You Don’t Have To Be the Wellness Coordinator (to bring wellness to your worksite)

Connie Berson, RN
Wellness Coordinator
Tulsa Health Department
Objectives

✓ Learn 3 healthy worksite activities you can DO
✓ Learn 3 health-enhancing worksite DESIGNS
✓ Learn 3 DE-STRESSING tricks to do anytime
What You can DO

- Walking meetings
- Start a healthy breakfast or lunch club
- Start a walking group
- Fitness challenges
- Find the fun
- Lead by quiet example
What’s in the DESIGN
What’s in the DESIGN

- Plants in the office
- Standing workstations
- Organization
- Ergonomics
Ergonomically Correct

Workstation ergonomics: ideal set-up

- Top of monitor at eye level or just below
- Monitor roughly arm's length away
- Minimal bend at wrists
- Back straight
- Elbows close to body
- Backrest supporting lower back
- Adjustable swivel chair
- Front of seat not pressing on back of knees
- Feet flat on ground or resting on footrest

THD
Tulsa Health Department
DE-STRESS

- Breathe
- Tense/Relax
- Find a “Go-To” place
- Ask yourself.....
- Find the humor
Emotions and Stressors

Good Morning
Let the Stress Begin...
What Else Can You Do?
“Happiness is nothing more than good health and a bad memory.”

Albert Schweitzer
And We Live Happily Ever After!