

# Healthy Living

## SupportLinc Employee Assistance Program (EAP)

Lennox International, Inc.



# Disclaimer

The general views, thoughts and opinions expressed in this presentation are expressly those of the presenter. The presentation is intended to provide general tips, advice and coping skills, and may not entirely pertain to your circumstance or you as an individual in a professional or clinical capacity. For specific advice on your unique situation, please reach out to a licensed financial or clinical professional for a confidential, one-on-one consult.

CuraLinc Healthcare and the presenter are not held responsible or liable for any consequences or damages due to an individual acting based on the information presented herein.

# Objectives

## This training is designed to help you:

- Understand the aspects of healthy living
- Recognize the barriers to healthy living
- Learn how to live a healthier lifestyle
- Implement lifestyle changes to achieve healthy living

# Healthy foundations

## Build healthy foundations

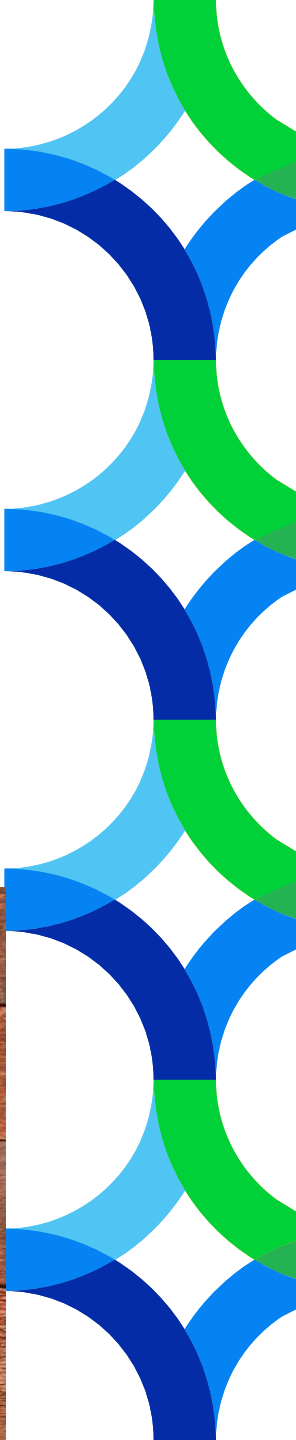
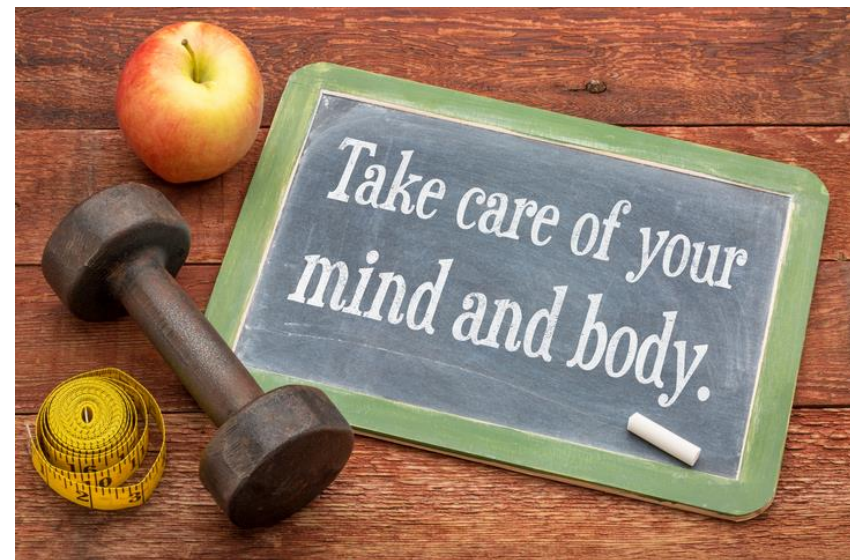
- Self-esteem
- Self-image
- Perspective

## Turning over a new leaf



## Building blocks of wellness

- Nutrition
- Physical fitness
- Mental fitness



# Build healthy foundations

Self-esteem

Self-image

Perspective

# Obstacles to healthy living

## Understanding triggers for unhealthy habits

- Inability to see the behavior or body as it is
- Learned behavior
- Seasonal, social and situational overeating
- Excuses and negative self-talk
- Unhealthy relationships



# Obstacles to healthy living continued

## Avoid people who are bad for you

- Change how you respond
- Change the way you feel
- Change the situation
- Take care of yourself



