



# Creating Your Own Wellness Plan

National Center for Missing and Exploited Children / Duane Bowers

# NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

## CREATING YOUR OWN WELLNESS PLAN



RESILIENCY (Wellness)  
OR  
STRESS MANAGEMENT (Self-care)

**WHAT'S THE DIFFERENCE?**



**STRESS MANAGEMENT (Self-Care) is about what you do**

***while***

**RESILIENCY (Wellness) is about  
who you are**



## DE-STRESS IDEAS

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Go for a 10 minute walk

Breathe Deeply

Visualize

Eat A Snack (Mindfully!)

Buy Yourself A Plant

Step Away From The Screen

Pucker Up

Hang Up, Then Turn Off Your Phone

Put On Some Music

Progressive muscle relaxation

See your BFF





## BUILDING RESILIENCE (Wellness)

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- **Big four:** exercise, relaxation, nutrition and rest
- Realistic expectations and goals
- Prioritize
- Live in the present
- De-clutter mind and environment
- Express gratitude
- Be silent
- Optimistic future
- Volunteer
- Free activities
- Try something new
- Supportive people
- Make time for you
- Share responsibilities
- Meditate



# SAFEGUARD WELLNESS SESSION

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45 MINUTES IN LENGTH, TWICE PER YEAR (more if requested)

CONFIDENTIALITY

CHECK-IN

» STRESSORS

- GENERAL
- SPECIFIC TO JOB

» SUPPORTS

- FAMILY/FRIENDS/SOCIAL
- EXERCISE/HOBBIES/ACTIVITIES
- SENSE OF FUTURE
- CREATIVITY
- SPIRITUALITY/CONNECTION/FULFILLMENT

» COPING and RESILIENCE





# SIX DIMENSIONS OF HEALTH

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1. Physical Health

2. Environmental  
Health

3. Mental Health

4. Emotional Health

5. Spiritual Health

6. Social Health

**Rate on scale of 1 – 10**

How do you improve each score by 1 point?



## MY MISSION STATEMENT

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(Write a mission statement for each)

JOB  
CAREER  
PERSONAL  
SPIRITUAL  
EPITAPH



# MINDFULNESS

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- Situational Anxiety may indicate focus on the future.
- Situational Depression may indicate focus on the past.
- Mindfulness allows us to focus on and accept this moment for what it is; being able to let go of the event that just happened as well as any expectations for what's coming next.
- This allows us to move from event to event free of baggage or judgement, stress or emotion.



## Two Minutes of Mindful Breathing

<https://mindfulnessexercises.com/>



# SIMPLE MINDFULNESS EXERCISES

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FOCUS ON YOUR BODY

FOCUS ON YOUR ENVIRONMENT

FOCUS ON A THING



## STRESS TEST

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The picture on the next slide is of two identical dolphins. A closely monitored scientific study of a group of participants revealed that, in spite of the fact that the two dolphins are identical, a person experiencing stress will find differences between the two. The study went on to reveal that the greater the differences perceived by the individual, the greater the stress they are experiencing.





# QUESTIONS?

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For more resources please visit  
[MissingKids.org](http://MissingKids.org)



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# Thank You