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WELCOME
TO

ENERGY FOR HOPE PURPOSE AND RECONNECTION; ONE DAY AT A TIME



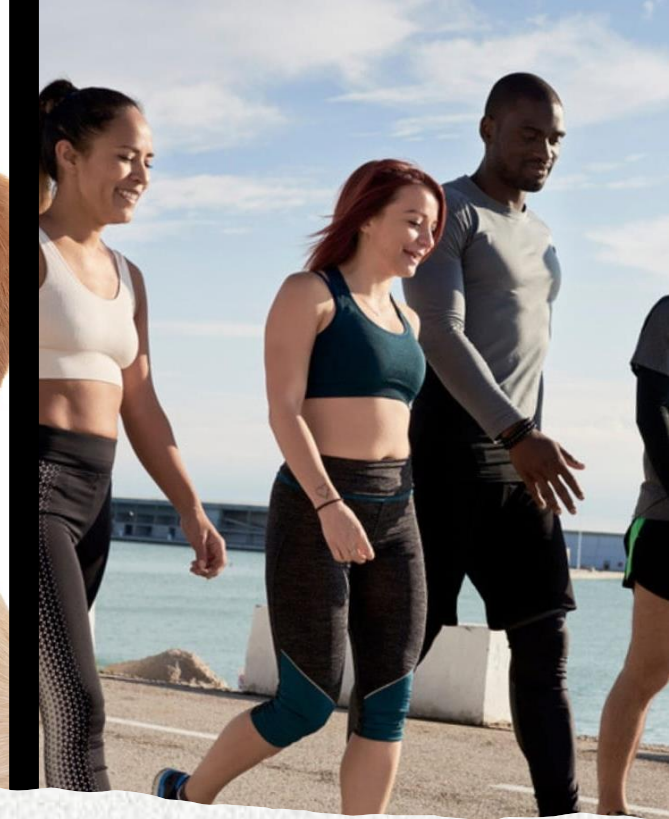
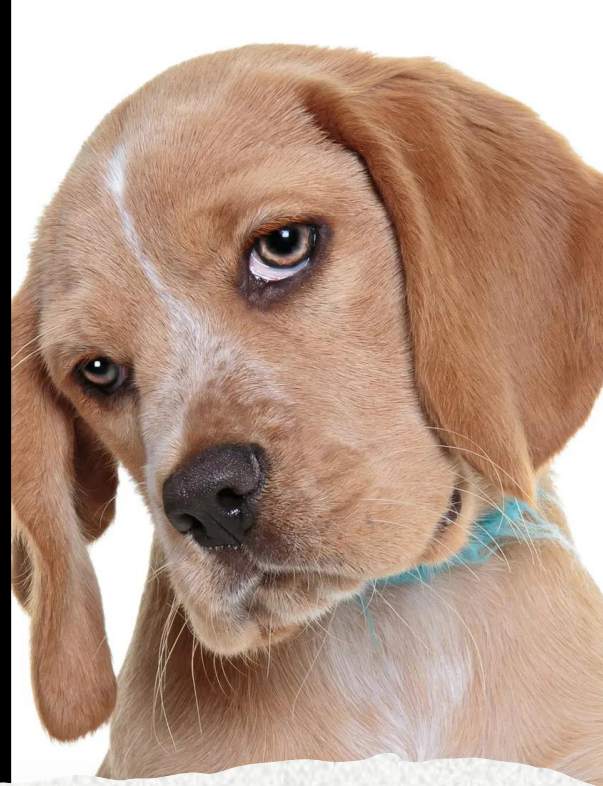
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Clinical Assistant Professor of Practice*

Presented by the Office of Chief Wellness Officer and the Buckeye Wellness Team
In collaboration with Johnson & Johnson's Human Performance Institute

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*The BEST thing that happened
this past week was...*



What would you do with more energy?



Energy is Four-Dimensional; From Ordinary to EXTRAORDINARY !!!



