

Mindfulness for Health

Presented by Rhonda Haller, RD, LDN and Rob Peters, LCSW, CEAP



Be Safe

Every Employee ... Safely Home ... Every Day

be present

SEEK + SHARE + LISTEN + CHAMPION

Win the Right Way

VALUES + ETHICS + COMPLIANCE

– Our reputation is built not only on what we achieve, but how we achieve it

Be Cyber Safe

Cybersecurity is a shared responsibility

Introduction – Rob Peters



- 30+ years experience.
- Master's degree in Social Work, specializing in Industrial Social Work. Licensed Clinical Social Worker. Certified Employee Assistance Professional.
- Areas of work: EAP, wellness, occupational health, safety, security, workplace violence prevention, HR/LR, performance management, disability, training, drug testing, leadership consultation, and crisis response.
- Total Health Team member providing onsite EAP counseling, leadership consultation, crisis response, and training services in central Illinois area.

Introduction – Rhonda Haller



- 20 years experience as Caterpillar Corporate Wellness Dietitian.
- Bachelor of Science Degree in Food, Nutrition and Dietetics from Bradley University with a minor in Health Psychology.
- Completed OSF St. Francis Dietetic Internship Program and passed National Registration Exam to become Registered Dietitian.
- Total Health Team member providing nutrition counseling, presentations, education, and onsite Total Health events (healthy samplings, blood pressure clinics, etc.)

Agenda

1. Mindfulness
2. Mindful Eating
3. Resources



Mindfulness



Mindfulness Benefits

- 1. REDUCES ANXIETY**
- 2. PREVENTS AND TREATS DEPRESSION**
- 3. INCREASES SELF-WORTH**
- 4. HELPS THE BRAIN REDUCE DISTRACTIONS**
- 5. IMPROVES COGNITION**
- 6. REDUCES AUTOMATIC ASSUMPTIONS (IMPLICIT AGE AND RACE BIAS)**

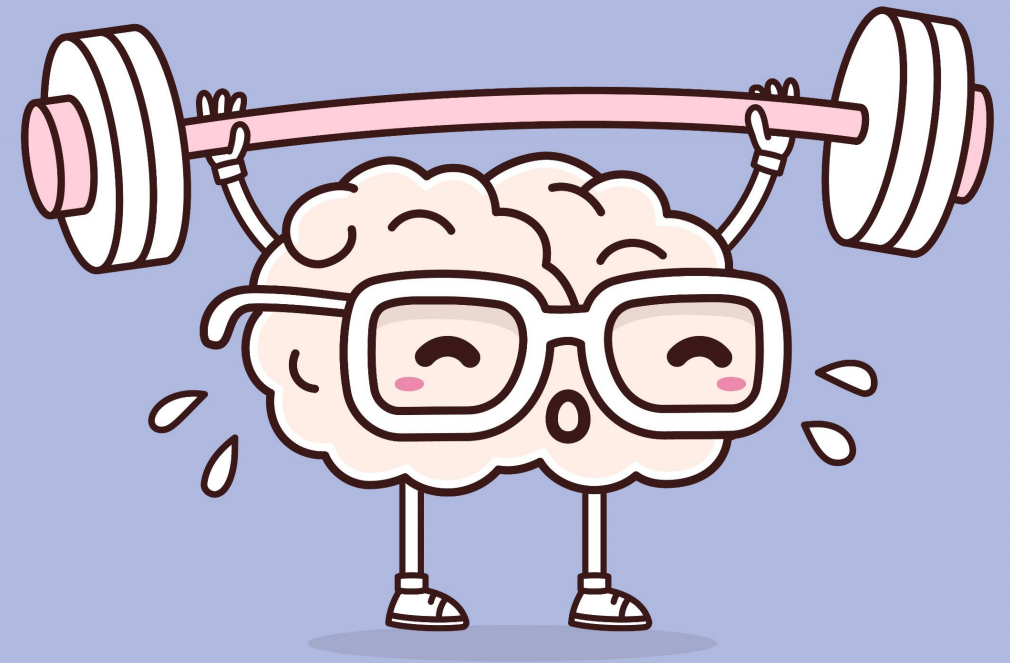
Mindfulness is not...

