



Junior Officer Advisory Group

Readiness & Deployment Committee

[Behavioral Health Team]

Practicing Wellness

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Healthy Wellbeing in 2022

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The new year is here and so are New Year's resolutions. In keeping with tradition, let's resolve to have a Healthy Wellbeing in 2022! Many people make resolutions to be healthier but do not maintain or accomplish their resolutions. According to Earl E. Bakken at the Center for Spirituality and Healing (2016), approximately 25% (1 in 4) of people stick to their resolution. One reason is possibly because resolutions often do not address our overall wellbeing. Wellbeing is defined as a sustained feeling of harmony, energy, safety, and peace. As USPHS officers it is crucial that we establish and maintain goals that promote good health and wellbeing. Wellbeing is a personal state that includes the following aspects:

- **Health:** Mind and body – How well we handle emotions, attitudes, and stress. Are you getting enough sleep or exercise? Lack of sleep can lead to lowered immune function. This is especially important in a post-COVID-19 world. Exercise is essential for physical health, but it also improves mood and sleep patterns. Responding to emotions and stress in positive ways can prevent possible health-related conditions like high blood pressure. It is important to not only focus on physical health but adopt a holistic approach that includes one's mind and body.
- **Relationships** – Having strong relationships has been linked to people living longer. As officers we are encouraged to build personal and professional relationships for support and personal/professional growth. Currently, taking advantage of virtual opportunities to connect with other officers is one way to develop and strengthen relationships. If you consider yourself reserved, volunteering for behind the scenes activities and events that do not require increased interaction and engagement is an option.
- **Environment** – The space in which you live can affect your wellbeing. Does your workspace reflect organization and serenity or chaos? Strive to create a work environment that is comfortable and suitable for you, free from chaos and any hazards. While teleworking, it is easy to miss going outside for a walk or to get fresh air. To promote overall wellbeing, implement strategies that encourage you to take daily walks and engage the outdoors. If your schedule is such that you cannot complete the aforementioned, if possible, consider adding a plant to your workspace for positive distraction and to avoid nature deprivation.

Every aspect of wellbeing influences and impacts others. Typically, excelling in one area of wellbeing (for example, health) positively affects other areas (for example, relationships). It is important to note that attaining overall wellbeing is a process that requires patience, capacity, and willingness to be consistent in engaging in wellness activities. Wishing everyone a Happy, Healthy, Safe and Prosperous Year!

Reference: Earl E. Bakken Center for Spiritual Healing. University of Minnesota (2016). Taking Charge of your Health & Wellbeing. Retrieved from <https://www.takingcharge.csh.umn.edu/wellbeing-new-year>