HUMAN PERFORMANCE IN RELATION

TO THE SELF

Physical Energy (Quantity)

Nutrition (Fuel for your body)

Eat Light / Eat Often

- Eat every 3 hours +/- 1 hour
- Never go more than 4 hours without eating
- Only eat the amount of food your body needs for the next few hours

Recovery (Sleep) 7-9 hours/night

Movement

(Stretch / Small & Large Movements)





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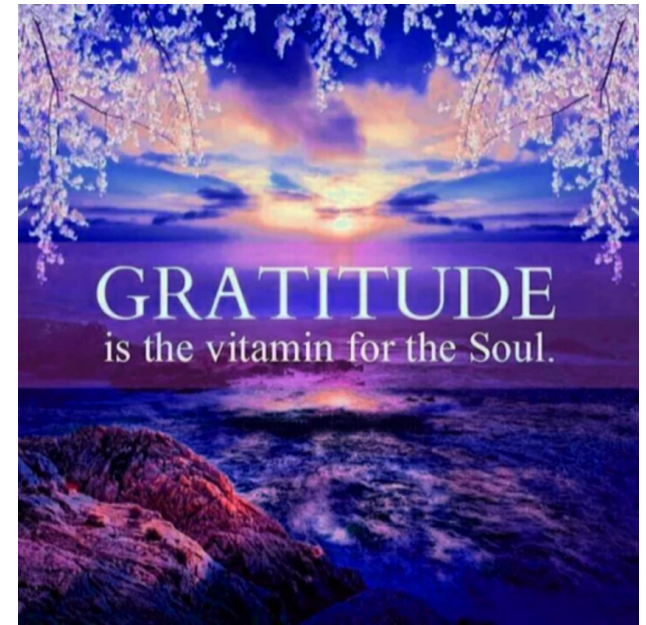


Emotional Energy

(Quality)

“Attitude of gratitude”

“Vitamin G”



What are you MOST THANKFUL for?

- 1)
- 2)
- 3)



Mental Energy (Focus)
Self Talk (your private voice)

MINDFULNESS MEDITATION

Consistent practice of mindfulness meditation may lead to

- improved focus
- increased brain's grey matter
- decreased mind wandering
- reduced symptoms of anxiety and depression
- improved emotional regulation
- decreased impact on amygdala (fear, stress)

WELCOME HOME TO THE PRESENT

Living In The Moment

“How is your heart doing at this very moment, at this breath?”



Reframe IT...



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Negative to Positive Self Talk: (Inner Critic to Inner Ally)

Negative Statement	Changed to a Positive Statement
"The only way I can meet the demands of my job is to work longer and harder."	"I can work hard and be productive without working longer hours which will preserve my health and personal relationships."

- I get to...
- Add "yet"...
- I am a good friend.
- I am doing the best I can right now.
- I'm Strong, I Can, I Will!
- I did that well.
- I am worthy.
- I am good enough.
- I am a loving parent.
- I'm not going to give up.
- I'm going to stay calm.
- This won't last forever.
- I am in control of my feelings.
- I'm going to prepare more next time.



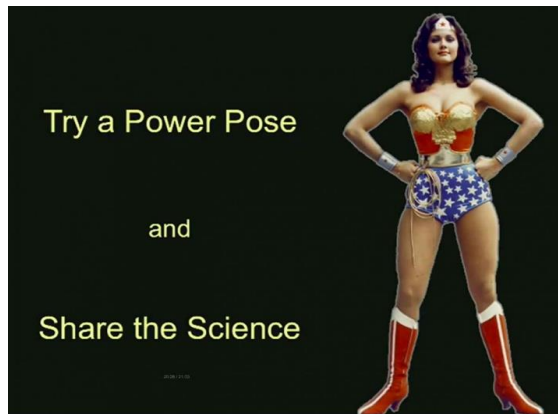
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POWER POSING !!!

