Weekly Wellness Webinar

Healthy Habits Campaign
June 24, 2025

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Agenda

- Grounding Technique
- Mindful Eating
- Sugar Free Challenge Testimonial
- Upcoming Activities
- Resources
- Next Week’s Topics

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Managing stress: relaxation techniques.

Relaxation through meditation

When you meditate, you use your:

In order to:

- Feel physically and emotionally calmer
- Feel more balanced
- Cope with illness
- Improve your health

Try these four basic steps to get started.

1. **Find a quiet place** where you won't be distracted.
2. **Find a comfortable position.** You can sit, stand, walk, lie down, whatever!
3. **Focus your attention.** Try thinking about a word, object or even just your breathing.
4. **Forgive any distractions.** Let them go without a second thought.

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Let’s start with a grounding exercise.

The 54321 Technique

BREATHE IN- First, take a slow, deep breathe in for a count of 5, 4, 3, 2, and 1…
On the inhale- Imagine you’re inhaling positivity

HOLD- Then hold for 5, 4, 3, 2, and 1…
While holding- imagine that positivity spreading and absorbing into every cell of your body

BREATHE OUT- Now slowly exhale for 5, 4, 3, 2, 1…
On the exhale, imagine letting go of any stress or any negative thoughts.

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Mindful Eating

Mind-less Eating: What is it?

Eating without conscious thought (eating without regard to hunger or fullness)

Can be influenced by:

- *Family and friends*
- *Occasions*
- *Boredom*
- *Loneliness*
- *Packaging*
- *Smells*
- *Memories*
- *Stress*
- *Skipping meals*
- *Sleep deprivation*
- *Distraction*
- *Procrastination*
- *Emotions (anger, happiness)*
- *Portion size*
- *Habit*
- *Comfort*
- *"clean plate" mindset*

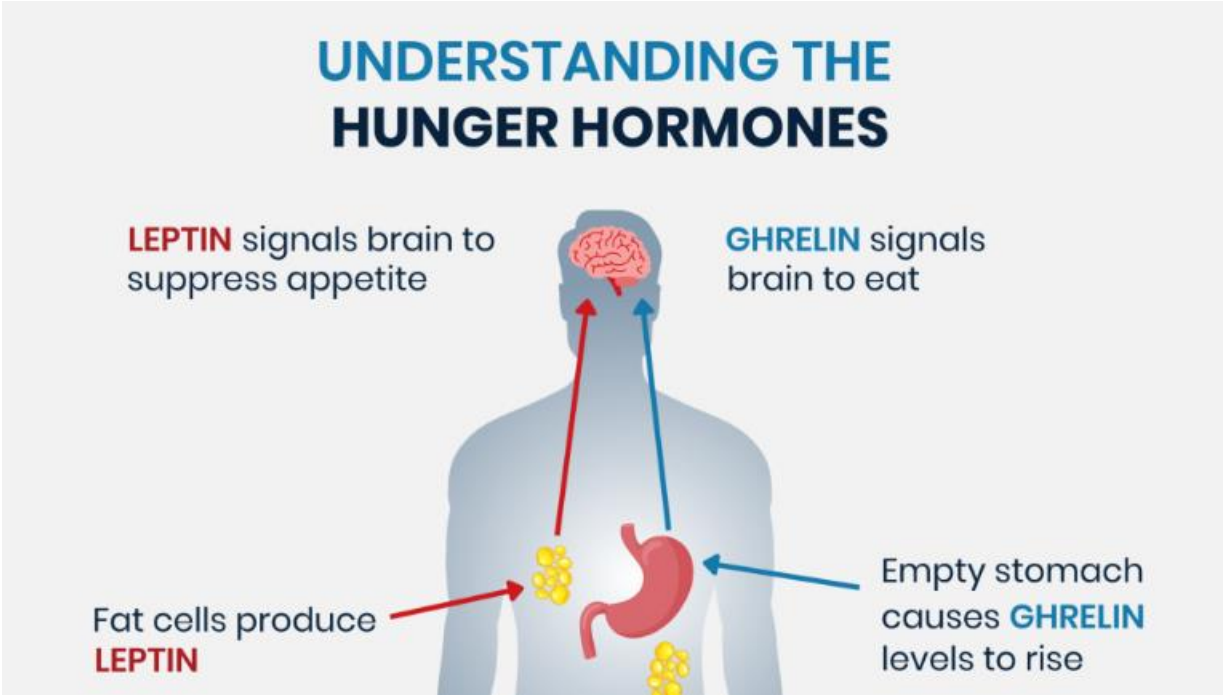
Mindful Eating

How it's supposed to work (eating mindfully)

