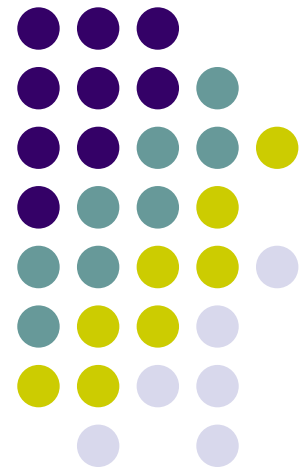


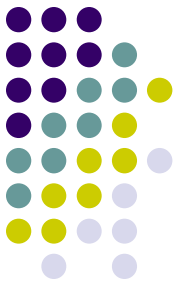
Advisor's Spa

Rejuvenate Your
Mind, Body, and Spirit



NACADA National Conference

October 7, 2004



Your Spa Staff Includes:

Tim Champardé

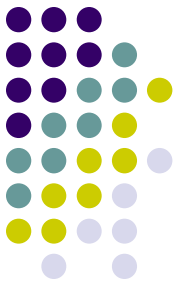
Lansing Community College

Kathy Stockwell

Fox Valley Technical College

Dana Zahorik

Fox Valley Technical College



It's Your
Turn.....





As a warm-up to today's discussion, please join us in this short exercise.

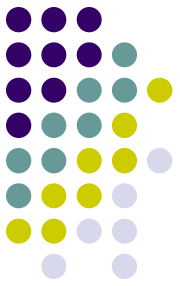


What are we going to talk about?



- Guided imagery
- Aromatherapy
- Sound therapy
- Assessing your office space
- Humor in the workplace
- Yoga in the office
- Culinary comforts
- Energy boosting exercises

Guided Imagery



Guided imagery is a mind-body intervention aimed at easing stress and promoting a sense of peace and tranquility at a stressful or difficult time in someone's life. It is a process of incorporating the "power of the mind" to assist the body to heal, maintain health, or relax by way of an inner communication involving all senses (i.e. visual, touch, smell, sight, sound). It forms a balance between the mind, body, and spirit.

Guided Imagery

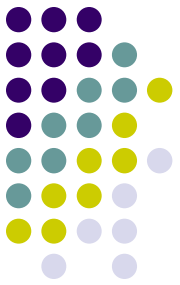


Imagery has had a remarkable effect on heart rate, blood pressure, respiratory rate, oxygen consumption, brain waves, body temperature, intestinal motility, sexual arousal, and hormonal balances.

Join us in this guided imagery exercise using the Audio Spa Treatment.

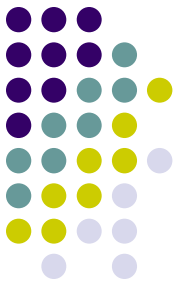
The Audio Spa Treatment can be accessed at http://www.healthjourneys.com/audio_spa_treatment.asp

Aromatherapy



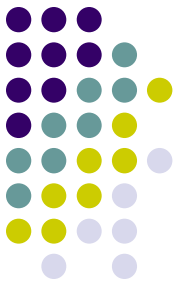
- Use of essential oils for health and well-being
- Smell is our only direct link from the outer world to our inner world
- Many functions of the body and mind may be regulated by smell (hormone balance, breathing, heart rate, blood pressure, stress levels, memory)

Aromatherapy



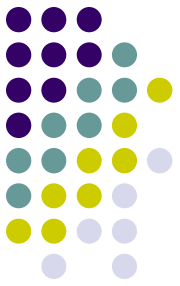
- One Japanese company uses the following scents during the day to enhance performance:
 - Citrus to stimulate the workers at the start of the day
 - Floral scents to boost concentration in the middle of the day
 - Woody scents (cedar and cypress) to relieve tiredness at lunchtime and in the evening

Aromatherapy



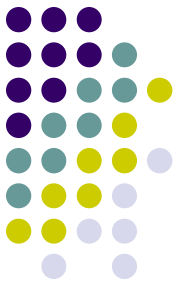
- What scents would be helpful in your office?
 - For yourself?
 - For your advisees?
 - Student repellent?????
- A list of various scents and their effects is included in your packet

Sound Therapy



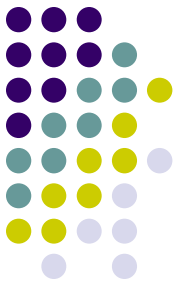
- It has been said that music
 - Relieves stress
 - Controls emotional responses
 - Improves productivity
 - Can increase intellectual prowess

Sound Therapy



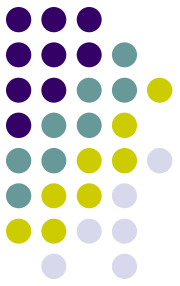
- What kind of music should you play
 - When trying to get work done?
 - When trying to concentrate?
 - When advising a student?
 - When relaxing?

