

# 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!

**Health for Happiness:** Learn how to choose physical activities, nourishing foods, and sleep routines that will support good mental health.

**Nutrition on a Budget:** Healthy eating doesn't have to break the bank! Join LiveWell for some top strategies to tweak your grocery routine to support your health AND your wallet.

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

**Making Wellness Your Own:** Participate in a guided process of creating goals for your health and wellness, and get started taking steps to achieve them 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.**