



# *Wellbeing @ Work 2023: Mind & Body*

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THE CENTER FOR  
**Clarity, Compassion & Contentment**

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*find your center*



# Wellbeing @ Work 2023

## MIND & BODY

**Kim Perone, MA, CLC Wellbeing Coach, Consultant, and Mindfulness Facilitator**

*When clarity, compassion, and contentment are present an inspired life is possible.*

# Wellbeing is...

defined as

...the experience of health, [happiness](#), and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the [ability to manage stress](#).

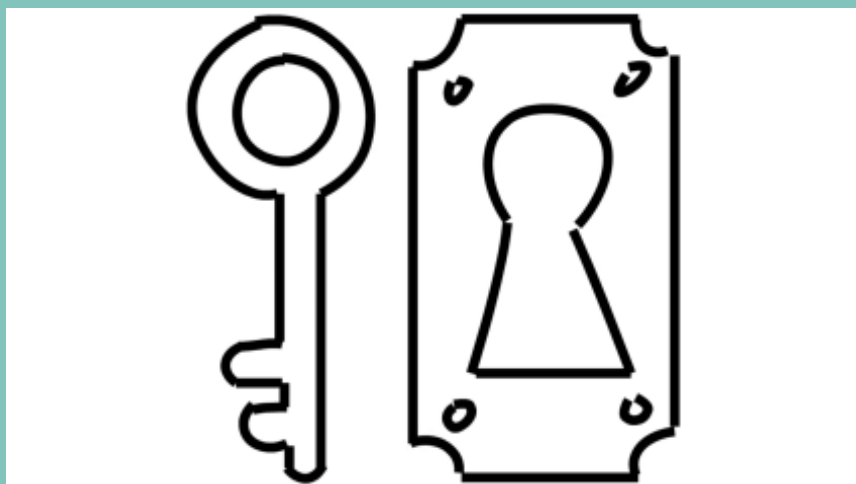
~ Dr. Tchiki Davis  
Psychology Today contributor  
Berkeley Wellbeing Institute



# Wellbeing@Work

## WELLBEING ELEMENTS

- Emotional
- Physical
- Social
- Workplace
- Community
- Financial



## NOTES

Address Burnout

Growth Mindset

Patience & Trust

Positive Attitude





*Wellbeing is something sought by just about everyone because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful.*



*Unfortunately, wellbeing appears to be in decline, and increasing your wellbeing can be difficult without knowing what to do and how to do it.*





# Emotional Wellbeing

Hidden key to biggest gains.

- ✓ Relaxation techniques
- ✓ Stress management
- ✓ Resilience (resistance & path forward)
- ✓ Self-Love (not narcissism!)



# Mind

## Relaxation Techniques

- ✓ Breathe (autonomic nervous system)
- ✓ ABCD Anchor, Breath, Count & Thank Distractions
- ✓ Senses (sight, smell, touch, taste, hear)
- ✓ Name to Tame (feelings)

*Activity: I will use these techniques when  
(list 3 times you feel the most overwhelmed)*

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# Mind

## Stress Management

- ✓ Internal Storytelling
- ✓ Automatic Thought Distortions
- ✓ Quick Trick: “What part of me is stressed about this?” or “What part of me is offended by this?”

*Activity: When stressed, my biggest go to story is (example, “I have too much to do” or “There isn’t enough time” or “No one is helping me.”)*

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# Mind

## Resilience

- ✓ Accepting what is
- ✓ Lesson in the letdown
- ✓ Finding the path forward

*Activity: Write a sentence that takes a current challenge and use these three points. This is what is \_\_\_\_\_, this is the lesson \_\_\_\_\_, and now I will \_\_\_\_\_.*





# Mind

## Self-Love

- ✓ Bust the myth
- ✓ Value self
- ✓ Foundation of worthiness

Activity: Mantra – “I am worthy of my own care and kindness as it creates a good foundation for me to be my best self in this world.” Feel free to adapt and post where you will see it daily.



# Physical Wellbeing

You have energy to get things done.