Assessing Your Work Space



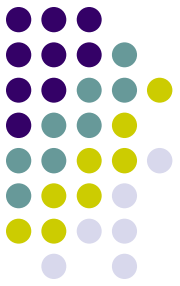
- Air quality
 - Poor air quality can make life unpleasant.
 - Overall, you probably don't have much control over this, but what can you do in your own office?
 - Ionizer
 - Dehumidifier
 - Plants

Assessing Your Work Space



- Lighting
 - Both bad lighting and bright lights can cause eye strain and headaches and increase fatigue
 - The ever-present fluorescent lighting can be tiring
 - Not only quantity but quality of lighting can be important
 - Try full-spectrum bulbs in your desk lamp; you do have one, don't you?
 - Task vs. ambient lighting—do you use both?
 - What can you do if you have no control over your lighting situation?

Assessing Your Work Space



- Decorations
 - Put items in your office that make you happy:
 - Family photos
 - Paintings, prints, diplomas, award certificates, etc.
 - Plants
 - Knick-knacks with fond memories
 - But don't overdo; don't need cluttered look

Assessing Your Work Space



- Tidiness
 - Sign on my desk that says "A cluttered desk is a sign of genius."
 - Neat is nice, but remember that everyone works differently.
 - If the clutter stresses you, take care of it.
 - If it stresses you more to worry about it, don't.

Assessing Your Work Space



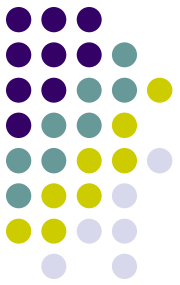
- Furniture
 - Get a chair that is comfortable for you; bring one from home if you need to
 - Make sure your workstation is fitted to you. See handout for suggestions for making your office ergonomically correct.

Assessing Your Work Space



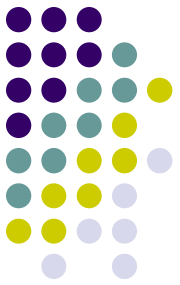
- And if all else fails in eliminating stress, use the tantrum mat we have included in your packet!

Humor



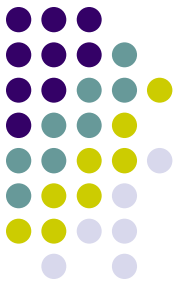
- Laughter is good for you!
 - Laughter benefits the body, mind, and spirit
 - 100 laughs = 10 minutes of aerobic benefits from a rowing machine
 - 15 minutes of laughter = relaxing effect of meditating for 8 hours
 - 10 minutes of laughter = relaxing effect of 2 hours sleep

Humor



- Health studies bear out the old adage that laughter is the best medicine
 - A good belly laugh will lower the blood pressure below normal resting rates for 45 minutes
 - Laughing exercises the lungs
 - Laughing increases oxygen in the bloodstream and stimulates production of endorphins, the brain's built-in painkiller
 - Research shows that laughter has both preventive and therapeutic value

Humor

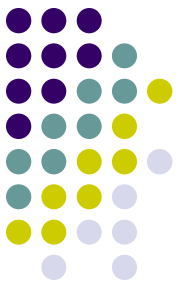


- "Some people say, 'I'll play when I feel better.' We say, 'You'll feel better when you play.'"

Brian and Kelly Craft
Humor in the Workplace
May 1997

- Fish! Philosophy at Kent State:
<http://www.kent.edu/ucm/AboutUCM/FISHPhilosophy.cfm>

Smile Away Your Stress!

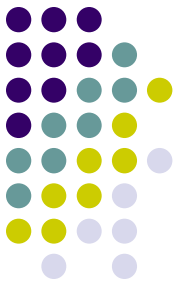


Humor



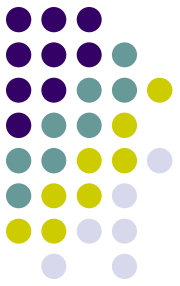
- What can you do to increase the humor in your workplace?
 - Laughter bulletin board
 - Joke of the day
 - Humor breaks
 - Have a meeting to discuss humor and how it can be incorporated into the office
 - Add humor to each meeting--just two or three minutes worth will work

Yoga



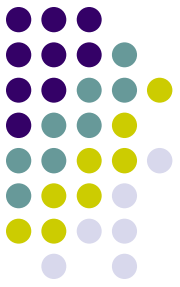
- An ancient system of mind-body exercise that offers benefits including increased flexibility, greater strength, and improved concentration.
- Physical benefits:
 - Strength
 - Endurance
 - Flexibility
 - Posture

Yoga



- Energy
- Health
- Mental benefits:
 - Concentration
 - Emotional stability
 - Peace
- Spiritual benefits:
 - Wisdom
 - Freedom
 - Integration

Culinary Comforts

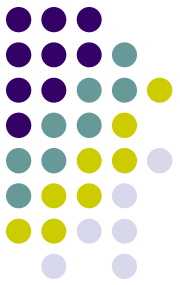


"When I'm in trouble, eating is the only thing that comforts me."

