



Welcome!

10th annual Journey to Wellness

What's New at OEA Choice Trust!

- Pilot Study Initiative - reaching ALL school employees
- Oregon Department of Education Mentor Program Grant
- Mini Grants
- Mindfulness Initiative
- COSA Social Emotional Learning Workgroup
- 2019 SEW Conference: Changing the Conversation
- 2019 Grant Awards – up to 12 new grantees

Today's your day!

Tapping into the collective wisdom



Our learning targets



- Describe the mind body emotional connection to health and well-being
- Describe behavior change strategies to promote health and well-being
- Describe ways to integrate well-being practices into the work day to create a culture of wellness
- Identify up to 5 ideas to put into action at your schools and districts

OEA Choice Trust:

Inspiring schools to create
healthy workplaces for all staff

OUR VISION

All Oregon public school employees are healthy, resilient and engaged as champions for healthy school environments and vital communities. As a result, they are fulfilled in their work, model well-being for students and are better equipped to foster student success.

The language we use...

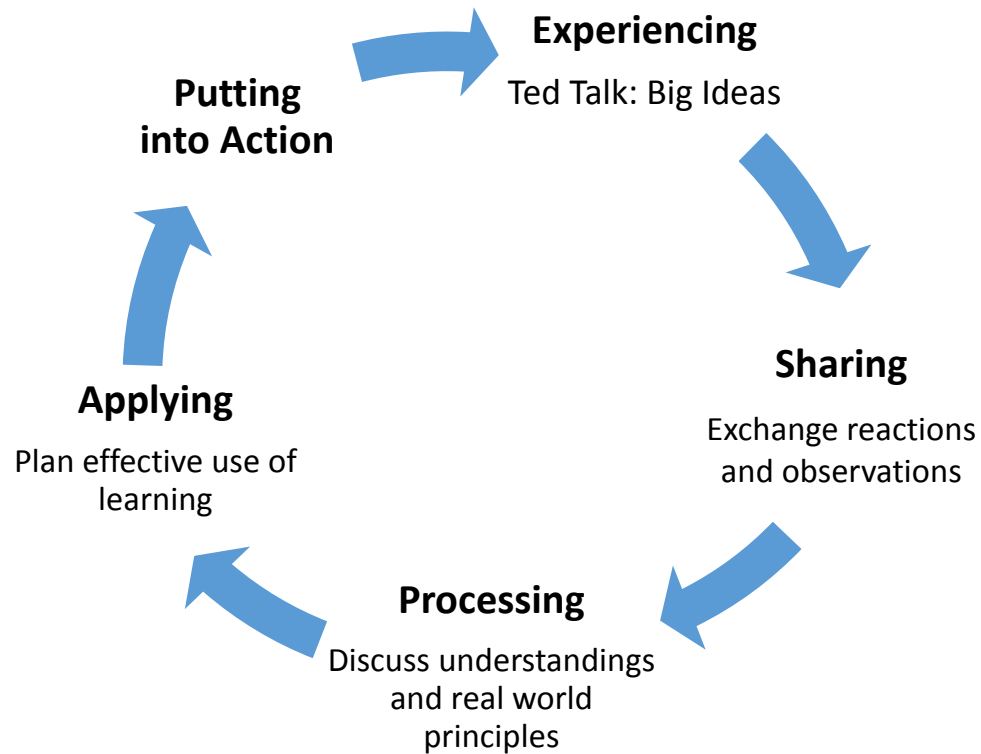
Definitions

- Health: A state of physical, mental and social well-being; not merely the absence of disease or infirmity.
- Wellness: A lifelong journey, an *active* process of making daily choices and commitments to be healthy and well.
- Well-being: The way you feel, the way you function and how you judge your life; five essential well-being elements include physical, social, emotional, financial and purpose that interact to support living well and flourishing.
- Worksite Wellness: An organized, employer-sponsored initiative designed to support employees to adopt behaviors that reduce health risks, improve quality of life, maximize personal effectiveness and benefit the organization's mission and vision.

School Employee Well-being Model



What? So What? Now What?



Ted Talk: Big Ideas Worth Sharing

- Dr. Epel - *The Illusion of Control – Human Behavior and Donuts*

[The Illusion of Control—Human Behavior and Donuts](#)

- Shawn Achor - *The Happiness Advantage*

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

Team Discussions:

How do we move from ideas into practices?

Reflect individually; then discuss as a team!

1. What are the key points that stood out for you? Your group?
2. Why is this important?
3. How will these ideas inform your School Employee Wellness program?
4. What are 2 immediate things you and your team can do to put these ideas in action?
5. What do your colleagues need to know and how will you engage them with these learnings to support your recommended actions?



Large Group Report Out: Take Aways and Ideas