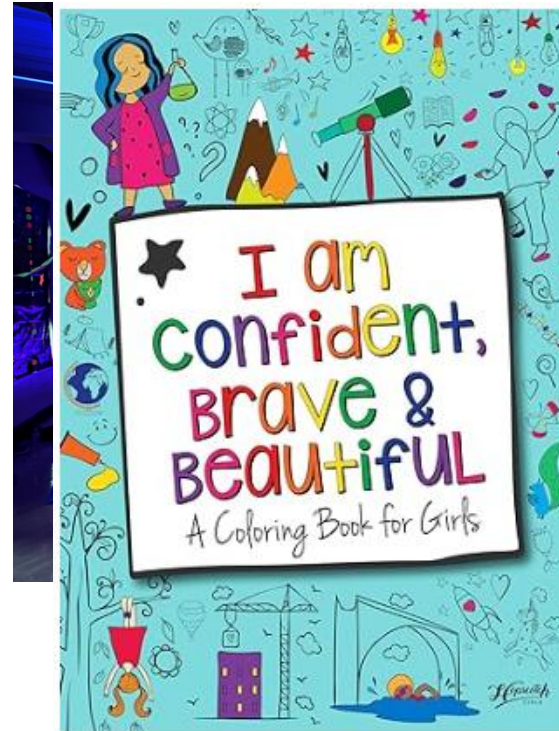
Color

C O L O R
E M O T I O N G U I D E

BALANCE NEUTRAL CALM	   
PEACEFUL GROWTH HEALTH	  
TRUST DEPENDABLE STRENGTH	   
CREATIVE IMAGINATIVE WISE	   
EXCITEMENT YOUTHFUL BOLD	   
FRIENDLY CHEERFUL CONFIDENCE	   
OPTIMISM CLARITY WARMTH	  

Ideas for *sneaking* color in...

- Lighting
- Coloring books- adults too!
- Color Gel Pens
- Crafts
- Color theme days
- Room decorations
- Staff Uniforms- ex: PT tanks/shirts
- Props



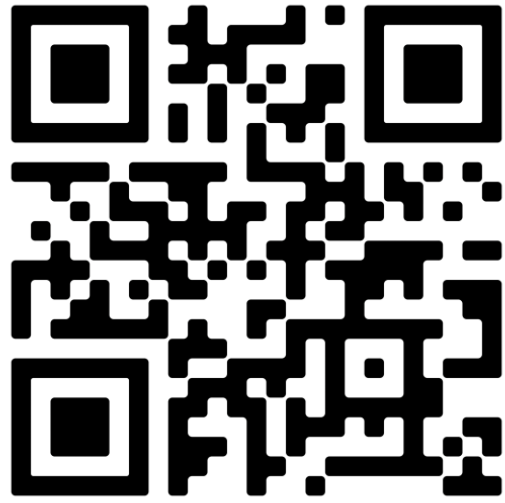
SNEAKY SNAKE

Mindfulness

- Practicing mindfulness and meditation may help you manage stress and high blood pressure, sleep better, feel more balanced and connected and even lower your risk of heart disease.
- Meditation and mindfulness are practices — often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound — that help you let go of stress and feel more calm and peaceful.
- Think of it as a mini-vacation from the stress in your life!
- Stress is your body's natural alarm system. It releases a hormone called adrenaline that makes your breathing speed up and your heart rate and blood pressure rise.
- Meditation only takes a few minutes

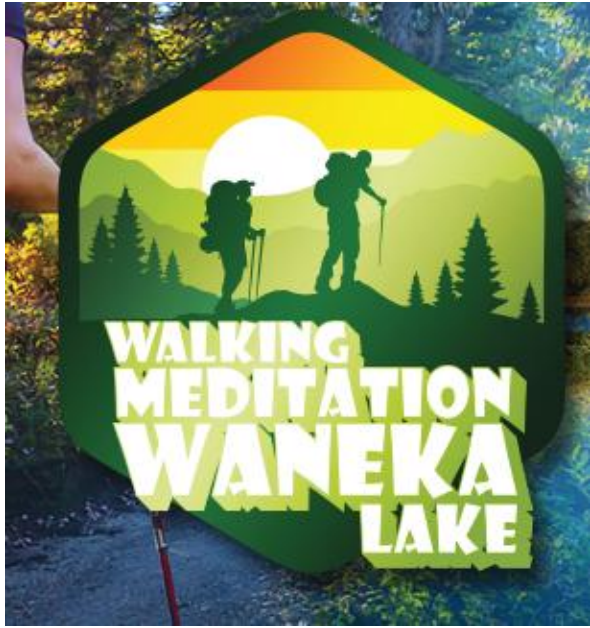
Source: American Heart Association

Box Breathing



<https://qrco.de/bfWMmH>





Ideas for *sneaking* mindfulness in...