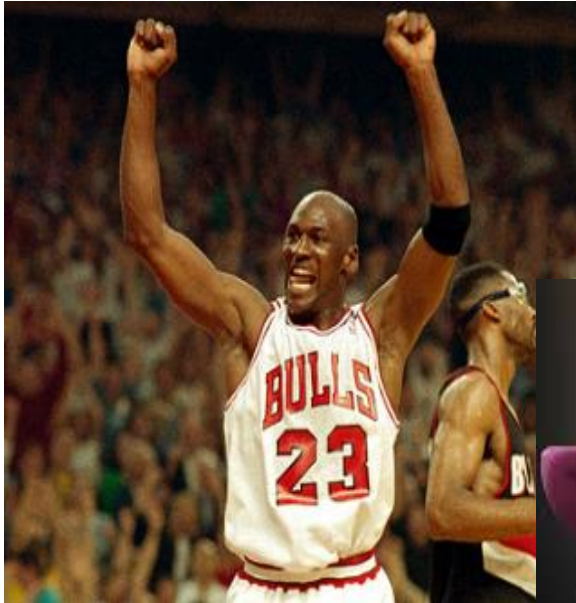
- Boost your confidence, strength, assertiveness and power!
- RECOMMENDATION= spend 2 minutes / day power posing.



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STRIKE A POWER POSE!!!



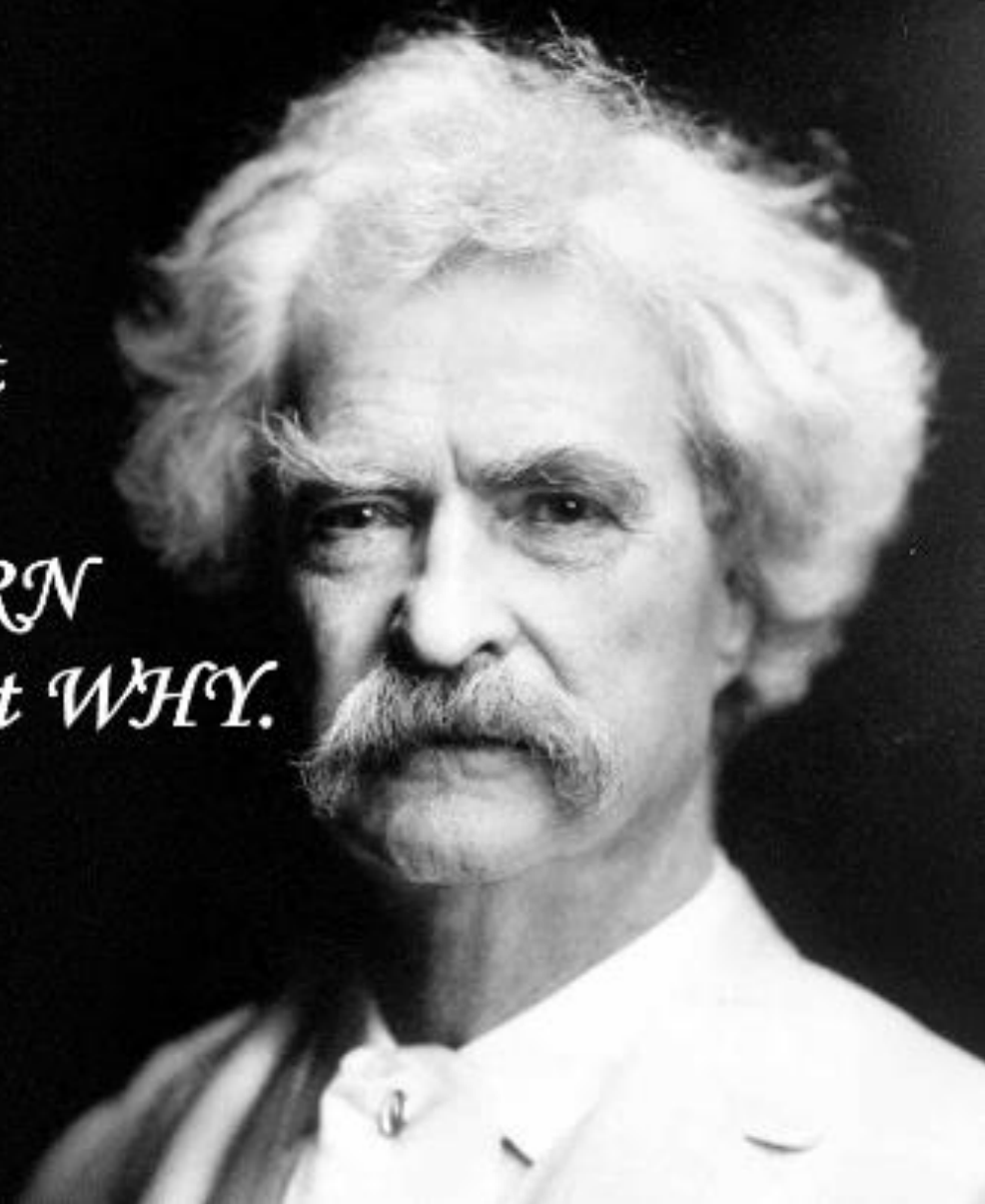
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*The two most important
days in your LIFE
are the day you are BORN
and the day you find out WHY.*