- More thinking
- Zoning out
- Emptying the mind
- Dulling the mind
- Complex or esoteric



Mindfulness improves performance

Meditation is
like exercise
for the brain.



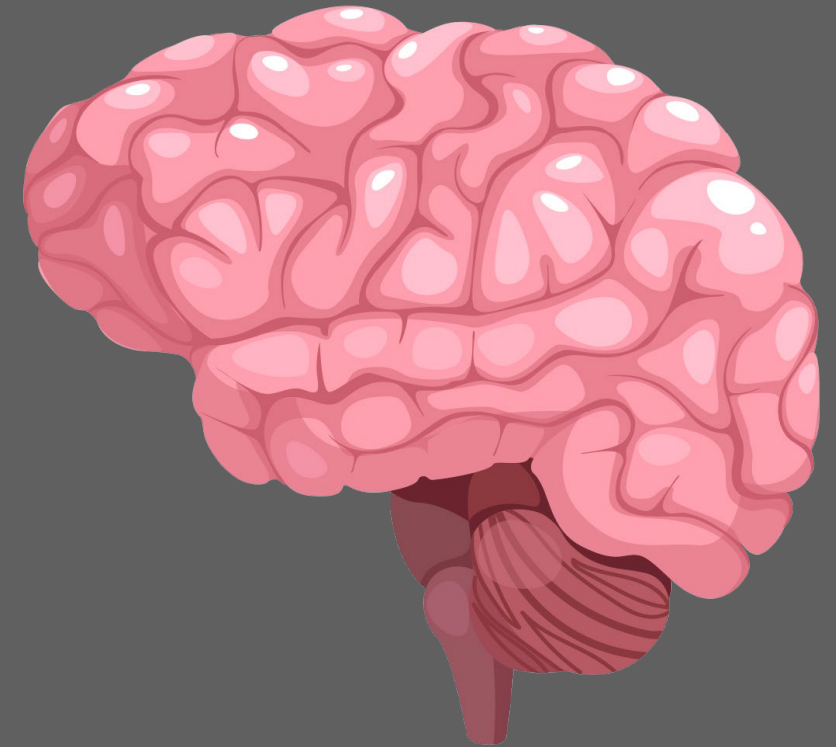
Neuroplasticity

Prefrontal Cortex

Increased focus and critical thinking

Amygdala

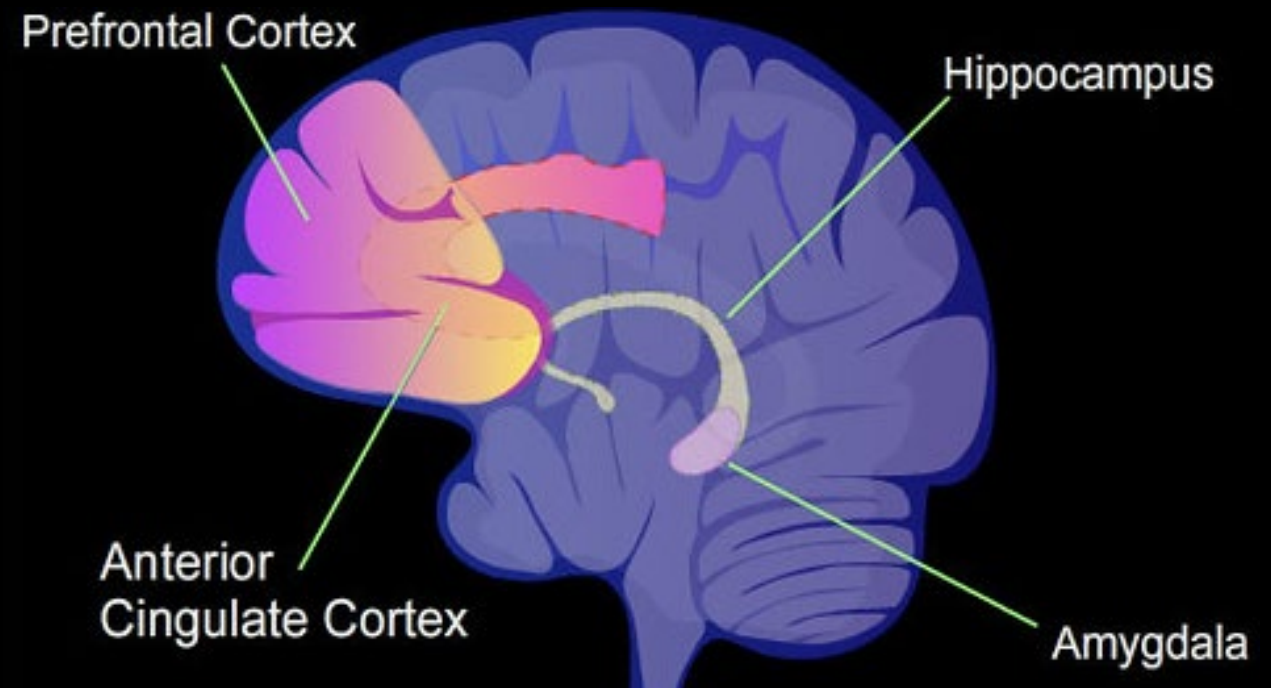
