

IMPROVING WELLNESS

Trauma Response Program Newsletter



With the pandemic adding to the usual amount of stress that we all already have, the past 18 months have been extraordinarily taxing. For this quarter's trauma informed e-newsletter we at TRP thought that giving you information about how a seemingly simple thing can bring you improved wellness was just what we could all use for ourselves, families, patients, clients, colleagues, etc...

Integrating movement into your workday.

“Productivity is harmed by excessive sitting,” says James Levine, M.D., Ph.D., Director of Obesity Solutions at Mayo Clinic in Arizona and Arizona State University. “People who are physically active at work become more productive — about 11 to 15 percent more productive.”

Research suggests that sitting for long durations may contribute to serious negative health outcomes such as cardiac complications, increased risk for certain cancers, and even early mortality.

There are simple ways for office workers to reduce exposure to sedentary behaviors and create a more active workplace.

Ideas for Creating a More Active Workplace:

- o Move to alternative working areas to change postures when not involved in intensive computer tasks
- o Walking and standing more during the workday (pacing during phone calls and having walking or standing meetings)
- o Take the steps instead of elevators
- o Reclining and fidgeting while seated
- o Take WashU's online self-assessment and learn how to make your work station more ergonomic:

ehs.wustl.edu/resources/Pages/ResourcesSearch.aspx#e

- o Try these Deskercise ideas from the Washington University Physical Therapy program



All of the principles of the trauma informed approach (see graphic above) are meant for the entirety of stakeholders, not just

patients/clients/subjects. In order to be able to provide this for those that we are responsible to, we need these things ourselves. I hope that we can reframe the discussion with thinking about how self-care and community care are inextricably linked. Washington University and your division have been thinking about how they can better support this mission and we at TRP hope that you are going to be pleased with the changes that have been made (those things include the Wellness Connection and all of the resources provided there, coffee in the kitchen of the clinic, and white boards with information to help you on your wellness journey, etc...). Please reach out to TRP or to your Wellness Champions with your ideas or concerns about wellness.