

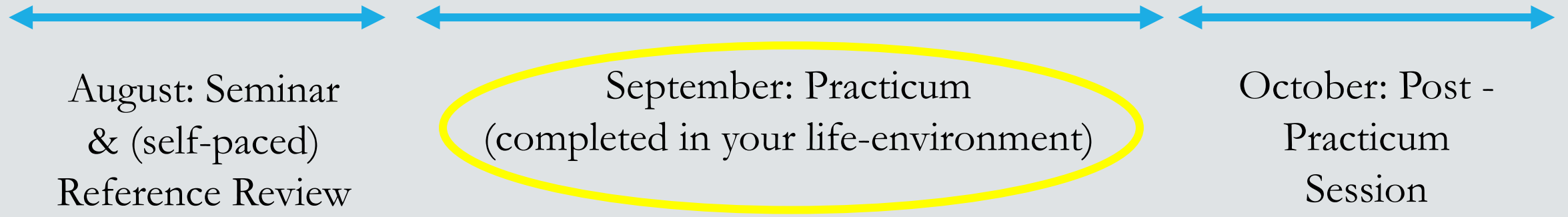
AGLP Leadership Development Curriculum

Health & Well Being: Experiential Learning & Reflections Preview

8/16/2021

AGLP Leadership Development Sequence

Leading-Self Competency: Health & Well Being



Emotional Intelligence: Understanding Emotions

September

October

November

AGLP Leadership Development Curriculum

Health & Well Being: Review

Health & Well Being - Outline

Leaders maintain personal health and well being and assists others maintain a healthy lifestyle.

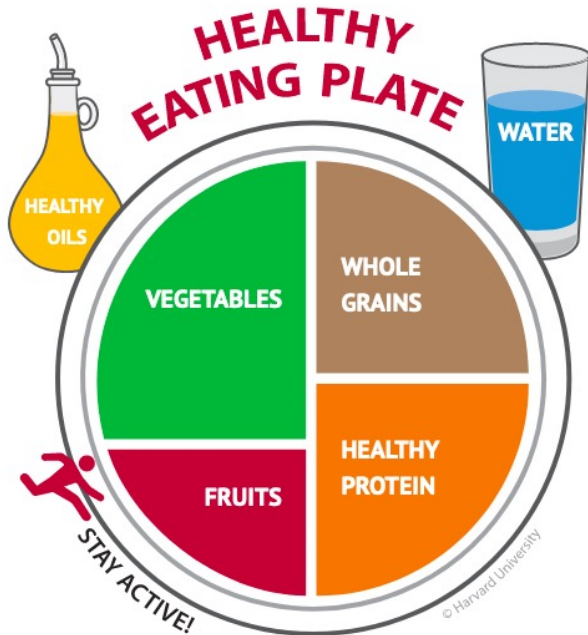
- Medical, physical, and environmental health
- Mental health & stress, social health, spiritual health & mindfulness, and emotional health
- Leadership & well being
- Next Steps



yalebulldogs.com/facilities

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



Physical Health



Sleep helps:

- cleanse out toxins
- rest and recovery
- consolidation of memories
- information processing
- learning

Better sleep is linked to:

- better physical health
- productivity
- creativity
- concentration
- optimism
- frustration tolerance

Exercise helps:

- improve coping & problem-solving skills
- strengthen performance
- increases alertness & productivity
- strengthens ability to ACT in response to thoughts and feeling, not REACT
- handle stress better
- sleep better
- improves self-esteem, stamina & physical health

Mental Health

Students seek counseling for many different reasons, including:

academic stress	loss and grief
adjustment difficulties	obsessions
alcohol/drug use	parental divorce
anxiety	relationships:
body image issues	family
competition concerns	friends
compulsions	romantic
depression	roommates
eating concerns	self-esteem issues
family or personal illness	sexual concerns
gay/lesbian/bisexual/ transgender issues	sexual orientation and identity
	traumatic experiences

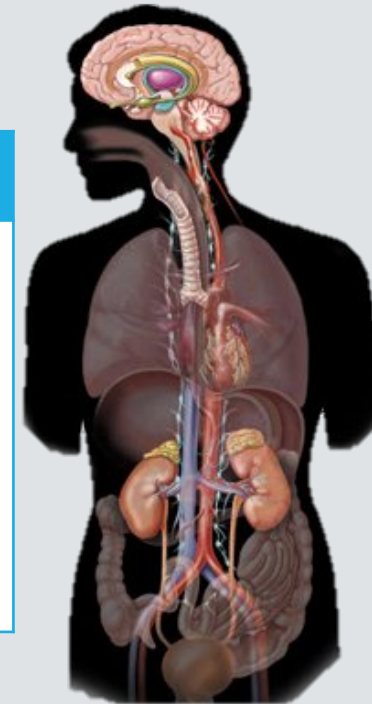
Student Guide
to **Mental Health**
& Counseling