Reduced stress and fear



Meditation changes your brain



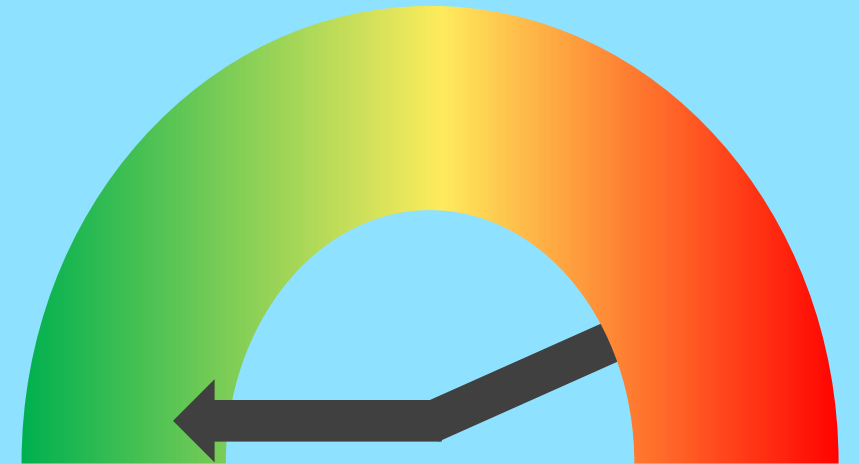
The amygdala is our brain's emotional thermostat



Under Normal Circumstances



Emotional Thermostat

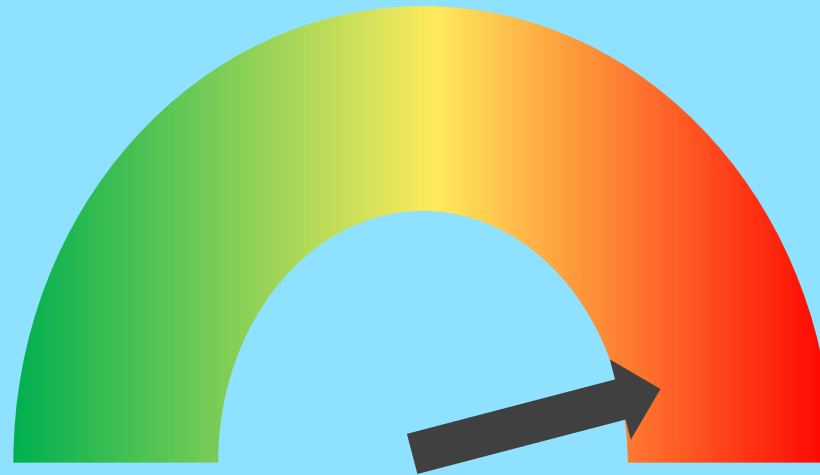


aka The Amygdala

More Common Circumstances



Emotional Thermostat



MAX RESPONSE

Stress Hormone
(**cortisol**)

