



# “SELF-WEALTH: TIPS TO MANAGING YOUR WELL-BEING”

Magda Alliancin, MS, MA, EdD, CEAP  
Employee Assistance Program (EAP) Manager  
NYS EAP Wellness Ambassador

# House Rules

- No cell phones.
- No TV -Turn it off!
- No lying down on the bed or the couch.
- No folding clothes or washing dishes at this time.
- No answering emails or following up on voicemails.
- No multiple screens open. No shopping allowed! No researching allowed!
- No side conversations.
- No pets , partners, children, allowed at this time. If so, please keep calm & quiet.

**\*\*\*\*\*BE PRESENT\*\*\*\*\***

# Goals & Objectives

LEARN TO INVEST IN YOURSELF....

# Self-wealth vs Self-worth

- **Self-wealth** – is defined as a **sense of one's own value as a human being**; self-esteem, feelings of self-worth.
- **Self-worth**- is defined as the **sense of one's own value or worth as a person**; self-esteem; self-respect.
  - There are 4 components that define the esteem you might feel for yourself: self-confidence, identity, feeling of belonging, and feeling of competence.

# Wellness



Wellness- is defined as the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that **instead of just surviving, you're thriving.**

# Well-being

- Well-being- is defined as **the state of being comfortable, healthy and happy.**

## Question

What are some of the essential elements of Well-being? i.e. financial



## Essential Elements of Well-being

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual

# Tips on Managing your Well-being

## Mindfulness – Be mindful

The concept of mindfulness is simple. This ancient practice is about being completely **aware of what's happening in the present**—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” **Becoming a more mindful person requires commitment and practice.**

- Take some deep breaths. i.e., 4,2,4 method
- Enjoy a stroll with a coworker or standing outside and getting some sun.
- Practice mindful eating.
- Be aware of your body. Mentally scan your body from head to toe.
- Find mindfulness resources- i.e. guided practices on youtube, etc.
- Be, Here, Now..... Stop thinking of that email you have to send later, or the clothes that need to be washed when you get home, or who is going to entertain the kids tonight.



# Tips for Managing your Well-being

## Reduce Your Stress Level

Everyone feels stressed from time to time. Learning healthy ways to cope with stress can also boost your resilience.

- Get enough sleep.
- Exercise regularly. i.e. 30 minutes a day helps reduce stress.
- Learn to prioritize tasks.
- Set Boundaries for yourself.
- Show compassion for yourself. Note what you've accomplished at the end of the day, not what you didn't. (2X) repeat!!
- Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises, like yoga or tai chi.

# Tips for Managing your Well-being

## Build Resilience

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. **Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.**

- Develop healthy physical habits.
- Take time for yourself each day. Notice the good moments.
- Look at problems from different angles. i.e. positives not the mistakes
- Practice gratitude. Take time to note things to be thankful for each day.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles important to you.
- Tap into social connections and community. Surround yourself with positive, healthy people.

# Tips for Managing your Well-being

## Get quality sleep

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. **Sleep helps you think more clearly, have quicker reflexes and focus better.**

- Go to bed the same time each night and wake up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (not recommended right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. Try a warm bath or reading.
- Avoid alcohol and large meals before bedtime.
- Avoid stimulants like nicotine and caffeine.
- Don't take naps after mid-afternoon. If you do, keep naps short.
- Try to get natural sunlight for at least 30 minutes a day.
- Consult a health care professional if you have ongoing sleep problems.

# Tips for Managing your Well-being

## Coping with loss

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. **Learn healthy ways to help you through difficult times.**

- Talk to caring friends. Let others know when you want to talk.
- Find a grief support group.
- Don't make major changes right away. Wait a while before making big decisions like moving or changing jobs.
- Consider additional support. i.e. Grief Counseling (EAP services)
- Be patient. Mourning takes time. It's common to have roller-coaster emotions for a while.