-Mark Twain



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Spiritual Energy (Force) Your Values & Purpose

Value Examples

- Commitment
- Compassion
- Concern for others
- Courage
- Excellence
- Faith
- Fairness
- Family
- Freedom
- Generosity

- Genuineness
- Growth
- Happiness
- Harmony
- Health
- Honesty
- Humility
- Humor
- Integrity
- Kindness

- Knowledge
- Life
- Loyalty
- Love
- Openness
- Optimism
- Perseverance
- Respect for others
- Responsibility
- Service to others

MY PURPOSE

- Who or what matters most to you?
- How would you define success in your life?
- What impact do you want to have on others?
- How would you want people to describe you?
- What makes your life really worth living (what gets you out of bed in the morning)?
- What are you PASSIONATE about?
- What is your PURPOSE?



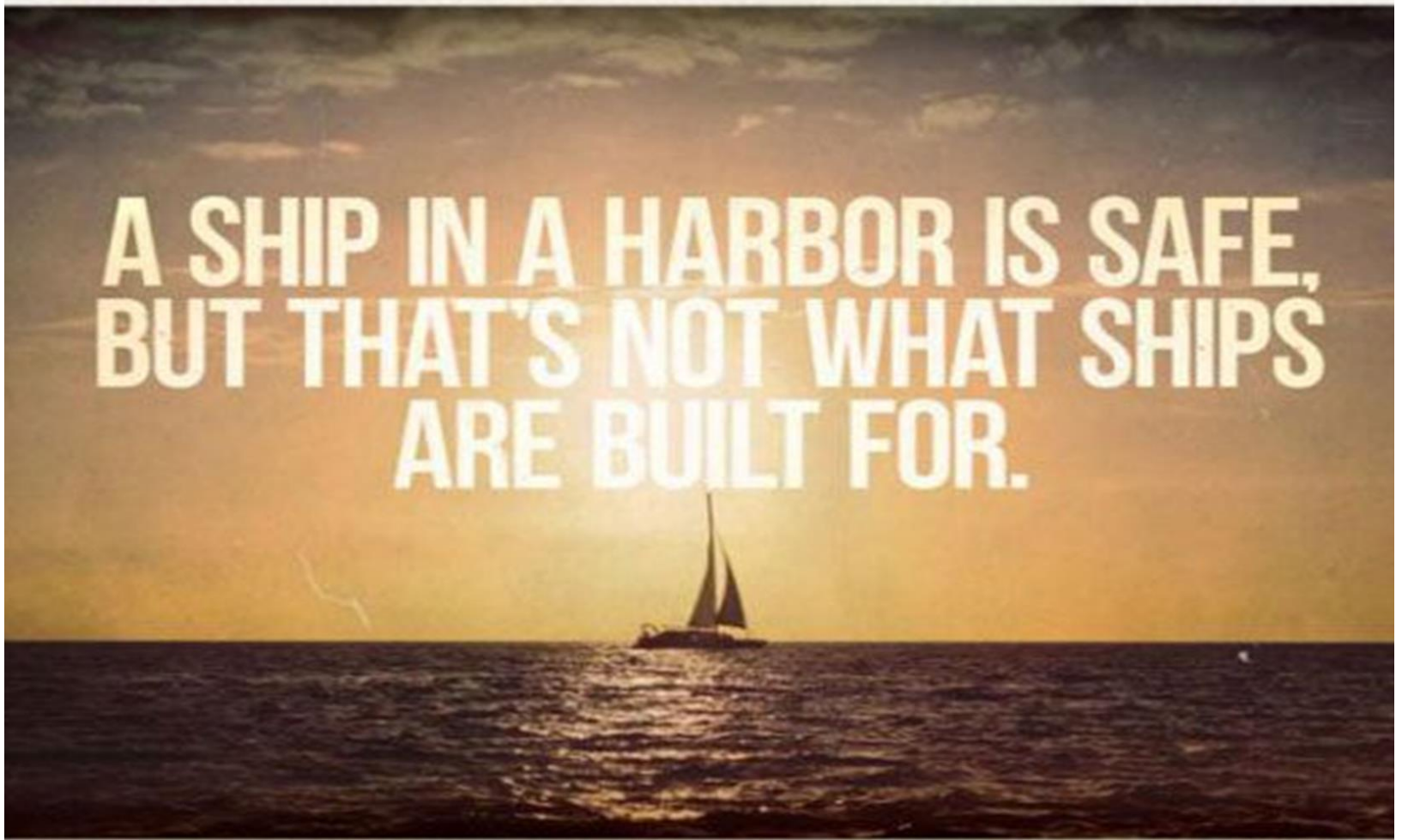
**Energy is Four-Dimensional;
From Ordinary to EXTRAORDINARY !!!**



D₂ R₁ E₁ A₁ M₂

B₃ I₁ G₃

**A SHIP IN A HARBOR IS SAFE,
BUT THAT'S NOT WHAT SHIPS
ARE BUILT FOR.**





What would you do with more energy?
What is getting in your way?
I want to be more engaged with...



Corporate Athlete
Human Performance Institute



More Resources!