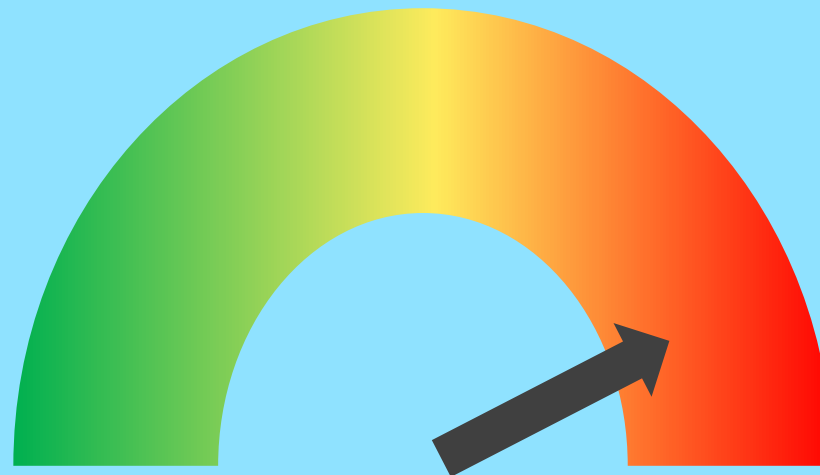


Less decision-making, creativity,
focus, rational thinking and action



Blood pressure
Heart disease

Emotional Thermostat



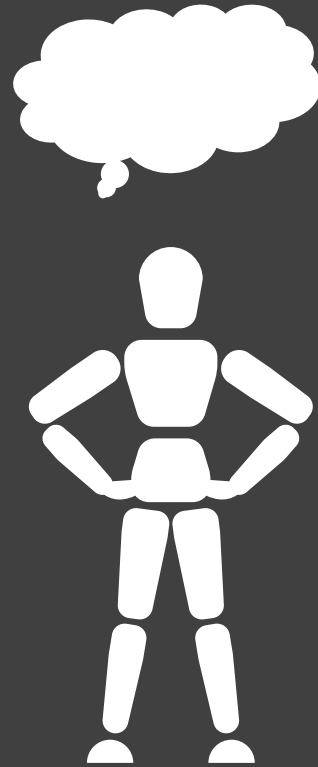


Insert Meditation



The *New New Normal*

Your body is present.