# Tips for Managing your Well-being

## Strengthen your Social Connections

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically.

**Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.**

- Build strong relationships with your co-workers, leaders, friends, etc.
- Get active and share good habits with others. i.e. start a wellness program
- If you're a family caregiver, ask for help from others.
- Join a group focused i.e. mental health, time management, self-care, etc.
- Take a class to learn something new. Educate yourself.
- Volunteer for things you care about in your community. i.e. join a committee at work, at a school, or a place of worship.
- Travel to different places and meet new people. Learn from each other....

# Tips for Managing Well-being

You are not alone in this journey. Your health, habits, self-wealth, self-confidence, etc. play a role in how you elevate, how you help others, decision making, and more....





healthy  
body

+



healthy  
mind

=



happy  
life

**Everyone has a reason** to get healthier. Maybe it's coaching your child's sports team, hiking with your friends or reaching a personal goal. **Whatever or whoever your reason, be ready for it, by taking steps now to a healthier you!**

# Staff Wellness Resources

- **Employee Assistance Program (EAP)**, Dr. Magda Alliancin, [magda.alliancin@downstate.edu](mailto:magda.alliancin@downstate.edu), 718-270-1489, NYS EAP Hotline- 800-822-0244 (24/7)
- **Confidential program**
- **Assessment, information and referrals**  
i.e. work adjustment, career, grief counseling, stress management, mental health, etc.
- **Wellness Workshops, Awareness events, Information sessions, Critical Incidences, etc.**

EAP is here to help before problems get worse!





# Staff Wellness Resources

- WellNYS Everyday- Daily To Do's, Learning Healthy Behaviors, Work & Life Balance  
Website: <https://oer.ny.gov/wellnys-everyday>
- Kings County Hospital EAP, 212-306-7660
- Counseling Services for Residents & Fellows Debora Kane –  
[Debora.kane@downstate.edu](mailto:Debora.kane@downstate.edu) & Zoe Nelson- [zoe.nelson@downstate.edu](mailto:zoe.nelson@downstate.edu)
- Department of Pastoral & Spiritual Services ext. 3105
- Center of Excellence for Alzheimer's Disease @ Downstate ext. 2003 i.e. caretaker support
- Center for Community Health Promotion & Wellness @ Downstate, ext. 3739
- Students Counseling Services, Dr. Maria Deutsher, ext. 1408

