



*Well-being for a Healthier
Body and Mind*



Your Presenter

Dixie Hoyt MSW, LCSW, CEAP, SAP

Ms. Hoyt has many years of experience in the mental health field. She has worked in inpatient, outpatient and private practice settings. She teaches college level classes in psychology and health and wellness.

Ms. Hoyt has worked with Magellan Healthcare for more than 12 years as an Employee Assistance Professional and in the customer training program.

Objectives

Define “well-being”

Review characteristics of happy people

Learn about mindfulness and its benefits

Explore healthy habits that may contribute to happiness

Poll Question: What Makes You Happy?

Take a moment to write down what
makes you happy.

*Note this is present tense. What makes you happy now.

Poll Question: What Would Make You Happy?



Now take a moment to write what you think would make you happy.

*Note this question causes you to think in the future. What would make you happy that you do not have now?

What is Well-being?

State of being . . .

- Comfortable
- Happy
- Healthy



Poll Question: What Have You Seen in Happy People?

What are some personality traits, characteristics or behaviors you have seen in people who seem truly happy?

Characteristics of Happy People

Feel gratitude

Are optimistic

Like and take care of themselves

Have friendships and close relationships

Surround themselves with positive people

Feel they have control over their lives and choices

Have curiosity, are creative and never stop learning

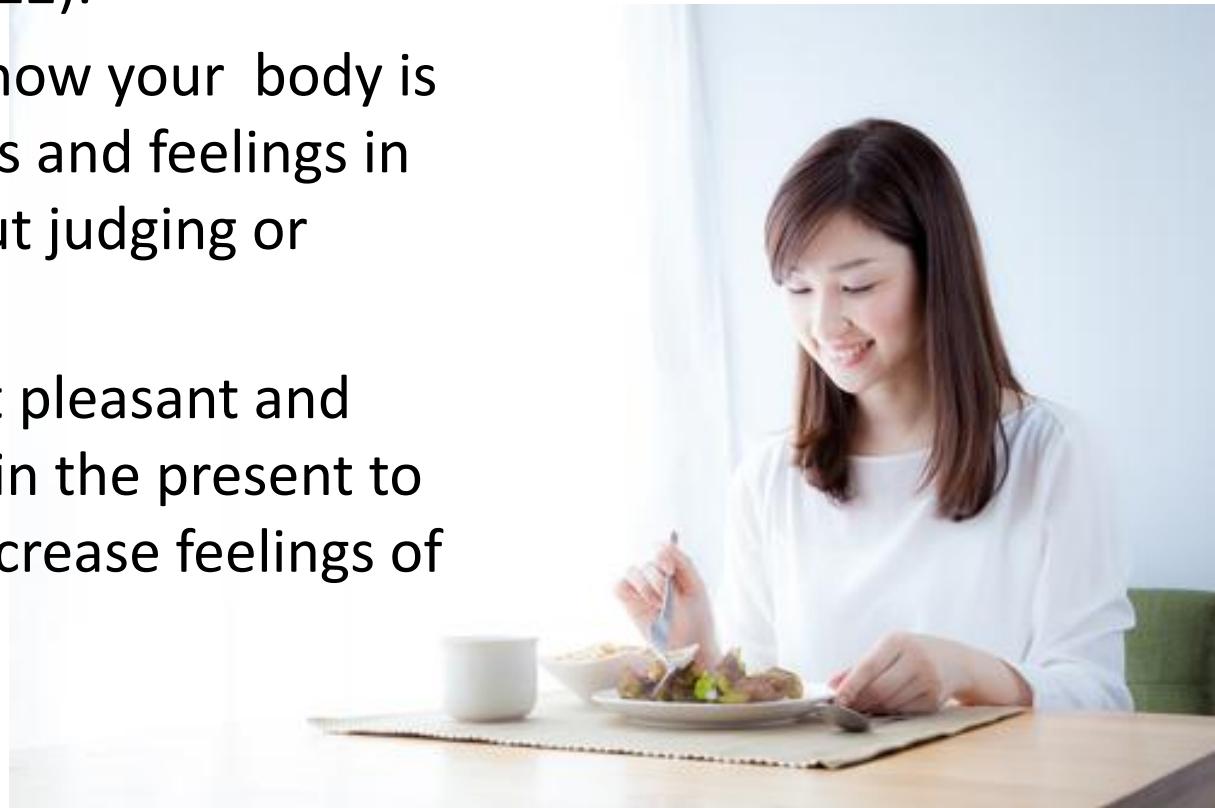
Help others

Feel they are a part of something larger than themselves

Have balanced lives

Mindfulness

- Mindfulness means becoming more aware of what's going on – right here, right now (Watt, 2012).
- Paying attention to how your body is reacting to situations and feelings in the moment, without judging or evaluating.
- Learning to confront pleasant and unpleasant feelings in the present to reduce stress and increase feelings of well-being.