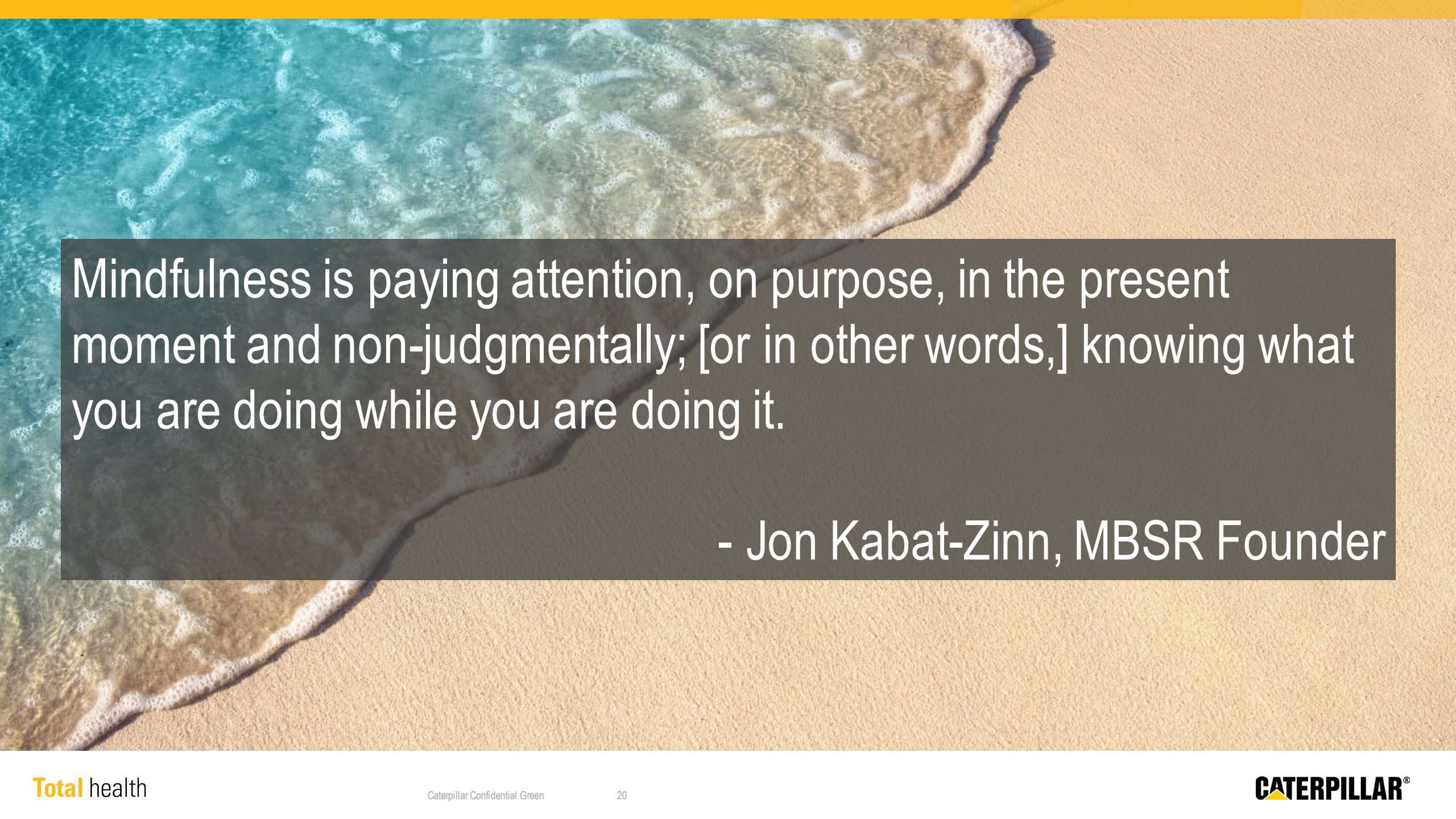
Is your mind?



Past

Present

Future



Mindfulness is paying attention, on purpose, in the present moment and non-judgmentally; [or in other words,] knowing what you are doing while you are doing it.

- Jon Kabat-Zinn, MBSR Founder

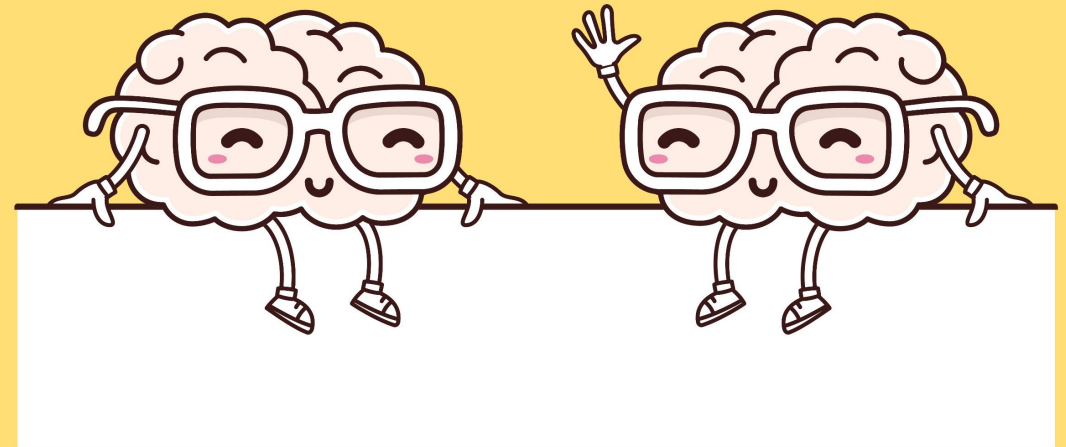
Meditation
transforms
every part
of life