Yale HEALTH
call 203 432 0290

The Physiology of Stress

Mind

- ✓ Focus narrows
- ✓ Senses sharpen & alertness sharpens
- ✓ Brain processes information faster



Body

- ✓ Stress hormones released
- ✓ Blood redirected to muscles
- ✓ Heart rate & blood pressure increases
- ✓ Energy is used more efficiently

Yale Health Guide

Stress Resilience Skills

Mindfulness:

- using the mind & body to work together to help you achieve optimal performance under stress
- optimize your rest and recovery
- recognizing stress before it become a problem

Healthy Behaviors:

- getting enough sleep
- eating nutritious foods
- staying physically fit & taking care of injuries & illnesses

Problem Solving:

- building healthy coping skills, recognizing problems and breaking them down to identify potential solutions can make problems less overwhelming & reduce stress

USCG Stress
& Resilience

Mindfulness

A mental state achieved by intentionally focusing one's **awareness on the present moment without judgment**. It is an attitude of being aware & remaining present to what is happening without becoming involved with feelings.

silent walking	diaphragmatic breathing (breath awareness, calming breath, paced breath)	guided relaxation
mindful eating	body scans	mantra repetition
meditation	progressive muscle relaxation	imagery & visualization

Social Health

Make connections



Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

Spiritual Health

Spirituality is the belief in something beyond yourself.



Emotional Health

Brighten your outlook



People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

Well Being (Well-Being)

August is National Wellness Month: Let's Make Well-Being a Priority All Year Long

by Jennifer Dressler BSN, RN, CPHQ
Clinical Director



August 18, 2020



“An ongoing practice of small, daily acts that allow you to manage stress, be more productive, and feel happier and healthier.”

Health & Well Being References

- “Leading Well: Transformational Leadership and Well-Being” – Niro Sivanathan, et al, Section 15, *Positive Psychology in Practice*
 - Leaders impact employee well-being
- “Leadership & Employee Well-being” – Emma Donaldson-Feilder, et al, Ch. 8, *Handbook of the Psychology of Leadership, Change, and Organizational Development*, 2013
 - More on a leader’s impact on employee well being, including creating stress points, managing return to work issues following a health absence (i.e. pandemic) and engaging employees in the workplace

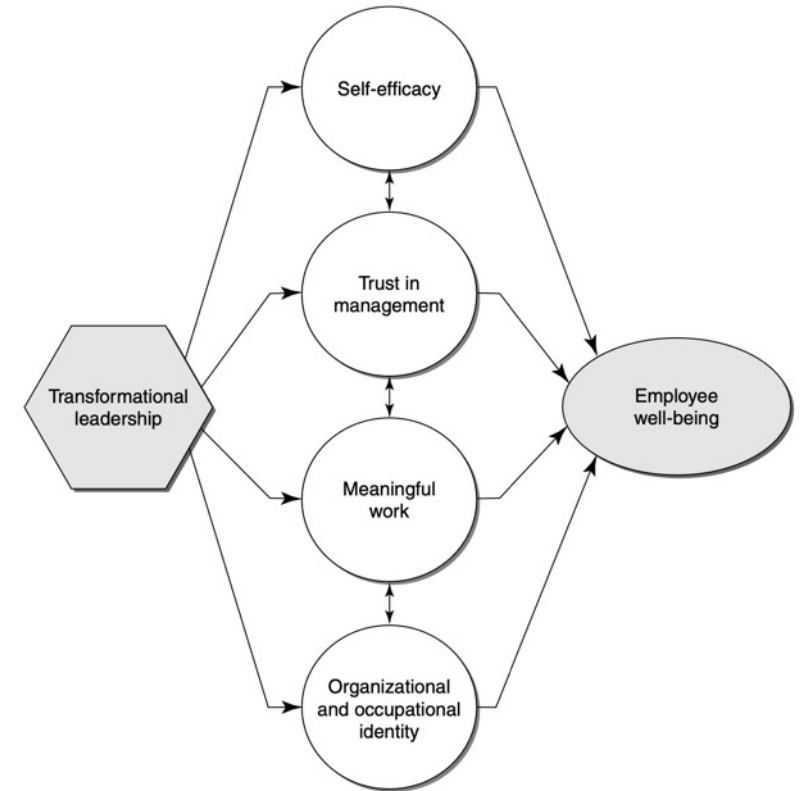


Figure 15.1 Proposed Indirect Effects of Transformational Leadership on Employee Well-Being

