



Wellness Lunch & Learn Topics

Whether you have company wellness program or are considering starting one, Continuum has a series of Lunch & Learn topics that cover a variety of health and wellness issues. These presentations are fun and interactive and all can be presented effectively in the short lunch & learn format.

Healthy people are more productive and miss very few days of work. Wellness information not only benefits your employees, but also helps your bottom line. Call your Continuum consultant at (402) 476-0186 or (800) 755-7636 for more information about scheduling these programs.

Wellness Coaching: A companion on the journey to a better you.

It is a commonly held belief that if one is not sick, then, that person is well. Wellness is much more than the absence of illness; it encompasses the entire person. The Lunch & Learn presentation identifies and defines the six dimensions of wellness:

- Physical
- Emotional
- Occupational
- Social
- Financial and
- Spiritual

The session also gives valuable information about Continuum's Wellness Coaching Services. Participants are introduced to Continuum's Wellness Wheel, showed how it is used to identify areas needing attention, and learn about the coaching and goal-setting process.

Emotional Fitness

People who are emotionally fit are in control of their emotions and their behavior. They are able to handle life's inevitable challenges, build strong relationships and lead productive, fulfilling lives. When bad things happen, they're able to bounce back and move on.

Unfortunately, too many people take their mental and emotional health for granted-focusing on it

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only when they develop problems. But just as it requires effort to build and maintain our physical health so it is with emotional fitness. The more time and energy you invest in your emotional fitness, the stronger it will be. The good news is that there are many things you can do to boost your mood, build resilience and get more enjoyment out of life.

This workshop helps individuals learn to build resiliency by providing tools to for coping with difficult situations and maintaining a positive outlook. Key factors that will be focused on include:

- Focus
- Flexibility
- Fulfilling Relationships
- Fun

More than Melancholy: Understanding Mood Disorders

It is estimated that 1 in 5 adults will suffer from a mental illness at some point in their life that will be severe enough to require treatment or disrupt their daily functioning. *More than Melancholy* will take a look at some of the most common mental health conditions in the US today, mood disorders. The lunch and learn style format will help you distinguish “the blues” from clinical depression and examine when to consider professional assistance and where to get it. Special consideration will be given to suicide prevention and what you can do if you think someone you know might be at risk.

Stress Management: It Starts in Your Head

Most of us are familiar with the expression “the glass is half full or half empty.” But who knew that this simple concept could have such a dramatic impact on our ability to manage our daily stress. This interactive workshop will provide concepts that explore the messages we deliver to our brain when we face challenges and HOW the messages can reduce or increase our stress. Participants will be given practical and simple tools to assist them in getting the upper hand on stress.

Work Time, Family Time...ME TIME!!!

After work, children’s activities, household chores are you left with little or no time for yourself? Can you remember the last time you and your spouse or partner spent a significant amount of quality time together? All of the things we feel we “must do” for others is reactive time. Reactive time is high-stress time and can affect our health.

Making “me time” or “grown-up time” can contribute to the managing of stress and help us lead healthier lives. This presentation allows participants to analyze how they are spending their time and offers ideas for making time for one’s self.