- *Empty stomach causes hunger hormone to rise*
- *Hunger hormone (Ghrelin) signals the brain to eat*
- *Eating begins*
- *Brain sends out signal when fullness is approaching via Leptin (hormone)*

How it usually works (mindless eating)

- *We're multi-tasking while we eat*
- *Signals that regulate food intake may not be received by the brain*
  - *> Taste*
  - *> Satisfaction*
- *Leads to the brain continuing to send out additional hunger signals*
- *Increased risk of overeating*



Mindless Eating

Relationship with Food

- *Eating can become a coping mechanism to manage emotions*
- *Habits develop to manage emotions by restricting or overeating to cope with difficult feelings*
- *Focusing on food or the act of eating, can distract us from our worries and stress*

Mindless Eating

From Mindless to Mindful

- *Moving from mindless to mindful eating can be uncomfortable*

  > Tips:

  - *Be prepared for the discomfort*
  - *Make the decision to go through it*

Mindfulness changes the way we think about food:

- *Instead of reacting to food-related thoughts that encourage emotional eating…*
- *We are able to respond by hearing the thoughts, or just noticing the thoughts, without obeying/reacting to them*

What is Mindful Eating?

Being present and aware

- *Eating with intention*
  - > *Intention to care for yourself*
  - > *An awareness of why you are eating*
  - > *Enjoying food that is nutritious and delicious*
  - > *Using food to fuel your body for living well*
  - > *Looking at eating as a natural, healthy, pleasurable activity for satisfying physical hunger*

Preparing to Eat Mindfully

Commit to mindful eating regularly (daily lunch)

- *Be mindful of your eating habits*
  - > *Allow plenty of time*
  - > *Sit at a table*
  - > *Calm/peaceful setting*
  - > *Eat slowly*
  - > *Savor each bite*
  - > *Remove distractions (tv, phone, reading material)*

Prepare your Food with Purpose

- *Select healthy, wholesome foods*
- *Manage portion sizes*
  - *Place food on smaller plates*
- *Think about where your food comes from*

Sugar Free Challenge Success Story

"I enjoyed the challenge. This was the first time I was able to stick with a plan. I planned all my meals, including breakfast, lunch and dinner, no spending money on fast food. Only on the days I drank coffee, I'd use sugar and creamer. Otherwise, no sweets. I'm going to try and maintain this, plus add consistent workout, to see a more significant change."

Want to Share Your Health Success Story

Email me with your story to be shared in an upcoming wellness webinar!

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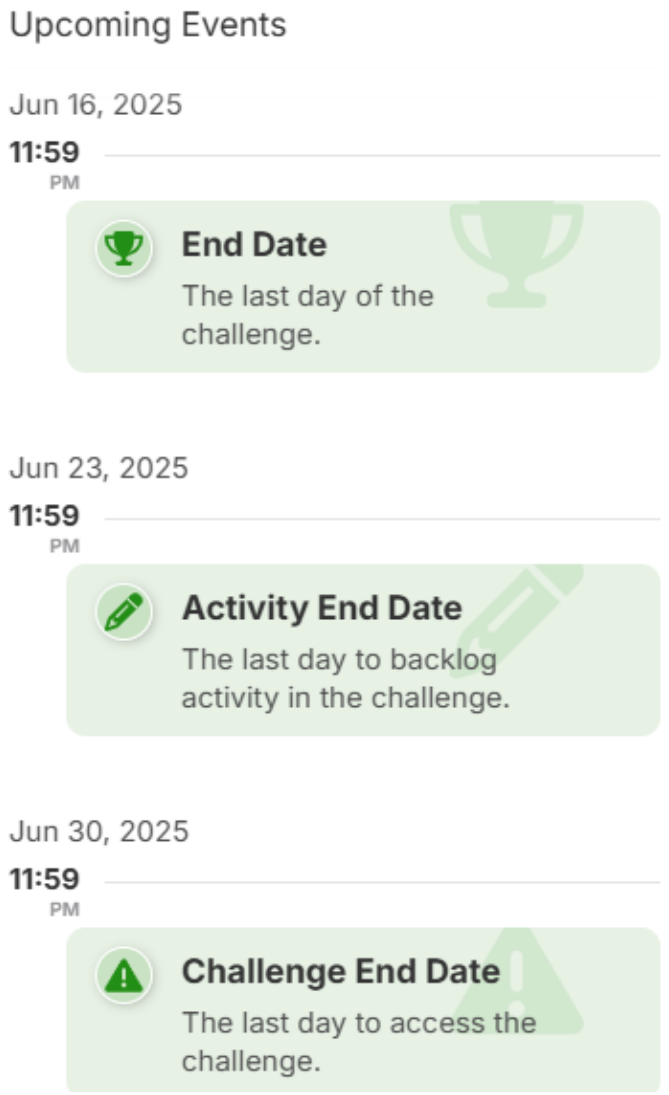
Upcoming Wellness Activities

