



Wellness@WIC

June ❖ 2014

“This media we call social, is anything but...”

Having hundreds of Facebook friends isn't necessarily an indication of social well being. The use of social media can help us feel more connected to friends and family, particularly those living farther away. However, obsessively checking emails, texts, tweets or Facebook posts can get in the way of families and friends spending quality time together. As is the case with most aspects of our lives, finding a healthy balance will help you achieve wellness in the social and family domain.

This spring, state staff explored 5 tips for improving social wellness. [Click here to see the full presentation.](#)

While these may be common knowledge, they may not necessarily be common practice.

1. Develop healthy relationships with other people and with yourself.
2. Avoid unhealthy relationships.
3. Learn to get the support you need.
4. Be active in your community.
5. Help other people.

'Look Up' is a lesson taught to us through a love story, in a world where we continue to find ways to make it easier for us to connect with one another, but always results in us spending more time alone.

Click on the image below to watch a five minute video that reminds us to LOOK UP!

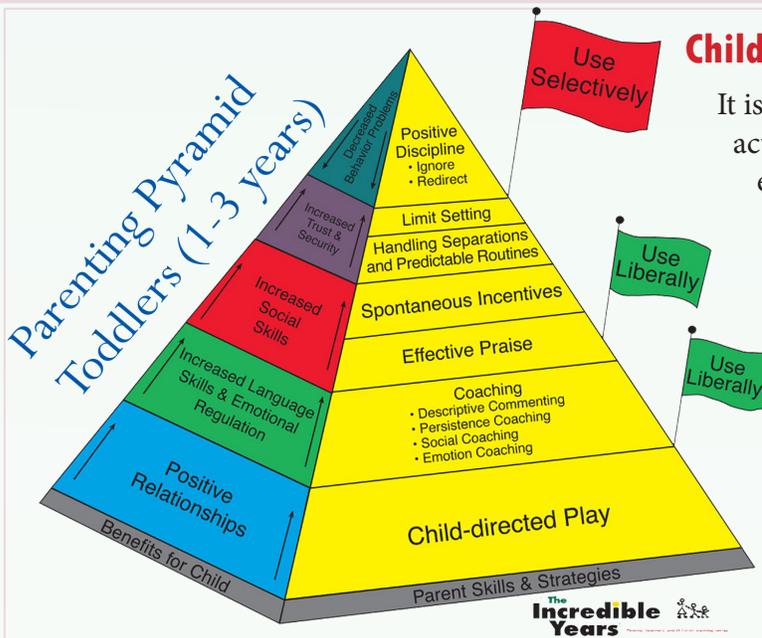


KUDOS KORNER

by Mandy Peterson, Baker County



One of the challenges for maintaining wellness is balance. Many of us are challenged by maintaining our balance between our home lives and our work lives. I've been blessed to find balance in my life by working part time for WIC! My job at WIC has allowed me to have a flexible schedule so I can spend time volunteering in my children's classrooms, manage my household and spend quality time with my kids. By keeping my schedule flexible I can also meet client needs, maintain relationships in the community, and continue to learn through WIC conference calls. I love my job at WIC. It is mentally fulfilling providing me with unique challenges. It is emotionally fulfilling because it allows me to educate families so they can make the best decisions for their families. Having this work-life balance has been a positive contribution to my well being. Thanks WIC!



Child-Directed Play Promotes Positive Relationships

It is important for adults to actively participate in play activities with children. Creating a supportive environment encourages children to engage in a variety of play experiences. Across the state, many regions are supported by grants through the Oregon Parenting Education Collaborative to provide parenting education programs.

Click the links below for four common evidence-based parenting curriculums:

- *Incredible Years*
- *Nurturing Parents*
- *Parents as Teachers*
- *Make Parenting a Pleasure*

Check out the [Oregon Parenting Education Collaborative](#) to learn about resources that exist in your county.

For those communities that don't have formal parenting education classes, the CDC just put out a new resource entitled *Essentials for Parenting Toddlers and Preschoolers*. Consider sharing this resource with your participants!

Empathy vs. Sympathy

Fueling connection vs. driving disconnection

In the spirit of participant centered services, we strive to build a connection with our WIC participants. We want to be empathic during our interactions. Sometimes empathy gets confused with sympathy. In this short animation (click the image below), Dr. Brené Brown helps illustrate how empathy includes these four important qualities:

1. Perspective taking
2. Staying out of judgment
3. Recognizing emotion in other people
4. Communicating the emotion.

This video highlights how rare it is for a response to make someone feel better. It reminds us of the importance of building rapport and shows us how the connections we make with an individual are so critical.



Did you know the *Produce for Better Health Foundation* has online resources to promote wellness at worksites? These online tools and materials can be used to improve the health and well-being of employees, lower absenteeism, increase productivity and employee morale, and decreased health care costs. Check out their [workplace tool kit here](#).