

Integrated Workplace Wellbeing

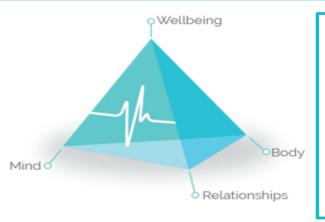
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Integrated Health Pyramid Areas

The **Spiritual** pinnacle offers strength, meaning and purpose arising from core beliefs and values resonating with the other areas of health when in dynamic equilibrium. Low spiritual **wellbeing** can lead to low immunity, loss of hope, depression and disease.

The **mind** is intimately linked into all areas of health and can promote healing and resilience through positive neurochemical release when **mental** health is maintained in balance.

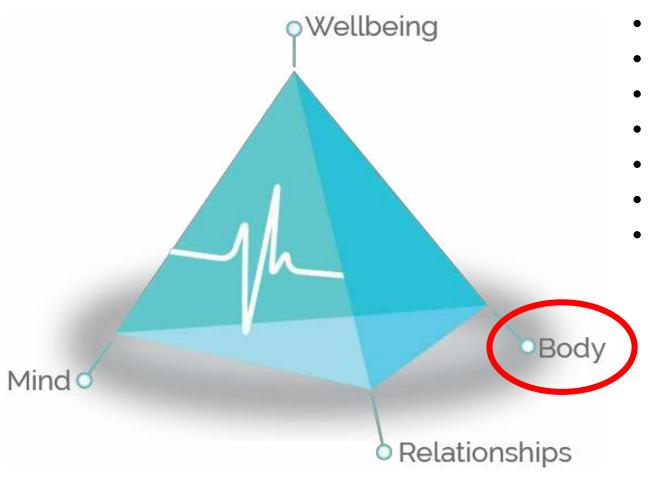


The **physical** area may show symptoms of underlying stress in the **body** or lifestyle imbalance, which if unchecked can lead to disease. Physical health is built on the strong foundation of evidence based healthy lifestyle habits.

The **Social** area is key in balancing demands of **relationships** at work and home and with the environment. A source of wellbeing, enabling good health habits and positivity when maintained but can cause tension if neglected in daily and long term goal setting.



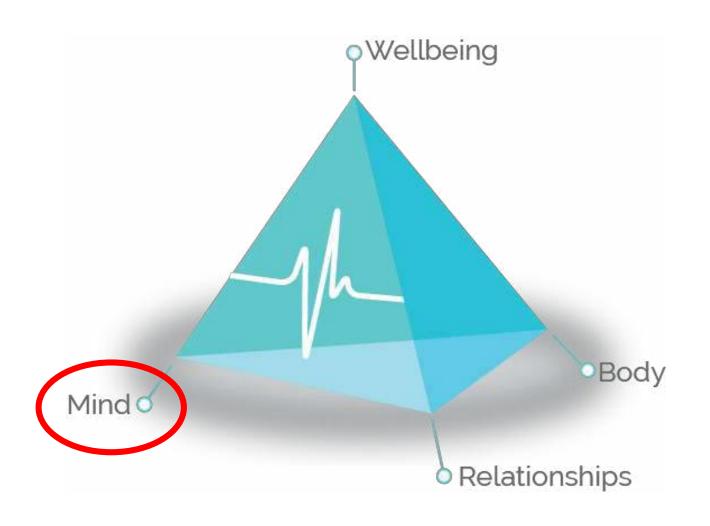
Integrated Health Pyramid Tips - Physical



- Office culture, structure, messages
- Screening / Seek help early
- Gut microbiome
- Supplementation
- Healthy food swaps / Nudges
- Exercise to work / walking meetings
- Incremental Changes Optimise



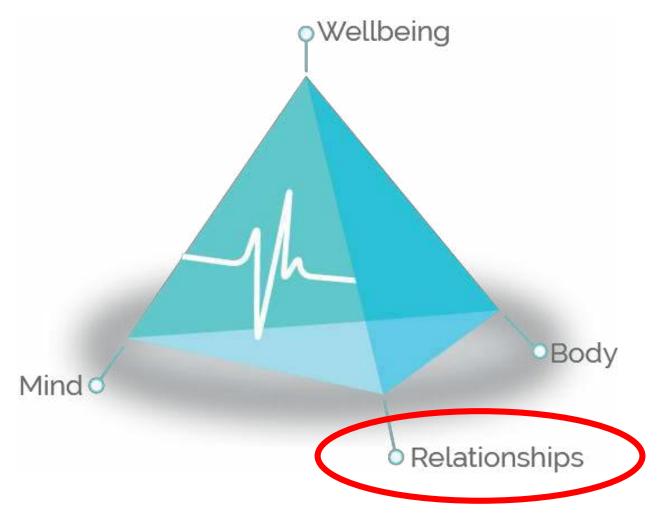
Integrated Health Pyramid Tips - Mental



- Sleep
- Recreation
- Burnout vs productivity
- Habit stacking wins
- Journaling with Gratitude
- Share your life with friends
- Seek real life
- Substances



Integrated Health Pyramid Tips - Social



- Belonging Enjoy Fellowship
- Spouse support stats
- Honour your family
- Steward and Enjoy Nature
- Serve Your Community
- Unconscious "Busy" Culture



Integrated Health Pyramid Tips - Spiritual



- Shalom:
 Permanent state of integrated wellbeing
- We Cannot strive for peace
- All have works prepared for us
- A well fitting yoke produces more than we can imagine or hope for
- Pray, Sing, Thank, Bless, Hope





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Thankyou!

What one intervention will you deploy now?

