

WORKPLACE WELLNESS IN A VIRTUAL WORLD

An Exploration of Technology, Well-Being & Enjoying the Best of Both Worlds

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LEARNING OBJECTIVES

Learn

Learn more about the current “distraction addiction” caused by daily technology consumption.

Uncover

Uncover ways to engage in current technology while still supporting the four domains of wellness: mind, body, spirit and environment.

Consider

Consider tactics for incorporating this learning into the daily norms of your workplace, your home or other communities in which you engage.

The background features several concentric circles of varying radii, some solid and some dashed, creating a ripple effect. A large red callout box is centered on the page, containing the text 'LEARN' and 'OBJECTIVE 1'.

LEARN

OBJECTIVE 1

ARE WE ALL
[TECHNOLOGY]
ADDICTS?

Being labeled an "***Internet Addict***" is pretty easy...

One must log 38 hours a week online or just over five hours a day on computers, tablets, and smartphones.

By this definition, "*we are all addicts...by Wednesday afternoon, Tuesday if it's a busy week.*"

[Dokoupil]

THE DISTRACTION ADDICTION

Getting the Information You Need and
the Communication You Want. Without Enraging Your Family,
Annoying Your Colleagues, and Destroying Your Soul

ALEX SOOJUNG-KIM PANG



ALL IN A DAY'S WORK



**SEND/RECEIVE
~110 MESSAGES.**



**CHECK YOUR
PHONE 34 TIMES.**



**VISIT FACEBOOK
~5 TIMES.**



**“LIKE” & SCROLL
~30 MIN.**

*Oh, and we tend to hold our breath while doing so.
#emailapnea*

REINFORCEMENT
+ REWARD

Your brain likes “likes” ...
and keeps coming back for more.



**CONNECTED...
YET
DISCONNECTED**

Research has linked internet usage – not only with addiction...

but also depression, ADHD, and mental illness.

THE CHANGING BRAIN



Smaller screens are reducing our eye tracking left to right.

Backlit screens are affecting sleep and circadian rhythms.



A 2012 Chinese study linked Internet addiction to a 10 to 20% shrinkage in gray matter in the area of the brain responsible for processing speech, memory, emotion, motor control, and other sensory information.

It found that the more time spent online, the more the brain showed signs of "atrophy."



A parallel study found that the brains of Internet Addicts contained "abnormal white matter" in the areas responsible for attention, control, and executive function.

ARE WE PROFESSIONAL SITTERS, TOO?

- According to anthropologists, our male ancestors walked between 10-20 kilometers per day.
- Women walked about half that amount.
- That's nearly 12 miles per day for some.

With the evolution of technology, internet and social media, we are moving less and less.

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UNCOVER

OBJECTIVE 2

INTEGRATIVE WELLNESS



MIND



BODY



SPIRIT



ENVIRONMENT

A red speech bubble graphic with a white outline, containing the text 'EMPLOYER & EMPLOYEE SOLUTIONS'. The bubble has a tail pointing downwards and to the left.

**EMPLOYER &
EMPLOYEE
SOLUTIONS**

Maximize Movement, Mindfulness & Meditation.

These behaviors produce short-term (i.e. instant) and long-term skills and mind/body/spirit benefits.

Oh, and JUST BREATHE.



When you exercise, beautiful increases happen:

- ↑ blood flow across body tissues
- ↑ production of a molecule called nitric oxide allowing formation of new blood vessels
- ↑ blood vessels allow for better food distribution and waste removal
- ↑ Brain Derived Neurotropic Factor*

**AKA “Miracle Grow for your brain”*

Source: Brain Rules



When you meditate, beautiful improvements happen:

- Lower blood pressure
- May ease anxiety & depression
- Healing from illness
- Pain management
- Boosted immunity
- Improved sleep
- Resiliency
- Physical/mental/emotional awareness of yourself & others
- More peace & less reactivity
- Clarity on life/situations

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EMPLOYER & EMPLOYEE SOLUTIONS

Connect, Unplug & Recharge.

Create healthy boundaries around technology consumption followed by moments of [non-digital] recovery & restoration.

Balance technology usage with human interaction/social connection each day.

Acknowledge that introverts may need time and space without social interaction to thrive.

[Note: Huge policy & procedure opportunity right here!]

A framed sign with a black background and white text, next to a variegated plant. The sign is mounted on a light-colored wall. The plant has long, narrow leaves with green and yellow variegation.