- ✓ Functioning body
- ✓ Healthy living
- ✓ Exercise
- ✓ Food





# Body

## Functioning body

- ✓ Appreciation
- ✓ Identifying the Gap
- ✓ Joyful Addition

*Activity: In appreciation of all the miracles of my body, I will identify what is working well, where I can improve in small steps, and add a fun activity to help it function better. Easy as 1,2,3! \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.*





# Body

## Healthy Living

- ✓ Calm (v. Embodied Stress)
- ✓ Self-Care (v. Resentment)
- ✓ Permission for Happiness  
(v. Discontentment)

### Activity:

*Write a personal mantra that will keep you focused on creating a healthy life.*



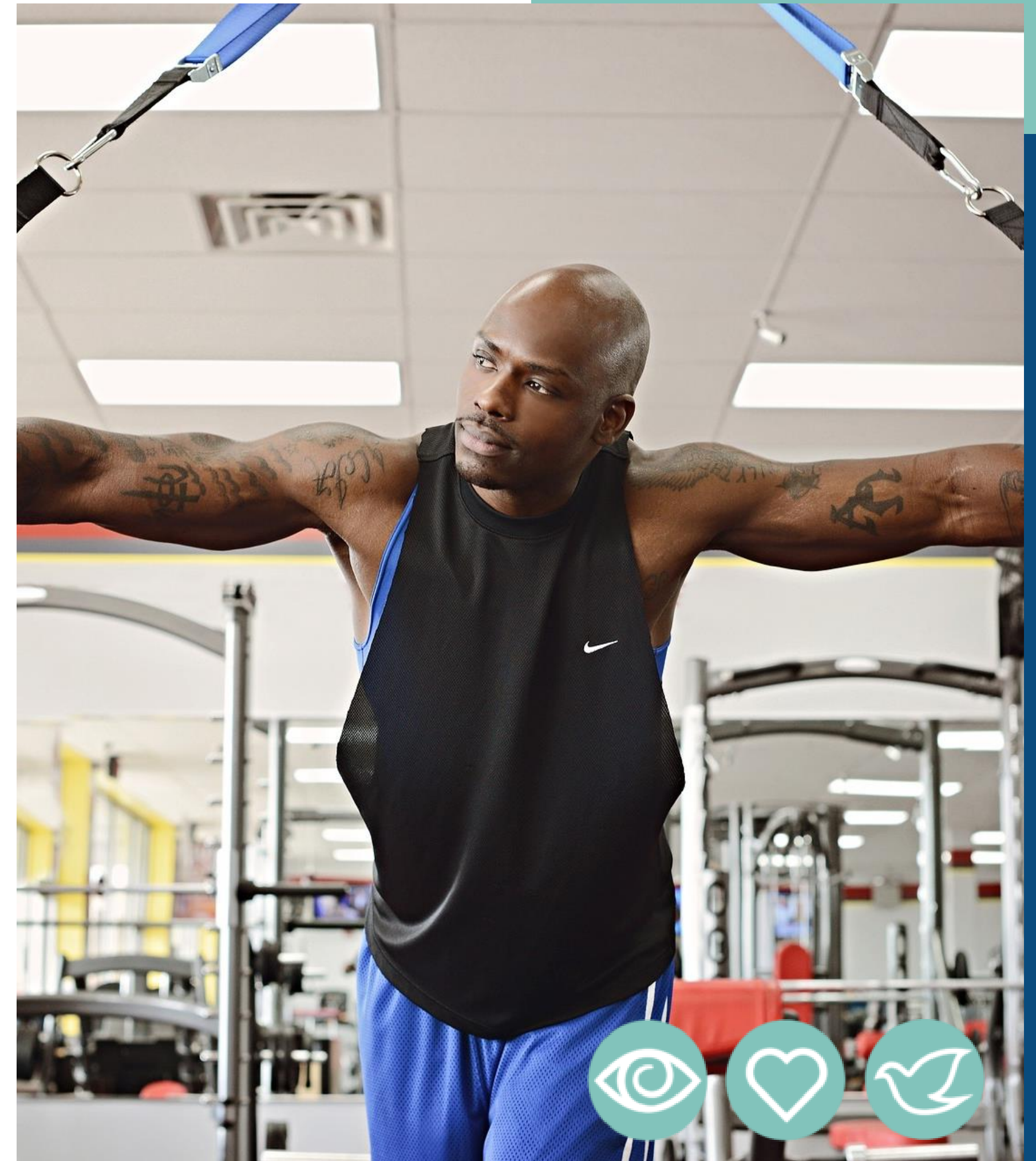


# Body

## Exercise

- ✓ Favorite Movement
- ✓ Opportunity
- ✓ Accountability

*Activity: (The best exercise) \_\_\_\_\_, I can do \_\_\_\_\_ (time/location), and \_\_\_\_\_ (person) will keep me accountable to the plan.*





# Body

## Food

- ✓ Eat real food
- ✓ Accountability method
- ✓ Support at home

*Activity: My favorite real, whole foods are*

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*I will hold my self accountable by*

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*family needs to support me with*

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# SUMMARY



THE CENTER FOR  
**Clarity, Compassion & Contentment**

*find your center*

## MIND

- ✓ Relaxation techniques: ABCD, Senses, Name to Tame
- ✓ Stress management: IS, ATDs, avoid embodiment
- ✓ Resilience: accept what is & find path forward
- ✓ Self-Love: healthy foundation of worthiness

## BODY

- ✓ Functioning body: appreciation, ID the gap, joyful addition
- ✓ Healthy living: calm, self-care, permission for happiness
- ✓ Exercise: favorite movement, opportunity, accountability
- ✓ Food: eat real food, self accountability, support at home

***This is by no means an exhaustive list!***

***This is just a clear and doable place to begin and feel  
forward momentum.***



# CENTER4C MIND & BODY PLAN

**Intention:** How do you want to feel?

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## MIND