Fitness Challenge Deadlines and Prize Reminders:

- **June 16**- Last day to complete new activities
- **June 23-** Last day to back log activities
- **June 30-** Challenge is closed

- **Team prize-**
  - > Team with highest score (Sum of top 5 employee scores on teams with 5-10 employees

- **Individual prizes-**
  - > Top 10 individuals with highest points



June Wellness Events

- **Wednesday, June 25**
  - > DSD Wellness Day, 12-4pm
- **Thursday, June 26**
  - > Webinar: ARAG Legal
- **Friday, June 27**
  - > Cigna 101 presentation @ Construction/Wellfield

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Upcoming Wellness Activities

- **In-Person EAP Seminars @ 101 Tower**
  - > 7/17: "The Power of Connection: Loneliness" 10-11am
  - > 8/21: "Navigating Back to School Challenges" 10-11am
  - > 9/24: "Healthy Life Tips for Men" @ Men's Health Event

Large Events:

- Men's Health Event- September 24 @ Galleria Mall from 9am to 12pm
- Health Fair- October 9 @ Carter Park from 10am to 2pm

Want to attend an upcoming wellness event, including in-person EAP seminars?

CLICK HERE to browse events on LauderShare. Advanced registration is required.

Virtual Wellness Activities

Weekly Wellness Webinars with Adam and Wendy

Tuesdays 10-10:30am

CLICK HERE TO JOIN

6 Week Sleep Lab Series

Wednesdays 12-1pm

July 9 to August 13

CLICK HERE TO REGISTER

EAP Wellness Webcasts