- Calm Corner / Dedicated Space
- Meditation Room
- Walking Meditation
- Sound Off
- Box Breathing
- Gratitude Exercises
- Sound Healing



SNEAKY SNAKE

Social Interaction

- Psychologist Susan Pinker states that direct person-to-person contact triggers parts of our nervous system that release a “cocktail” of neurotransmitters tasked with regulating our response to stress and anxiety. As a result of social interaction, “dopamine is also generated, which gives us a little high and it kills pain, it’s like a naturally produced morphine.”
- Dan Buettner & Blue Zones: Elements related to diet and lifestyle vary widely, they all appeared to be dedicated to being highly socially active “moai”
- Loneliness
 - Loneliness epidemic: Nearly 1 in 4 adults feel lonely
 - 27% of young adults ages 19 to 29 reporting feeling lonely
 - 17% of people age 65 and older reported feeling lonely
 - Social media/passive scrolling does more harm than good
 - Loneliness raises odds of dementia by 31%
 - “Loneliness acts as a fertilizer for other diseases. The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer’s disease.”
Dr. Steve Cole, National Institute on Aging

Ideas for *sneaking* social interaction in..

- Ice Breaker Games
- Partner activities
- Interest groups – ex: hiking, running, book club
- Themed potlucks
- Skill sharing workshops
- Feedback sessions instead of surveys
- Round tables vs. square



SNEAKY SNAKE

Sunshine



- 2021 study showed that a greater time spent in outdoor light during the day was associated with fewer depressive symptoms, lower odds of using antidepressant medication and lower odds of lifetime recurrent major depressive disorder, indicated that the positive association between sunlight exposure and mental health existed.
- Sunlight exposure is beneficial to mental health.



Source: Journal of Affective Disorders, Volume 295, 1 December 2021, Pages 347-352

“Association Between Sunlight Exposure and Mental Health: Evidence from a Special Population Without Sunlight in Work”

Ideas for *sneaking* sunshine in...

- Outdoor Meetings
- Walk & talk
- Nature trail scavenger hunts
- Outdoor crafting sessions
- Outdoor movies
- Sunshine & story time
- Outdoor music events
- Clubs- running, hiking
- Barbeques



SNEAKY SNAKE

Dancing

- Over the past 10 years, research into the health benefits of dancing has exploded.
- Reported benefits include not only physical outcomes (building strength, flexibility, coordination, and balance), but emotional (impacting mood, happiness, and resilience) and cognitive (enhancing memory, orientation, and concentration) as well.
- These benefits span human life and appear across populations, from healthy college students to patients suffering from Parkinson's disease and dementia.



Ideas for *sneaking* dance in...



SNEAKY SNAKE

- Dance Breaks
- Themed Dance Parties
- Dance Train/Conga Line
- Dance Fitness Classes- Water, Chair & Kids too!
- Dance Circles
- Flash Mobs
- Outdoor Dance Parties
- Silent Disco
- Dance Games
- Dance-offs





Let's Dance!



What can we do?

- Music
- Movement
- Color
- Mindfulness
- Social
Interaction
- Sunshine
- Dancing

Be intentional about sneaking the following in!



SNEAKY SNAKE

Sources

[What Is Mental Fitness? A How-To for Exercising Your Brain \(betterup.com\)](#)

[\(PDF\) The Impact of Music on Mood: Descriptive Observations of Listening Experiences and Their Effect on Mental Health \(researchgate.net\)](#)

[How Music Can Help Reduce Stress and Ease Anxiety and Depression \(webmd.com\)](#)

[Global Council on Brain Health Poster: Music on Our Minds \(aarp.org\)](#)

[Conscious dance: Perceived benefits and psychological well-being of participants – ScienceDirect](#)

[Social reward and support effects on exercise experiences and performance: Evidence from parkrun - PMC \(nih.gov\)](#)

[The loneliness epidemic: Nearly 1 in 4 adults feel lonely, new survey finds | CNN](#)

Thank you!

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