# Staff Wellness Resources

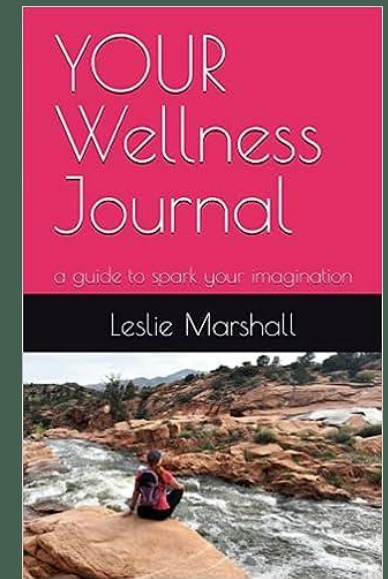
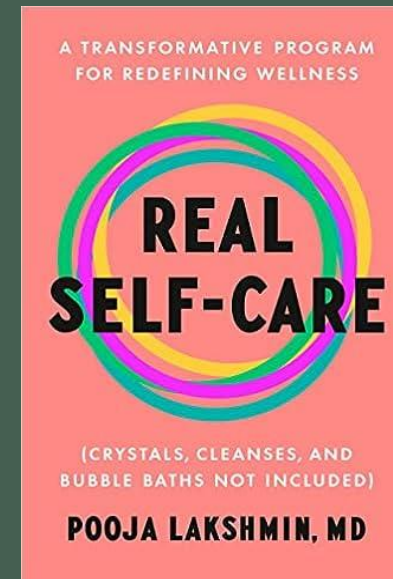
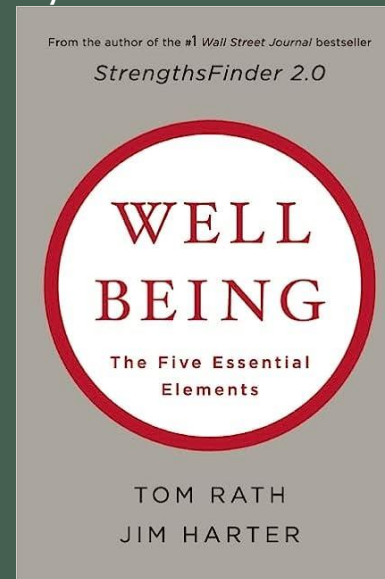
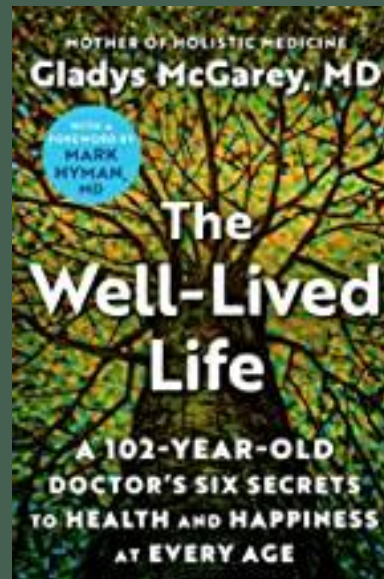
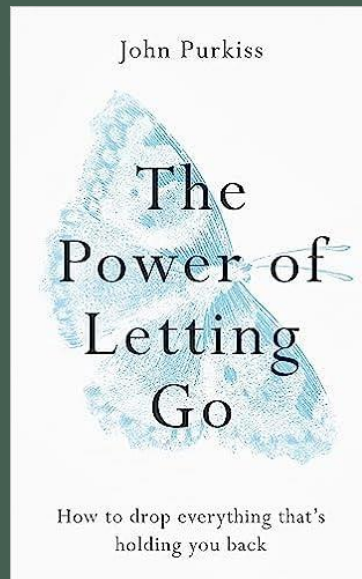
- **Physician Support Line** This is a national, free, and confidential support line service made up of volunteer psychiatrists providing peer support for physician colleagues  
Open 7 days a week | 8:00AM - 1:00AM ET Phone: 1-888-409-0141  
<https://www.physiciansupportline.com/>
- **National Suicide Prevention Lifeline** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Phone: 800-273-TALK (8255) - Press 1 if you are Veteran Website: <https://suicidepreventionlifeline.org/>
- **Substance Abuse and Mental Health Services Administration Helpline** A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Phone: 1-800-662-HELP (4357) Website: <https://www.samhsa.gov/find-help/national-helpline>