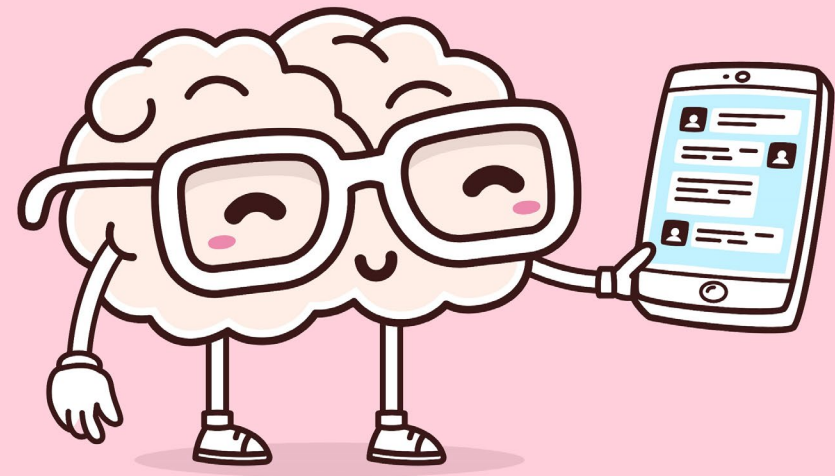
On the field



At home



At work





Steps

1. Anatomy

2. Breath

3. Focus

4. Distractions

Mindful Eating

Mindful Eating



Practicing Mindful Eating

When you practice mindful eating, it encourages you to

- Distinguish between physical and emotional hunger
- Better understand your body's physical hunger cues
- Eliminate “good” and “bad” food labels
- Bring back the joy in eating!



You then can get out of the vicious diet cycle as they form a healthier relationship with food.

10 Tips for Mindful Eating

1. Reject the Diet Mentality: Get rid of all of the physical and mental woes of diets.
2. Honor Your Hunger: Don't let your body reach the point of excessive hunger because that's when normal controlled eating goes out the window.



10 Tips for Mindful Eating

3. Make Peace with Food: Give yourself unconditional permission to eat so you won't have a feeling of deprivation.
4. Challenge the Food Police: Say "NO" to thoughts in your head that declare you are "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake.



10 Tips for Mindful Eating

5. **Respect Your Fullness:** Listen for the body signals that tell you that you are no longer hungry.
6. **Discover the Satisfaction Factor:** When you eat what you really want, in an environment that is inviting and conducive, it helps you feel satisfied and content.



10 Tips for Mindful Eating

7. Honor Your Feeling Without Using Food: Find ways to comfort, nurture, distract and resolve your issues without using food.
8. Respect Your Body: Accept your genes, set realistic goals, and love the skin you are in.



10 Tips for Mindful Eating

9. Exercise and Feel the Difference: Get active and focus on how you feel rather than on how many calories you are burning.
10. Honor Your Health: What you eat consistently over time is what matters, not having a perfect diet.