Health & Well Being References

- “How to Shine at Your Brightest and Give People the Best of You” – Jamie Shapiro (Executive Leadership & Wellbeing Coach), *podcast* ([available online](#))
 - A discussion that connects well being to leadership, stressing that leaders need to take care of their own self first, and then others, modeling the way (i.e. Kouzes & Posner) for healthy/sustainable life behaviors
- Supplementary material: [How to Make Stress Your Friend \(video\)](#) – Kelly McGonigal, Ph.D.
 - 14-minute video of understanding the physiology of stress, recognizing how you feel stress, and using this awareness to your advantage

Health and Well Being

Practicum: Experiential Learning & Reflection

Followership: Experiential Learning Scenarios

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- Lab work environment – Prepare to assist a co-worker with mental health needs using Yale Health resources




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- Research publication process – Practice some form of mindfulness to reduce stress

Followership: Experiential Learning Scenarios

Make connections



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- **Teaching Fellow environment** – Plan a creative mechanism to make connections in the teaching environment
- **Home environment** – Develop and implement a SMART plan for what/how you eat, sleep or exercise during the month of September

Exercise SMART to reach long-term fitness goals.

Use small, measured steps to stay committed and keep up the progress.



[SMART program details](#)

Health & Well Being: VW Experiential Learning



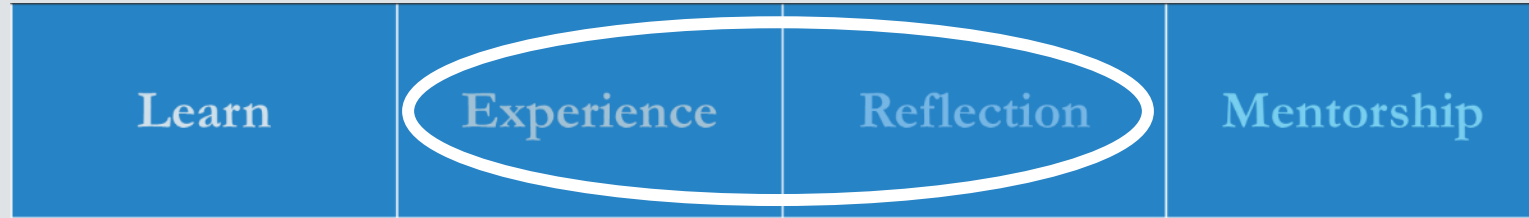
- **Vacate to reduce stress** – Punch out of Yale for a bit to recharge/renew/relax, knowing that there is a long road ahead this year



- **SMART exercise/flexibility plan** – Add exercise variety & stretching to our team's exercise routine

Next Steps

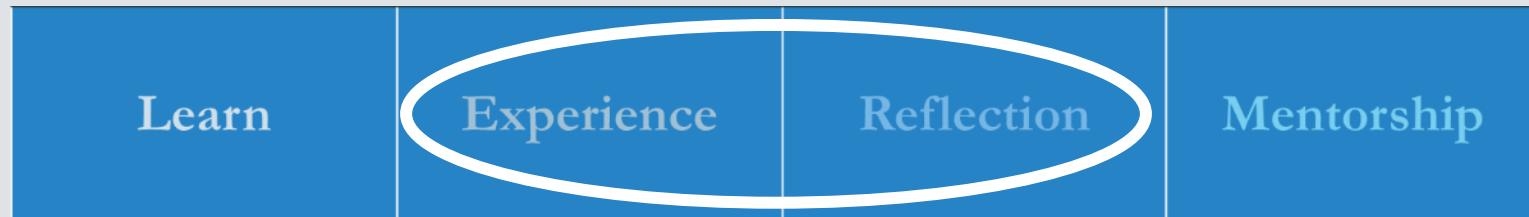
- EL & R – Using Emotions
– all August



- Seminar – Understanding Emotions – September 13
(note later date)



- EL & R – Health & Well Being - all September



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