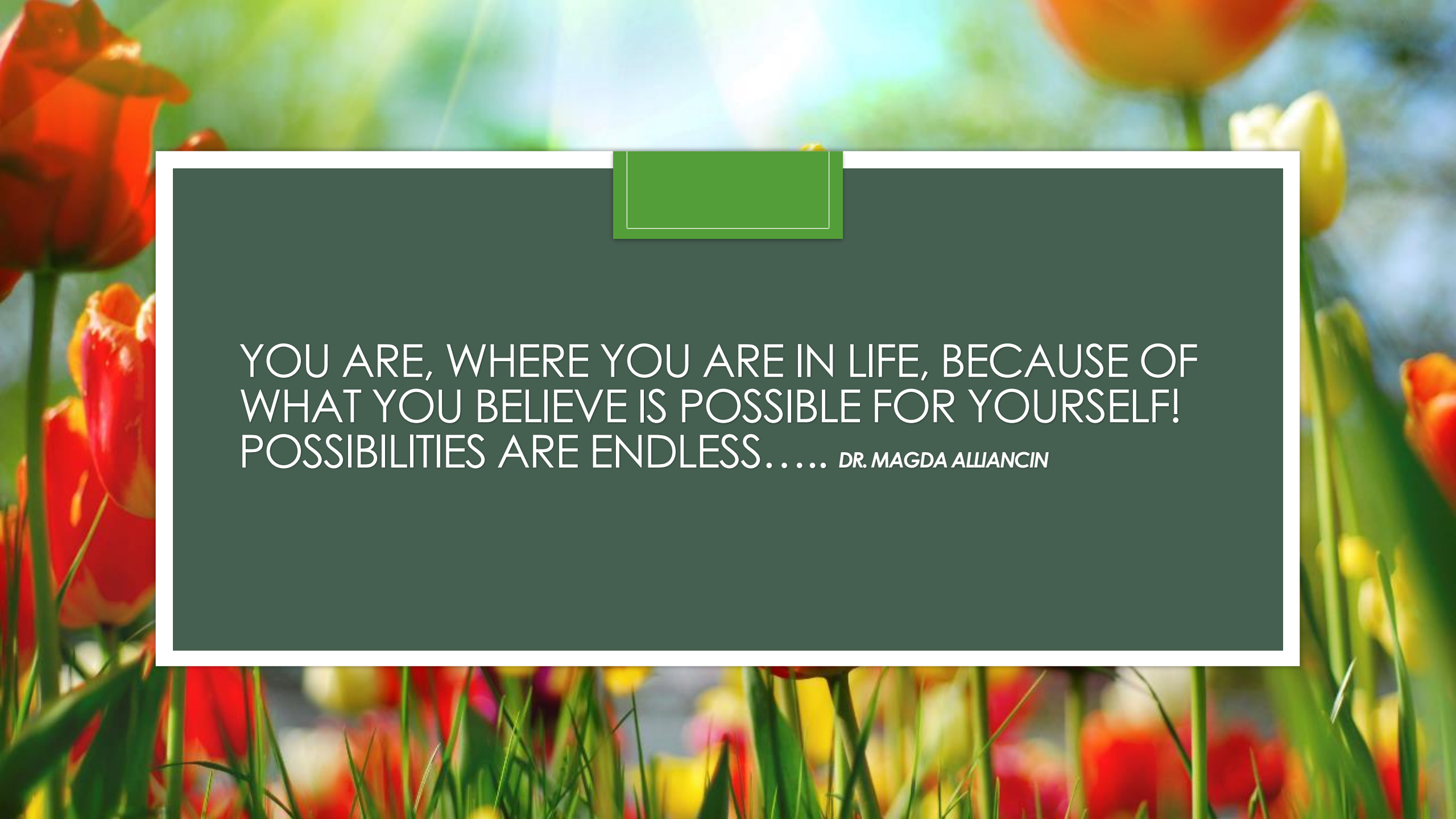
# Staff Wellness Resources

**Apps-** i.e. Calm, Stress stops (Stress Management Training), headspace

**Podcasts-** i.e. SPOTIFY- Peaceful Meditation, Guided Meditations, Self-care

**Books & Journals** (Available on Amazon)





YOU ARE, WHERE YOU ARE IN LIFE, BECAUSE OF  
WHAT YOU BELIEVE IS POSSIBLE FOR YOURSELF!  
POSSIBILITIES ARE ENDLESS..... *DR. MAGDA ALLIANCIN*



Your  
Self-wealth  
Matters.....

**BE  
GOOD  
TO  
YOURSELF!**

# References

- *CNBC – You Money Financial Confidence Survey, January 2023.*
- *National Institute of Health, Emotional Wellness Toolkit, December 2022.*
- *National Institute of Health, Sleep Statistics, 2023.*
- *Rath, Tom & Harter, Jim. (2010), Wellbeing: Five Essential elements.*