

LiveWell Presentations

Stress Management- Bite Sized Snacks for Self-Care in your Workday:

Managing stress requires both setting healthy boundaries and adding stress management techniques. Learn how to fit some stress-melting activities into your workday to relieve tension, and practice some of them with us!

Compassion Fatigue: Learn how to keep your light on when you're feeling burnt out by finding ways to prioritize yourself. When taking care of others saps your time and energy, self-care is a necessity, not a luxury. You'll feel empowered to put on your own oxygen mask before helping others!

Fuel and Fitness, Your Way: We'll guide you through creating a nutrition and exercise routine that works for your schedule.

On Your Plate: It can be hard to feed yourself well when you have...too much on your plate. Learn strategies to nourish your body and mind when you have limited time!

Fitness Focused: Learn how to fit more movement into your day, break down barriers to getting moving, and create your own gym routine.

Creating Your Wellness Plan: Participate in a guided process of creating a long-term vision of your health and wellness, and get started taking steps to make it happen today! We'll journey around the Wellness Wheel to help you consider all aspects of wellbeing in your plan.

Fitness Breaks (10-20 minutes): Take a break to rejuvenate your body and mind. Get your blood flowing, recharge those batteries, and return to your tasks more focused than before! Choose breaks focused on **stretching**, **strength-building**, or **pumping up your heart rate** (or a combination!).

LiveWell, Collect Points, Earn Money (or prizes): Take a 20-minute tour of the LiveWell Vermont program and Wellness Portal. We'll talk about how the State of Vermont prioritizes your health and wellness, and give a brief overview of how to participate and earn points to collect your quarterly incentives. **This can be added onto any other presentation.**