Oscar Wilde

A survey on comfort foods was done recently by the BBC. What do you think was at the top of the list? What other foods do you think were on the list?

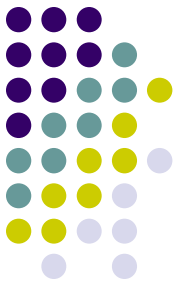
Culinary Comforts



"Nothing can quite replace the silky feeling of a rich piece of chocolate melting on the tongue and soothing the spirits."

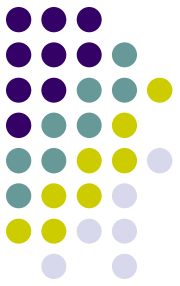
Betsy Peloquin
Feb. 2004

Culinary Comforts



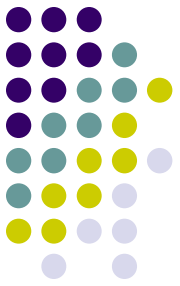
- This little exercise does two things:
 - The taste of chocolate is soothing to our spirits.
 - The act of letting the candy slowly dissolve helps us slow down a little and shows us that we can be patient!

Culinary Comforts



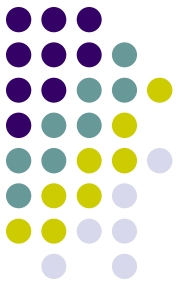
- Other facts about chocolate:
 - The average American consumes about 11.7 pounds of chocolate per year.
 - The caffeine in chocolate is low compared to coffee, tea, and some soft drinks.
 - Eating chocolate neither causes nor aggravates acne.
 - There is no proof that chocolate causes tooth decay. In fact, the cocoa butter may actually coat and protect your teeth from forming plaque.

Culinary Comforts



- Chocolate has some nutrients: Protein, calcium, riboflavin, iron, Vitamin A, and thiamine, in very modest amounts, of course.
- Chocolate, like wine, contains antioxidants. The darker the chocolate, the better it is for you.
- While chocolate may not be a true aphrodisiac, it is definitely a “feel-good” food.

Culinary Comforts



- Tea

“There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.”

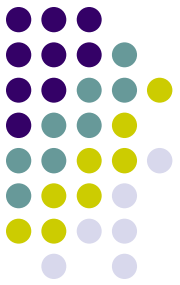
Henry James

“The tea party is a spa for the soul. You leave your cares and work behind. Busy people forget their business. Your stress melts away, your senses awaken.....”

Alexandra Stoddard



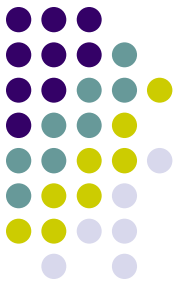
Culinary Comforts



- Types of tea
 - black
 - green
 - white
 - red



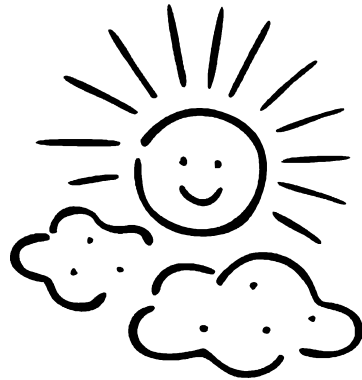
Energy Boosting Exercises



- Everyone get up and follow along as we do some end-of-the-day exercises to rev our engines!

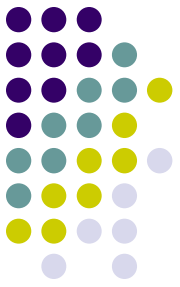


THANKS FOR BEING HERE!

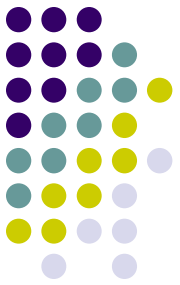


QUESTIONS????

Don't Forget to Stop and Smell the Roses!

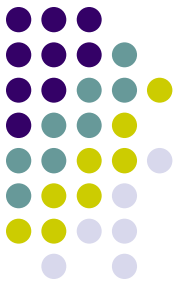


Resources



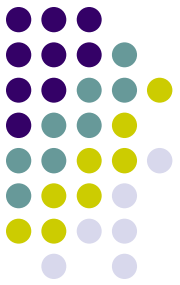
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Resources



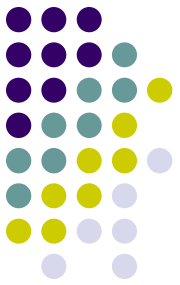
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