- ✓ Relaxation techniques: ABCD, 54321, Name to Tame
- ✓ Stress management: IS, ATDs, avoid embodiment
- ✓ Resilience: accept what is & find path forward
- ✓ Self-Love: healthy foundation of worthiness

## BODY

- ✓ Functioning body: appreciation, ID the gap, joyful addition
- ✓ Healthy living: calm, self-care, permission for happiness
- ✓ Exercise: favorite movement, opportunity, accountability
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Kim Perone, MA, CLC, Wellbeing Coach & Consultant  
[kperone@center4c.com](mailto:kperone@center4c.com) (518) 301-3593 [www.Center4c.com](http://www.Center4c.com)

**Find your center.**

## MIND

**Relaxation techniques:** Use the techniques on the left of this sheet. List 3 times you feel the most overwhelmed, so you know when to use them.

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**Stress Management:** When stressed, your go-to story is... (example, "I have too much to do" or "There isn't enough time" or "No one is helping me.") Write it here.

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**Resilience:** Write a sentence that takes a current challenge and use these three points. This is what is (describe situation) \_\_\_\_\_, this is the lesson \_\_\_\_\_, and now I will \_\_\_\_\_.

**Self-Love: Mantra** – "I am worthy of my own care and kindness as it creates a good foundation for me to be my best self in this world." Feel free to adapt and post where you will see it daily.

**BODY** In appreciation of all the miracles of my body, I will identify what is working well, where I can improve in **small steps**, and add a fun activity to help it function better. Easy as 1,2,3!

1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_.

**Write a personal mantra** that will keep you focused on creating a healthy life.

\_\_\_\_\_.

**The best exercise** \_\_\_\_\_, I can do (time/location), and \_\_\_\_\_ (person) will keep me accountable to the plan \_\_\_\_\_.

**Food:** My favorite real, whole foods are \_\_\_\_\_.

I will hold my self accountable by \_\_\_\_\_.

Good ways for my family to support me in this are \_\_\_\_\_.