# Basic steps to a healthy diet

## Set yourself up for success

Simplify things



Make gradual adjustments



Every change matters

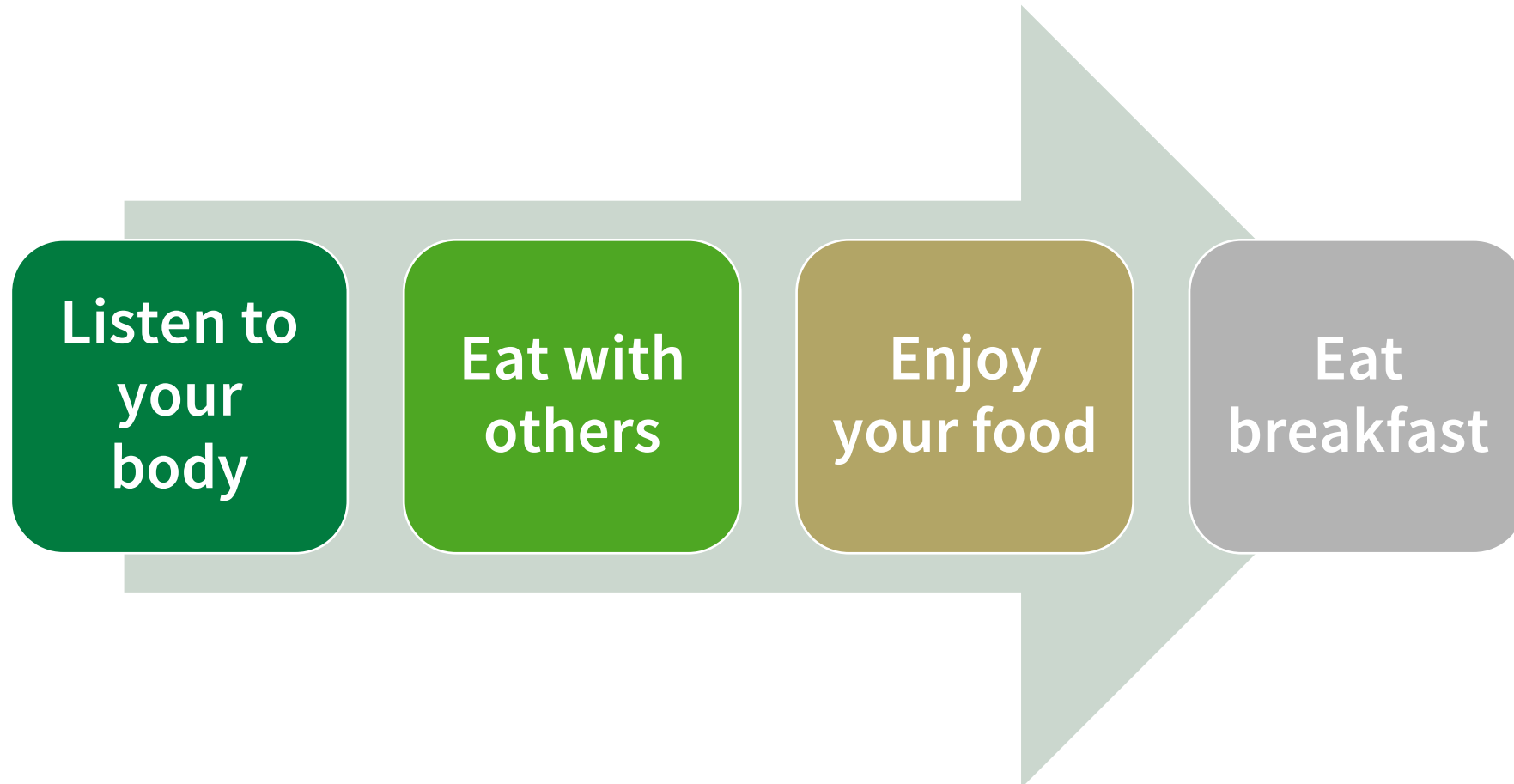


Add exercise to the mix



# Basic steps to a healthy diet

## What, when and how you eat



# Mindful eating



**Become aware of what your body needs**

**Set a timer**

**Try eating with your other hand**

**Try using chopsticks**

**Eat silently for five minutes**

**Take small bites and chew well**

**Ask “Am I really hungry?”