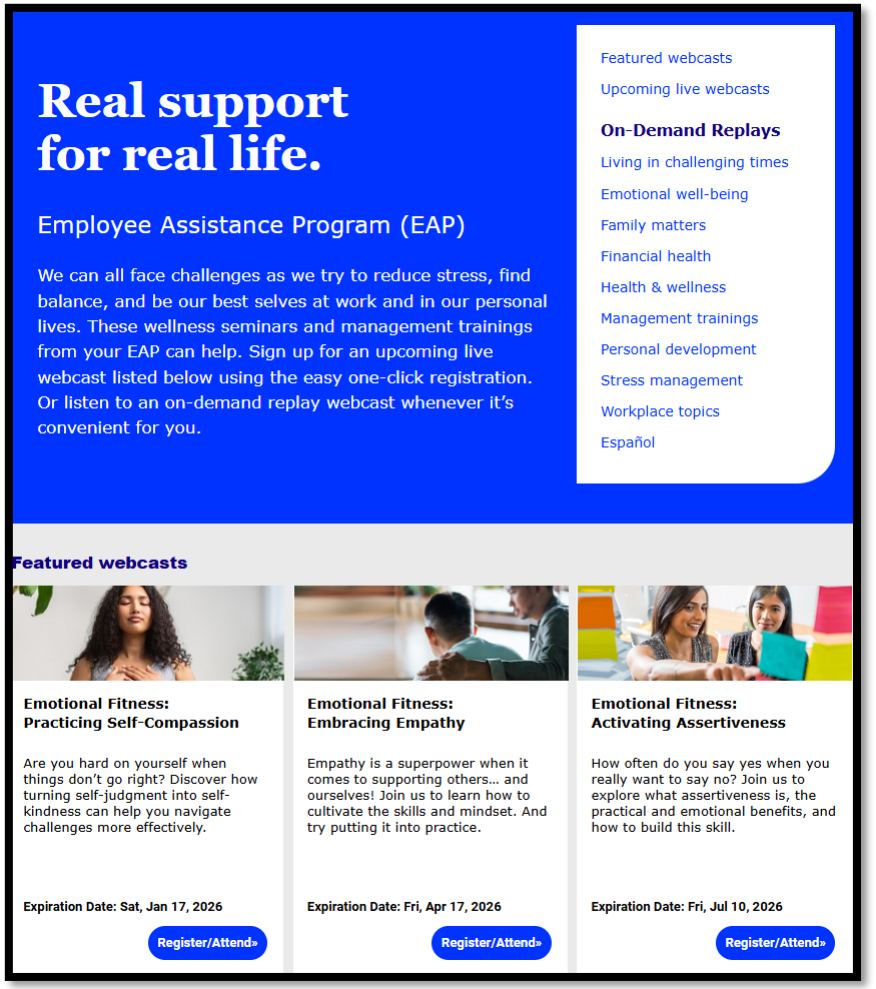
Live and On-Demand

CLICK HERE TO GET STARTED

On-Demand EAP Webcasts

Steps to Access:

1. Visit **Cigna.com/EAPWebcasts**
2. Login or create account
3. Find the upcoming live EAP webcast or watch an on-demand webcast



JUL 9	**Refresh, Refocus, Relax: Techniques that Work**	How do we release tension and reclaim balance in our busy days? Join us to discover techniques that trigger the body's natural relaxation response.
JUL 23	**Presenting Your Best Professional Image**	Does your professional image stand out? It's more than just your appearance. Learn ways to be your best in everything at work. English & Spanish

Wellness Resources

Employee Assistance Program (EAP)

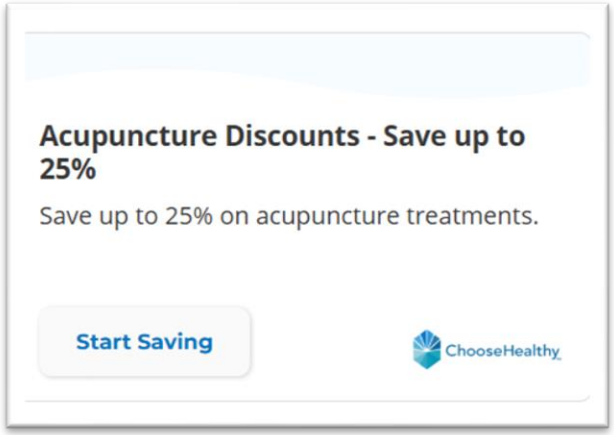
Cigna Healthcare's EAP can connect you with a range of services, including emotional support, financial assistance, home/ life support, and legal assistance.[1]

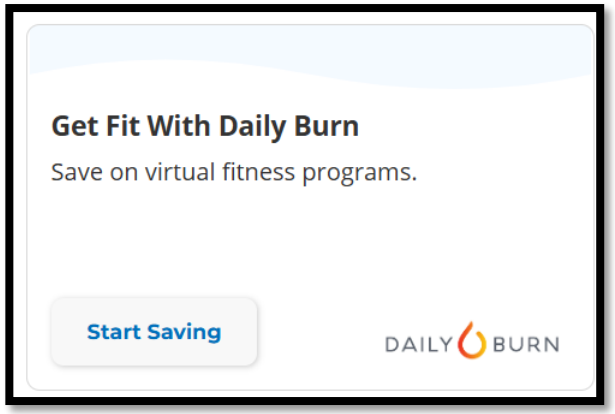
- Connect over the phone or through live chat, and receive a referral to licensed clinicians and consultants
- Provides 10 face to face sessions per issue, per member, per year to connect with licensed clinicians in our EAP network
- Meet with counselors virtually on your phone, tablet or home computer
- Live, on-demand EAP webcasts
- 100% confidential
- Available to anyone in your household
- No additional cost to you