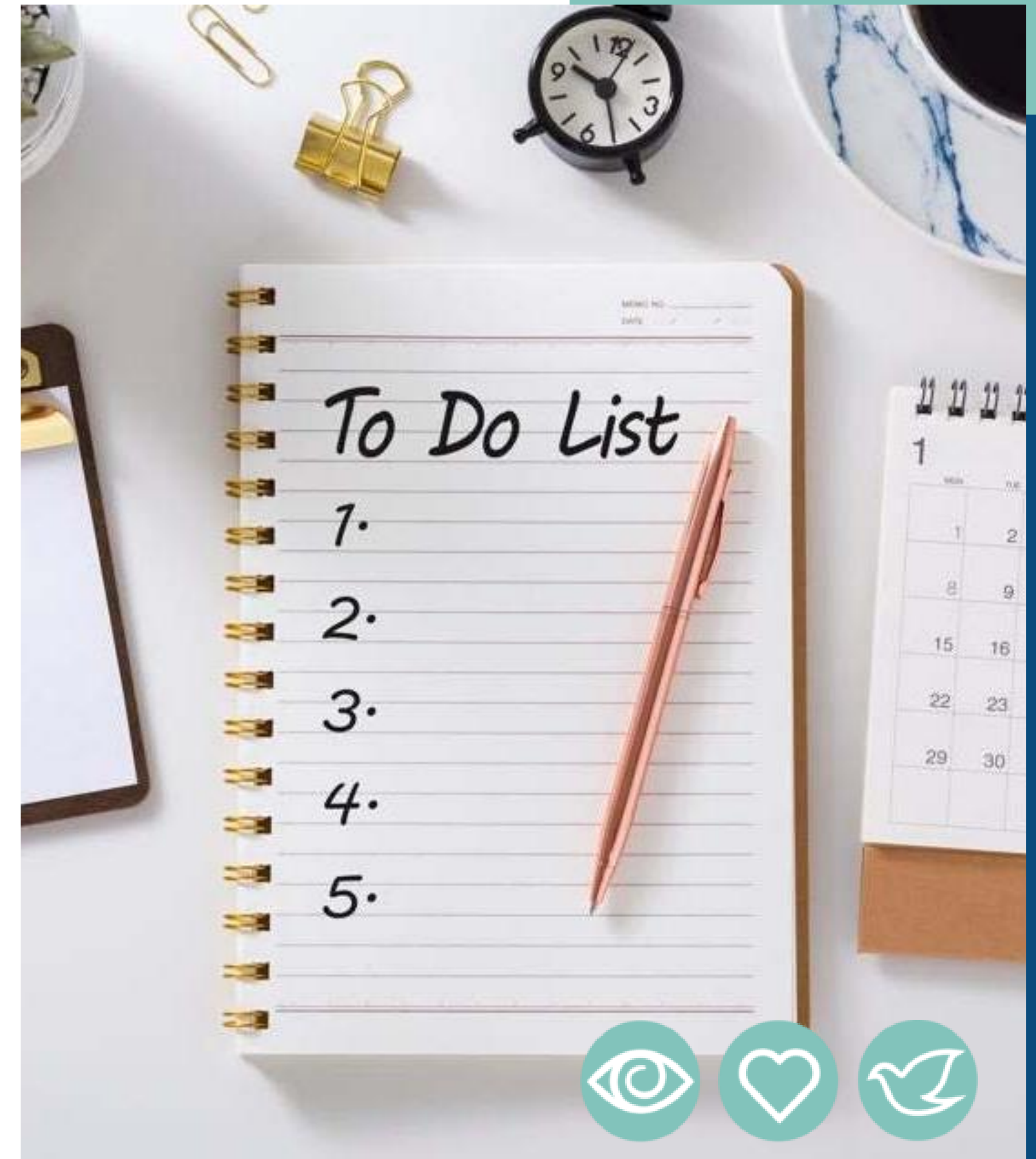
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- ✓ Mind your mind
- ✓ Care for your body
- ✓ Create an intention
- ✓ Feel the momentum

**Your wellbeing matters!**







# CONTACT

**Kim Perone, MA, CLC, CWMF**  
**Wellbeing Coach, Consultant**  
**& Mindfulness Facilitator**

**kperone@center4c.com**  
**(518) 301-3593 [center4c.com](http://center4c.com)**  
**[Calendly.com/kimperone](https://calendly.com/kimperone)**



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*find your center*

***Taking care of your wellbeing is  
quite possibly the best gift you  
can give yourself, others, and the world.***