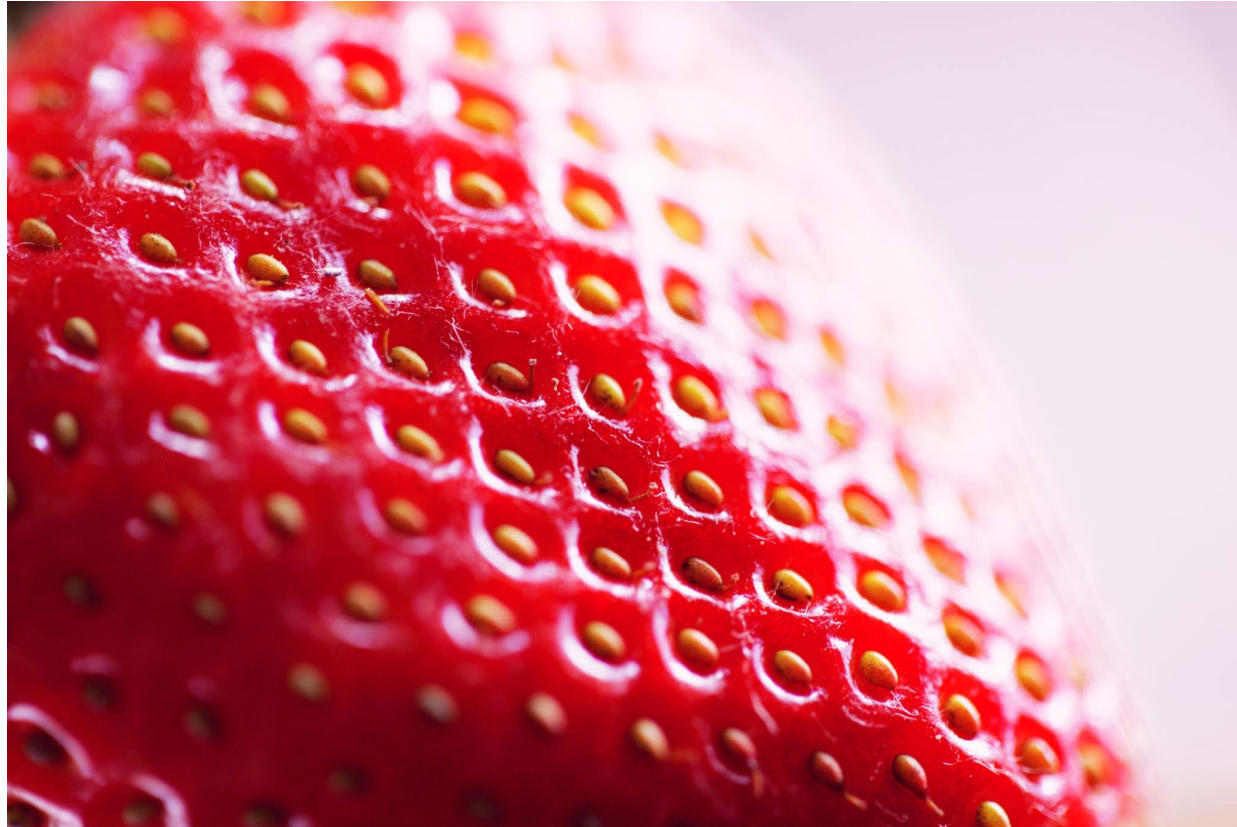
Mindful Eating Exercise: Attention



Mindful Eating Exercise: Breathe



Mindful Eating Exercise: Notice



Mindfulness Challenge

- I will practice Mindful Eating while eating a snack or meal at least 3x this week.
- I will not use eating as a way to cope with an emotional problem, rather I will use other tools to regulate my emotions..
- I will allow myself to eat a food I would usually view as “bad”.
- I will pause to enjoy my food – put down my fork and notice the taste and texture of what I am eating.

Summary

Practicing Mindful Eating allows you to:

- Distinguish between physical and emotional hunger to better understand how to create a healthy relationship with your food, mind and body.
- Get rid of “food worry” (calories carbs, etc.) and bring back the joy in eating.
- Eliminate “good” and “bad” food theories. All foods can fit!



Resources

Caterpillar's
**Employee
Assistance
Program**

Total
health

EAP counseling, coaching, and consultation

- Short-term, goal-orientated support for work and life issues:
 - Clinical counseling
 - Professional guidance and coaching
 - Information, consultation and referrals for a variety of work-life issues such as legal, financial and help finding child and eldercare
- Appointments are available without delay, by phone, video or in-person
- EAP is **confidential**. No one will know you have used the EAP.
- There is **no cost** for using the EAP
- EAP is available 24/7 by phone, online or through the Lifeworks App



How EAP supports Caterpillar and our People



Counseling and coaching

Up to 6 sessions with a professional counselor per family member, per year, per problem

- Relationships and conflict management
- Personal / emotional issues
- Work / family issues
- Change / transition / stress
- Grief and loss
- Depression and anxiety
- Addictive behavior
- 24/7 Crisis and emergency response