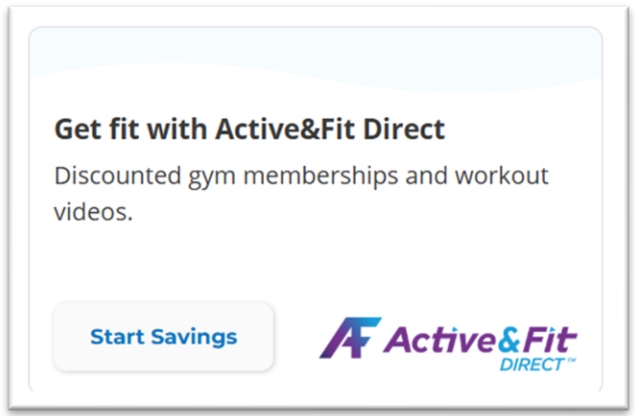
1-877-622-4327

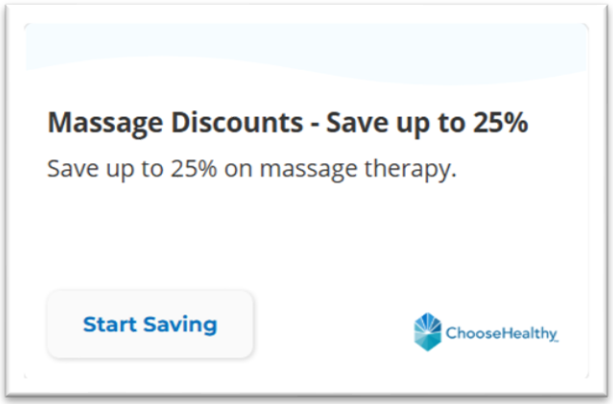
Cigna Healthy Rewards

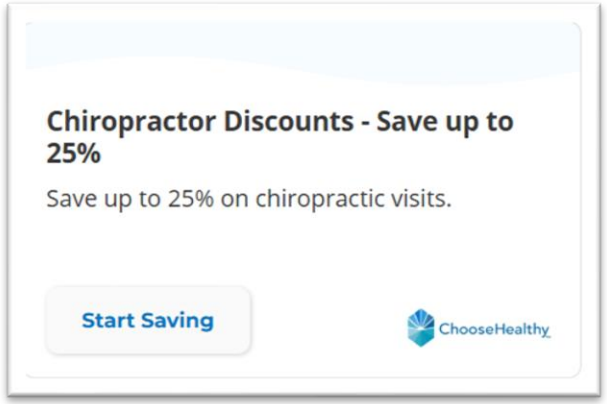
[Cigna Discover Healthy Rewards]











Active and Fit Direct

To get started:
[Cigna Discover Healthy Rewards]