HEALTH ATHLETE

<https://healthathlete.osu.edu/>

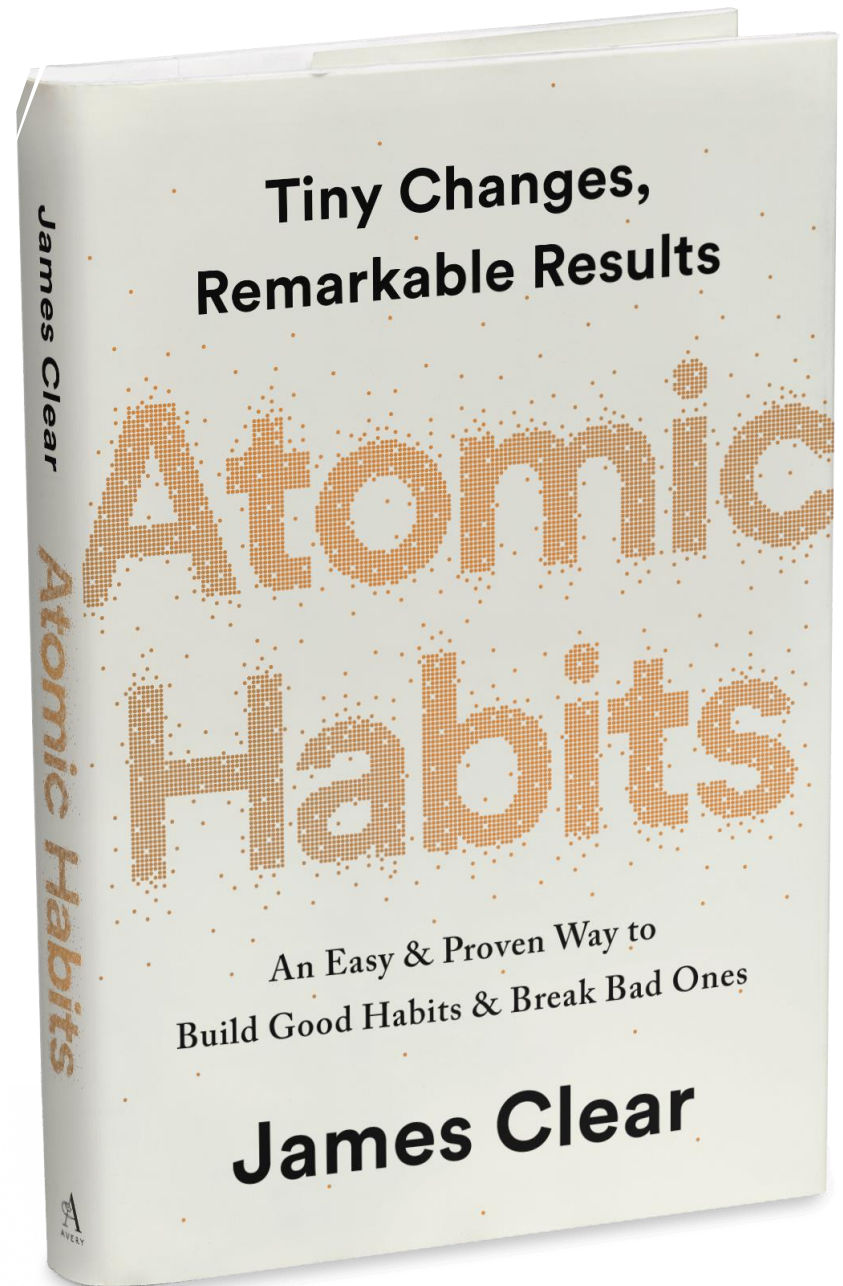
Earn Continuing Education Credits in Your Profession

- **Registered Nurse (RN) and Nurse Practitioner (NP);** earn nine Continuing Nursing Education (CNE) credits for completing seven-week virtual series or one-day workshop.
- **Board Certified in Public Health (CPH);** earn six CE hours for completing the one-day workshop, earn seven CE hours for completing the seven-week virtual series or earn 12 CE hours for completing the two-day program.
- **Certified Health Education Specialist (CHES);** earn seven Continuing Education Credits for completing the seven-week virtual series or one-day workshop.
- **Veterinarians (DVM);** earn six CE hours for completing the one-day workshop, earn seven CE hours for completing the seven-week virtual series or earn 11 CE hours for completing the two-day program.
- We can provide a certificate for organizations that self-petition for Continuing Education Credits.

Sustained Behavior Change!

4 Laws of Behavior Change:

- 1) Make it obvious
- 2) Make it attractive
- 3) Make it easy
- 4) Make it satisfying



Make it Obvious

Time and Location:
Optimum Environment
Matter

Visible and Noticeable Cues

Break Habits by Making
Invisibility

Make it Attractive

Anticipation
of Awards
Drives Action



Reframe
Association



We Imitate:
Close - Many -
Powerful



Make it Easy

Quantity,
NOT
Duration



Focus on
Action &
Practice



Environment
Without
Frictions



Make it Satisfying



TRACK
PROGRESS



NEVER MISS
TWICE



GIVE YOURSELF
REWARDS

1. Get better every single day
2. Prove them wrong
3. Work on your weaknesses
4. Execute what you practiced
5. **LEARN FROM GREATNESS**
6. Learn from wins & losses
7. Practice mindfulness
8. Be ambitious
9. #Believe in your team
10. Learn storytelling