Work-Life Support

Work-life services involve assessment, coaching, and referrals for a variety of other personal concerns:

- Family support and referrals
 - Childcare
 - Elder care
 - Caregiving
 - Parenting
- Health and Lifestyle referrals
 - Smoking Cessation
 - Weight Loss
 - Physical Activity



Professional Services and Referrals

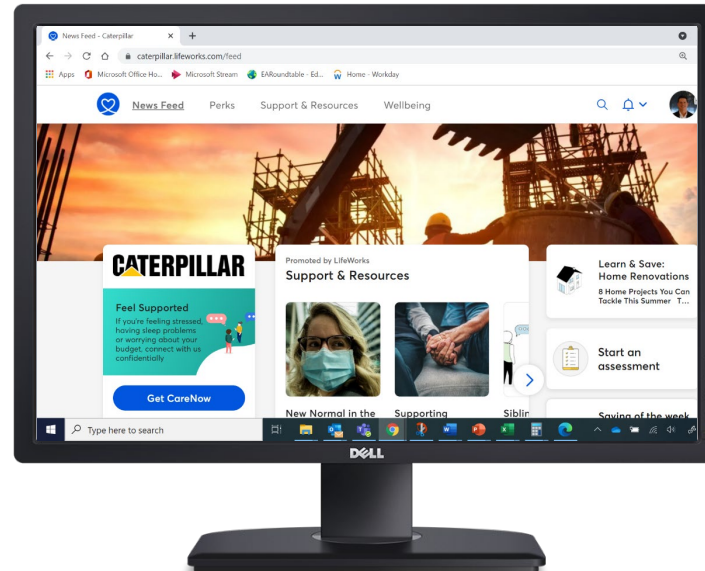
- Training and education
 - Health and well-being
 - Mental health and resilience
 - Effectiveness at home and work
- HR and leadership support
 - Leader training
 - Consultation on employee and team performance
 - Managing high risk people and situations
- Legal advice and referrals
- Debt management, credit counseling and budgeting
- Relocation family support for domestic and international families in transition

To learn more about your EAP services, visit CaterpillarEAP.com or EAP.cat.com

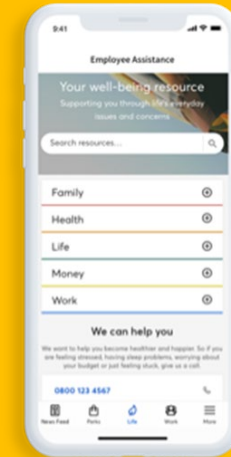
LifeWorks

CaterpillarEAP.com

- 40+ languages
- Email access to EAP services
- Live chat
- Information on accessing your EAP in your country. **Printable EAP materials.**
- Employee and Supervisory orientation videos
- Health assessments
- Wellness library with personalized articles
- Personalized health information feed
- Peer-to-peer recognition
- Health and fitness challenges



Lifeworks App



- Free download on all smartphones
- Available in multiple languages
- Immediate in-app counseling
- Instant messaging interactive tool
- Health and wellness articles and videos

Accessing EAP



By Phone

N. America and general information

+1.866.228.0565

+1.309.820.3604

Global access numbers can be found at CaterpillarEAP.com



Online

CaterpillarEAP.com

Local contact numbers.
47 languages.

Or through our benefits portal
EAP.cat.com



LifeWorks App*

For iOS, Android and
Blackberry

* Uses CWS single sign on.



Onsite

Identified Caterpillar
facilities

Total Health Resources

*Rhonda Haller, RD, LDN. Caterpillar/Total Health Wellness Dietitian

Contact: Haller_Rhonda_M@Cat.com or

<https://totalhealth.cat.com/en/benefits-programs/US/ask-a-dietitian.html>

*Rob Peters, LCSW, CEAP. Caterpillar EAP & Employee Health Programs Coordinator

Contact: Peters_Rob@Cat.com or +1 309 578 3189

*TotalHealth.Cat.com

What's your
take-away?



Questions?

More information is available at

Total health.cat.com

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