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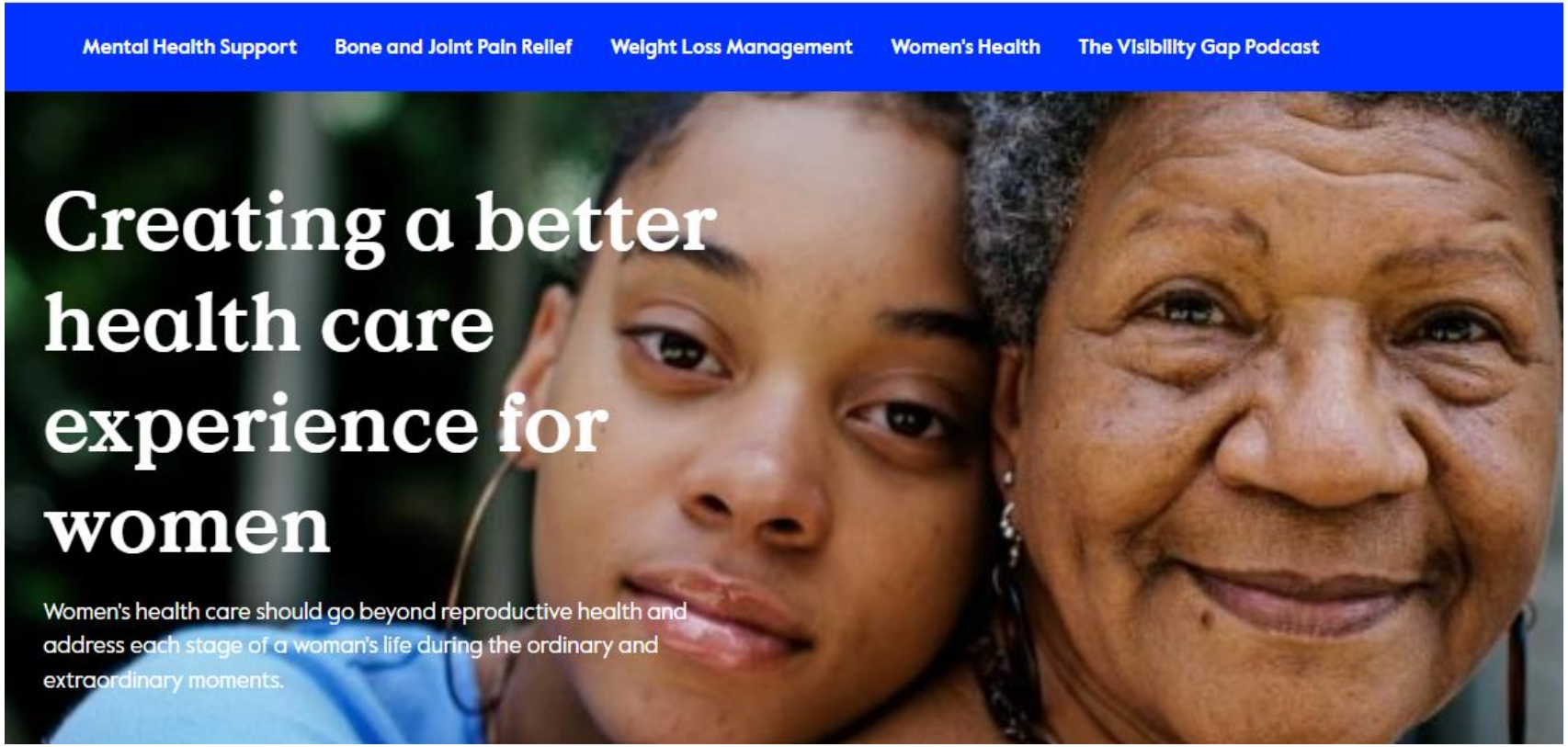
Women's Health Resources

[Women's Health | Cigna Healthcare]



Wellness Resources

3 Month Core Membership Access!!!
Contact Adam.Clawson@Cignahealthcare.com for more information and access code

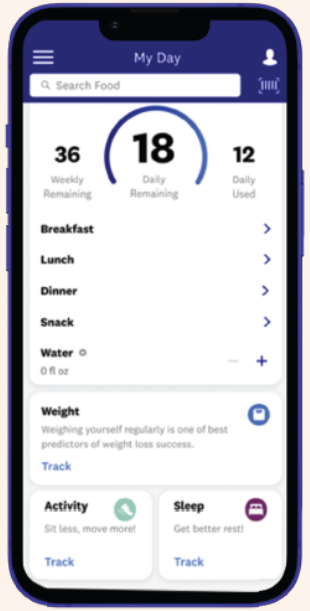
WeightWatchers

As little as 5% weight loss makes a big difference.
Weight loss can reduce the risk for chronic conditions – including type 2 diabetes, heart disease, osteoarthritis, and obesity-related cancers – and ultimately lower your healthcare costs.[1]

anywhere, anytime

Our award-winning app is at the heart of the member's experience, putting anywhere, anytime access at their fingertips.

- Science-backed nutrition plans
- Meal planning tool & recipes
- Tracking features
- On-demand workouts



- 24/7 live coaching
- Members-only digital community
- Audio lessons promoting behavior change
- Mindfulness & meditation resources

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Cigna Healthcare Lifestyle Management Programs

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life

Use the telephone coaching program for the support you need.

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City's Health and Wellness Center

Located at 4750 N. Federal Highway
Suite 300, Fort Lauderdale, FL 33308

Office Phone#: (754) 206-2420

Hours of Operation:
Mon-Wed/ Fri: 7am-4pm
Thurs: 7am-6pm
Sat 8am-Noon
Closed daily for lunch: 1pm to 2pm

City Health and Wellness Center | City of Fort Lauderdale, FL

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Next Week's Topics

Campaign Wrap-Up - Sustaining Healthy Habits

- Focus: Reflecting on the campaign's progress, celebrating participant achievements, and planning for the future.
- Key Takeaways: Tips for sustaining fitness routines, continuing healthy eating practices, and setting new goals beyond the Healthy Habits campaign.
- What's next for the Wellness Webinars

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