WHAT IF WE
RECHARGED
OURSELVES
AS OFTEN AS
WE DID OUR
PHONES



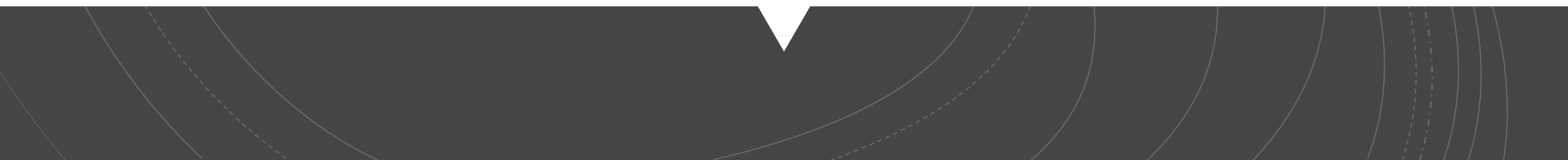
A red speech bubble graphic with a white outline, containing the text 'EMPLOYER & EMPLOYEE SOLUTIONS'. The bubble has a tail pointing downwards and to the left.

EMPLOYER & EMPLOYEE SOLUTIONS

Find Focus & Flow.

Whether Online or Offline: Embrace monotasking, take control of your environment (i.e. distractions) and live in your “zone of genius”.

STARVE YOUR
DISTRACTIONS,
FEED YOUR
FOCUS.



A large red speech bubble graphic with a white outline, pointing downwards. It contains the text 'CONSIDER' and 'OBJECTIVE 3'.

CONSIDER

OBJECTIVE 3

MIDDAY MOVEMENT

PUT IT INTO PRACTICE @WORK:

- ***Offer /enjoy 15 to 30-minute movement breaks.***
- ***Offer / enjoy 30 to 60-minute group fitness experiences.***
- ***Encourage / try daily tracking of physical activity day over day.***

Q: In what ways are you encouraging and prioritizing employee exercise?



MIDDAY MEDITATION

PUT IT INTO PRACTICE @WORK:

- ***Offer / enjoy 15 to 30-minute facilitated experiences.***
- ***Make these available during the workday.***
- ***Create an inviting physical meditation space if possible.***

Q: In what ways are you encouraging and prioritizing employee meditation and mindfulness practice?



MINDFUL MEETINGS

PUT IT INTO PRACTICE @ WORK:

- *Begin and end on time.*
- *Begin with a breathing exercise.*
- *Invite cell phones to be put away.*
- *Respect boundaries of others when calling/scheduling.*
- *Use technology only as needed and prioritize face time.*

Q: In what ways are you encouraging and prioritizing a culture of wellness in day to day interactions and projects?



Mind Full, or Mindful?

**RULES FOR
MINDFUL SOCIAL
MEDIA**
by Alex Soonjung-
Kim Pang

- Engage with care.
- Be mindful about your intentions.
- Remember people on the other side of the screen.
- Quality, not quantity.
- Live first, tweet later.
- Be deliberate.

**DIY DIGITAL
SABBATH**
by Alex Soojung-
Kim Pang

“Contemplative Computing”

Observe your entanglement with technologies, think about how those relationships can be improved and then find practices to support your life and restore your mind.

- Set a regular time.
- Figure out what to turn off.
- Don't talk about digital Sabbaths.
- Fill the time with engaging activities.
- Be patient.
- Be open to the spiritual qualities of the Sabbath.
- Enjoy your escape from “real time”.

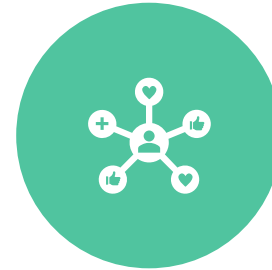
CREATE NEW NORMS



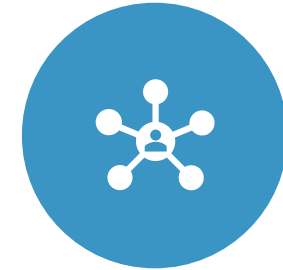
**SELF-CARE AS THE
NORM.**



**MOVING TOWARD
MINDFULNESS AS
THE NORM.**



**HEALTHY
BOUNDARIES AS
THE NORM.**



**SUPPORTIVE
PROGRAMMING AS
THE NORM.**



THE WELL WORKPLACE SUMMIT 2021
FRIDAY, APRIL 30 | 9 a.m. to 3:30 p.m.



THE WELL

LEADER

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Let's you and I connect!

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Questions & Discussion – let's go!

transforming lives through health & happiness
wellnesscollective