**

# Planning a fitness lifestyle



# Fitness options

- Endurance
- Flexibility
- Strength
- Balance



# 30/60/90 exercise

## 30 minutes

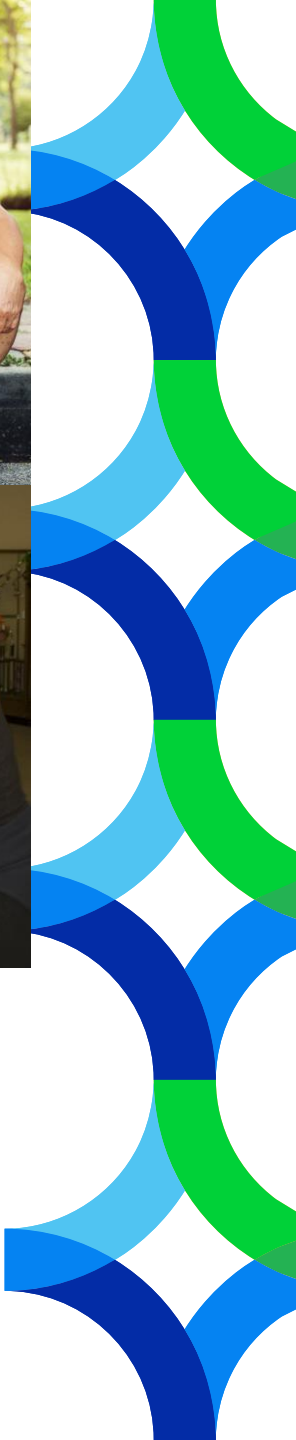
- Moderate intensity activity most days of the week for health benefits

## 60 minutes

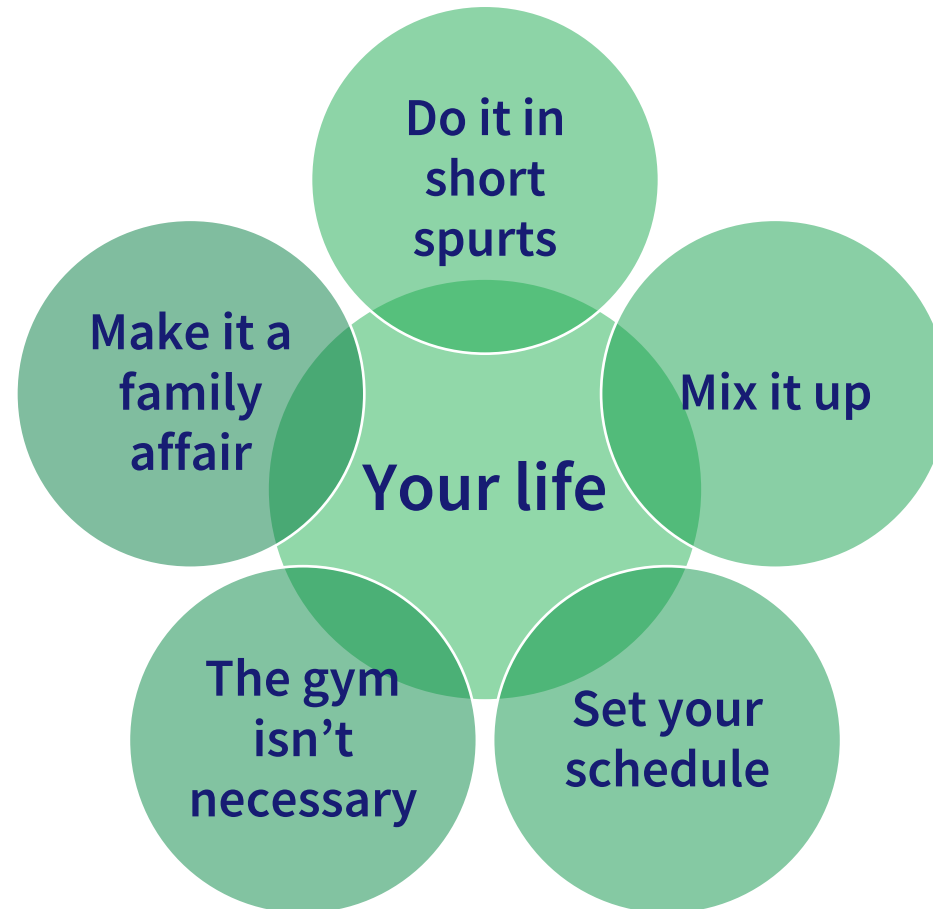
- Moderate to vigorous intensity activity most days of the week to manage body weight