Physical Health Contributes To Well-being

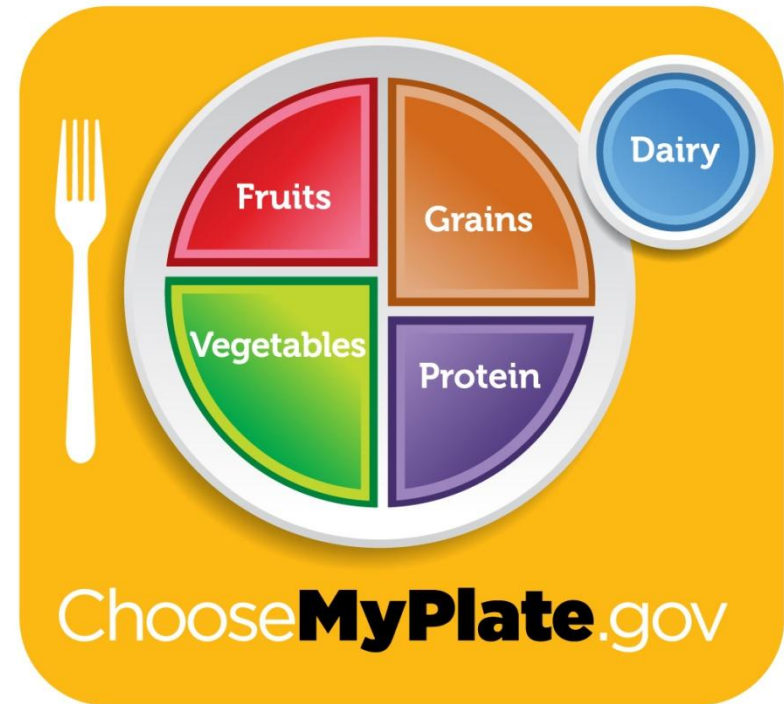
Preventable diseases*

- Heart disease
- Cancer
- High blood pressure
- Type II diabetes

*Obesity, lack of exercise, and cigarette smoking contribute to all of the above

Nutrition May Contribute to Well-being

- Find a diet that works for you
- Read food labels
- Control portion size
- Know what is healthy for you
- Prioritize healthy meal planning



Visit [choosemyplate.gov](https://www.choosemyplate.gov)

Exercise May Contribute to Well-being

Regular exercise can. . .

- strengthen your heart
- support bone health
- lift your mood
- slow progression of Alzheimer's
- help you lose/maintain weight
- facilitate better sleep
- aid movement
- improve thinking
- relieve stress



Suggestions to Improve Health for Well-being



- ✓ If you use tobacco products, quit!
- ✓ Practice good nutrition
- ✓ Have regular medical check-ups
- ✓ Exercise
- ✓ Manage your stress daily
- ✓ Mirror traits of happy people
- ✓ Seek assistance and support
- ✓ Remember your EAP
- ✓ Write an action plan today!



Locating Additional Information About Health

- <http://www.magellanhealth.com/member>
- <https://www.choosemyplate.gov/>
- <http://www.webmd.com/>
- <http://www.fitness.gov/>



Free Apps for Health and Fitness



- Pact
- Human
- Loselt
- Noom Weight Loss Coach
- HealthyOut
- Zipongo
- MyFitnessPal - for your cell phone

Poll Question: What is Your Takeaway Goal?

Name at least one thing you can commit to doing now or the very near future to improve your health and wellness.

Your Employee Assistance Program

**Call toll-free or visit us at
www.MagellanHealth.com/member**

24 hours a day/7 days a week

Thank you!

CONFIDENTIAL INFORMATION

This presentation may include material non-public information about Magellan Health, Inc. ("Magellan" or the "Company"). By receipt of this presentation each recipient acknowledges that it is aware that the United States securities laws prohibit any person or entity in possession of material non-public information about a company or its affiliates from purchasing or selling securities of such company or from the communication of such information to any other person under circumstance in which it is reasonably foreseeable that such person may purchase or sell such securities with the benefit of such information.

The information presented in this presentation is confidential and expected to be used for the sole purpose of considering the purchase of Magellan's services. By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential. The attached material shall not be photocopied, reproduced, distributed to or disclosed to others at any time without the prior written consent of the Company.

Resources

- www.cdc.gov
- www.choosemyplate.gov
- Krishna, R. (2013). The Pursuit of Happiness: Characteristics of Happy People. *Psych Central*. Retrieved on September 18, 2016, from <http://psychcentral.com/blog/archives/2013/03/28/the-pursuit-of-happiness-characteristics-of-happy-people/>
- Seligman, Martin (2006). *Learned Optimism: How to Change Your Mind and Your Life* Paperback – 1990, 1998, 2006 Vantage Books, New York
- Watt, Tessa (2012). *Mindfulness: A practical guide*. MJF Books, New York; 2012