## 90 minutes

- Moderate to vigorous intensity activity most days of the week to sustain weight loss



# Make it part of your life



# Importance of sleep

- Plays a key part of living a healthy life
- Strengthens the immune system
- Helps to maintain a healthy weight
- Restores and refurbishes minds, bodies and spirits
- Improves appearance, eyes and skin



# Good sleep habits

Keep a regular bedtime

Get up at the same time each day, even on weekends

Aim for at least 6-8 hours of uninterrupted sleep

Avoid drinking excessively or eating a heavy meal before bed

Avoid stressful situations or arguing with loved ones



# Mental fitness

## Self-esteem

- Your overall opinion of yourself
- How you honestly feel about your abilities and limitations
- May fluctuate over time, but generally stays within a range:
  - Overly high self-esteem
  - Low self-esteem
  - Healthy self-esteem

# Benefits of self-esteem

- Assertive in expressing your needs and opinions
- Confident in your ability to make decisions
- Able to form secure and honest relationships
- Realistic in your expectations and less likely to be overcritical
- More resilient and better able to weather stress and setbacks
- Less likely to experience feelings such as hopelessness, worthlessness and guilt and shame
- Less likely to develop emotional health concerns

# Ways to boost emotional wellbeing

Journal

Don't get stuck

Laugh more

Take more risks

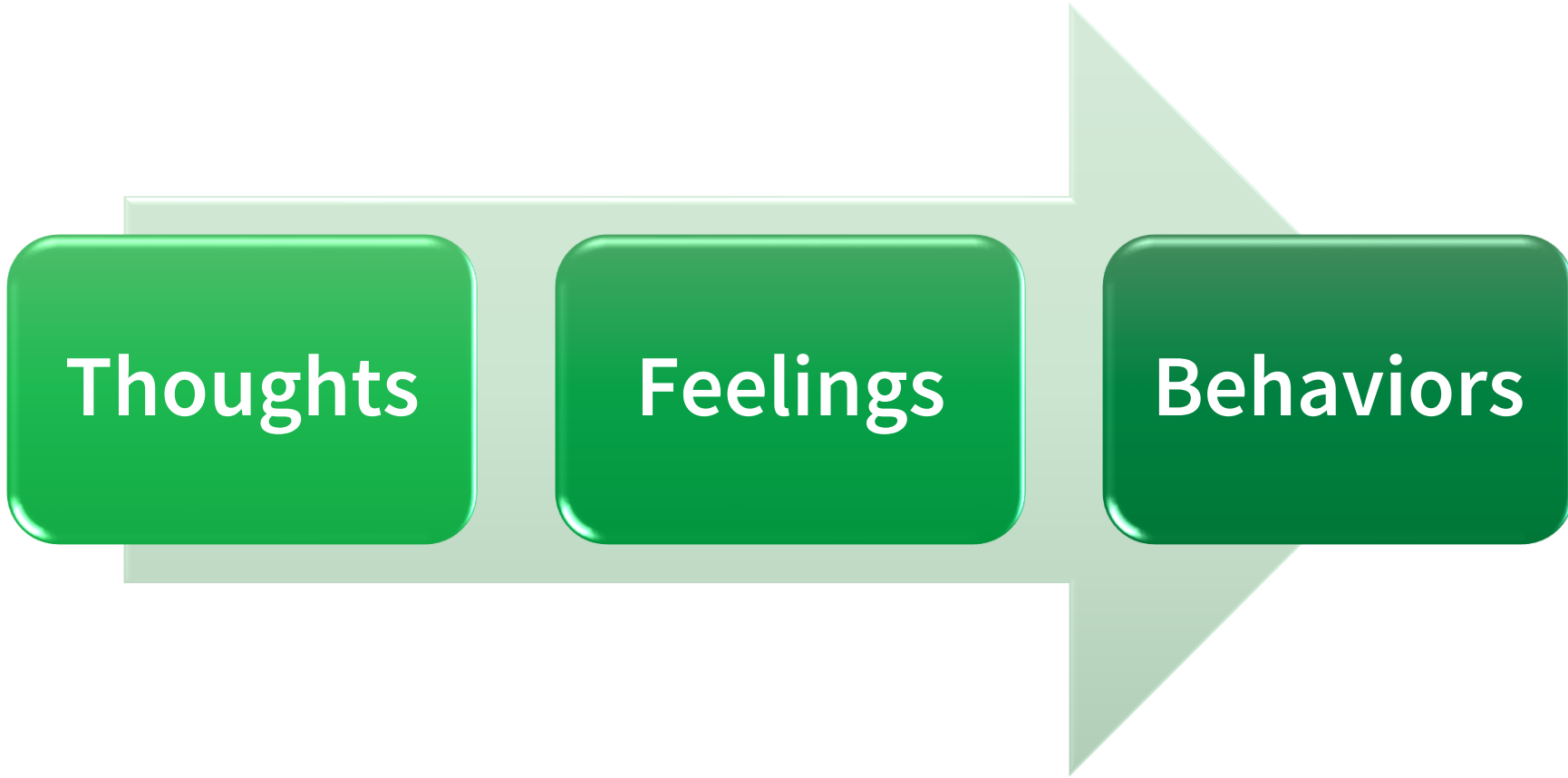
Reward yourself

# Lifestyle changes

Thoughts

Feelings

Behaviors



# Changing your thought processes

Negative thought	Positive thought
I am not worth anything.	I am a valuable person.
I have never accomplished anything.	I have accomplished many things.
I always make mistakes.	I do many things well.
I am a jerk.	I am a great person.
I don't deserve a good life.	I deserve to be happy and healthy.
I am stupid.	I am smart.

# Ways to fill your mind with positive affirmations

- Replacing the negative thought with the positive one every time you realize you are thinking it
- Repeating your positive thought over and over to yourself, and even sharing it with another person
- Writing them over and over
- Making signs that say the positive thought, and keeping them where you will always see them

# Coping skills

Relaxation

Deep  
breathing

Mindfulness  
meditation

Yoga or tai  
chi

Nutrition &  
hydration

Sleep

Problem-  
solving

Exercise

Massage

Laughter

Add yours

Add yours



# SupportLinc Toolkits



## Mental Health First Aid Toolkit

Develop skills to identify, understand and respond to signs of mental illness. [www.mhfirstaid.tools](http://www.mhfirstaid.tools)



## Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present. [www.mindfulness.tools](http://www.mindfulness.tools)



## Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself. [www.resiliency.tools](http://www.resiliency.tools)



## Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity. [www.meditate.tools](http://www.meditate.tools)



## Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning. [www.sleepfitness.tools](http://www.sleepfitness.tools)



## Addiction Toolkit

Understand the types of addiction and get the support you need. [www.addictionToolkit.tools](http://www.addictionToolkit.tools)



## Additional resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing. [www.wellbeing.place](http://www.wellbeing.place)



## Grief and Loss Toolkit

Equip yourself with knowledge, support and the right tools to discover a way to live with grief and move forward. [www.griefandloss.tools](http://www.griefandloss.tools)

✓ No log in needed!

✓ Utilize yourselves

✓ Share with others





# What is SupportLinc?

How can we help?

SupportLinc is an Employee Assistance Program (EAP) offered, at no additional cost to you, by your employer. It is a health benefit, separate from your medical insurance, that assists you with managing life's daily challenges.

SupportLinc counselors can refer you to professional counseling & community resources that will help you, and your eligible family members, resolve a broad range of personal and/or work-related concerns.



# Work-life benefits



## Legal consultation

- Free in-person or telephonic consultation



## Financial consultation

- Guidance and consultation from financial planners and budget specialists



## ID theft consultation

- Free consultation and tailored recovery action plan



## Dependent care resources

### Childcare referrals

- Daycare centers
- Home childcare
- Nannies
- Recreational programs

### Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- “Meals on Wheels”
- Retirement communities



## Convenience and concierge resources

### Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities



Connect with us

1-888-881-LINC(5462)

[www.supportlinc.com](http://www.supportlinc.com)

Group code: lennox



**Download eConnect  
the mobile app today!**



# Next Step

## Intentional Reflection

Small changes often matter the most. Like adjusting your perspective or trying one new strategy, these can have a meaningful & significant impact.

**Know your resources!**

# Moving Forward

What can you do in the next 24 hours to apply these concepts?

Who can be a support for you to make change?

What did you get out of today's presentation?

Which concepts are working in your life and why?

What 3 ideas are going to be the most helpful for you?

How can you support someone else with change?

Which concepts are *not* working in your life and why?

What are your biggest barriers for change?