



Wellness@WIC

Summer ❖ 2014



Emotional Wellness: Appreciating yourself!

By Kim Word, State WIC Data Team & Adrienne Mullock, State WIC Nutrition Services Team

How do you love thee? Let YOU count the ways. . . Taking the time to value who you are and what you do is essential. There are many ways to do this—and of course you will have to see what works best for you—but to start the conversation, this quarter State WIC staff discussed four ways to address emotional wellness, including:

1. Building self-confidence
2. Building self-esteem
3. Setting personal goals and expectations
4. Thinking positively.

Staff paused between presentations of each of the four components to reflect on the information presented. Each person was given time to respond to four prompts, and write them on a paper heart to keep. The prompts were:

- ♥ Describe one good deed you're proud of.
- ♥ Identify one thing unique about your personality that you value.
- ♥ List something you have always wanted to do that you have yet to do.
- ♥ Create a personal affirmation that will help you to stay positive.

Go to our [Wellness@WIC website](#) to view this quarter's presentation, and perhaps share it with other WIC staff.

The information discussed was from Health Resources & Services Administration's (HRSA's) **Bright Futures: A Woman's Guide To Emotional Wellness**, which was designed to encourage readers (both women *and* men) to adopt some of the tips to improve emotional wellness.

[Click here to view the guide.](#)



KUDOS KORNER

By Julie Aalbers, Clackamas County WIC



Take the challenge! Help a WIC mom find the humor in a peanut butter cracker smashed inside her purse; or help a co-worker laugh about being locked out of a satellite clinic and left to deliver WIC services on the porch. A sense of humor is part of a well-functioning team. A culture of humor in a workplace can reduce stress, boost morale

and even improve productivity. Humor however must always be tasteful, not offensive, and be directed at a *situation* not a *person*.

In Clackamas County we love to laugh. Kathy, a now retired certifier, started a tradition of writing new lyrics to familiar songs: she has written about stressful clinic moves, the data system and retirement roasts. Heidi Bates has carried on the tradition. We enjoy laughing

together over good food, whether a potluck of favorites from our different cultures, or a nice meal out in a restaurant. The best events are impromptu with little planning.

Most recently, our breastfeeding cardboard cutout spent a day at the county fair. There, she met a cardboard friend from a neighboring fair booth, named Richard, and they enjoyed this photo opportunity.

We Are ALL Awesome Shaped!

By Susannah Lowe, State WIC Data Team

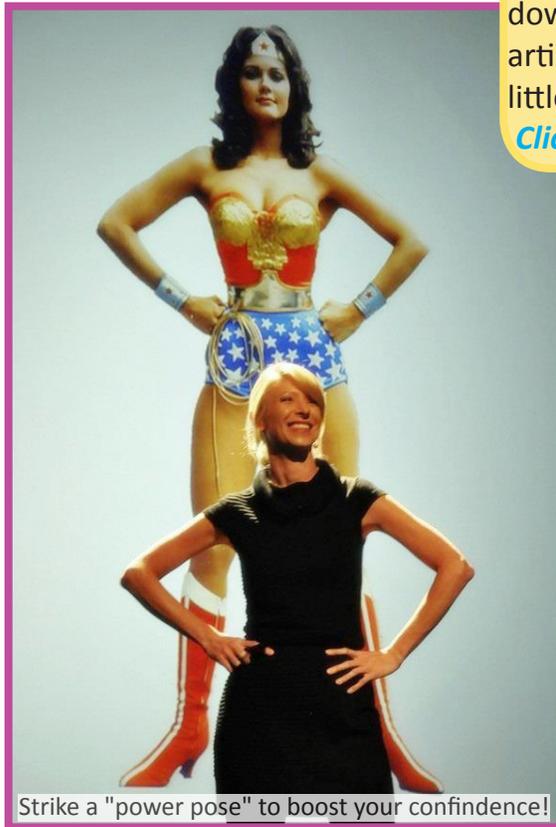
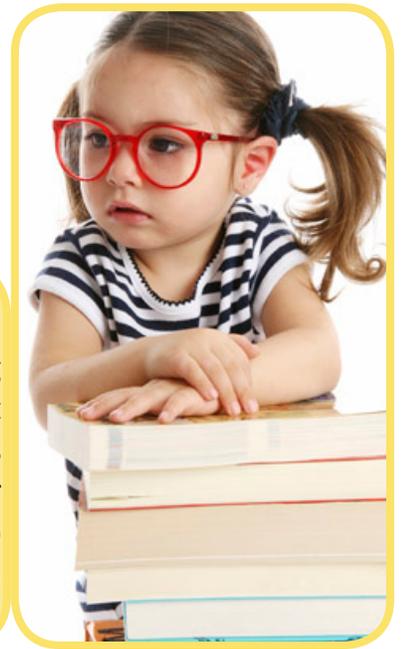


Self-confidence and physical health go hand-in-hand in the Health at Every Size (HAES) model. HAES builds participants' respect for their bodies. From this mind set, participants are motivated to engage in self-care activities as an extension of the value they feel for their bodies. For example, participants eat nutritious and pleasurable foods based on their body's hunger and fullness cues. Participants are also encouraged to build enjoyable physical activities into their daily lives, as they wish. The HAES model has been shown to increase physical and psychosocial health of participants in the long run. For more info, explore the HAES handouts from the 2012 Statewide meeting on our [Wellness@WIC website](#).

How Do You Talk to Little Girls?

By Adrienne Mullock,
State WIC Nutrition Services Team

You're so cute. You're so pretty. What a lovely dress! When was the last time you asked a little girl "What are you reading?" Having good self-esteem is an important component of emotional wellness, and one's worth comes down to much more than appearance. In her article, Lisa Bloom describes how to talk to little girls in a way that will empower them. [Click here](#) to read this important article.



Your Body Language Shapes Who You Are

By Niani Dunner, State WIC Nutrition Services Team

In the second most viewed TED Talk of all time, social psychologist Amy Cuddy explains how body language not only affects how others see us, but it may also change how we see ourselves. Amy Cuddy's research on body language reveals that we can change other people's perceptions—and even our own body chemistry!—by simply changing body positions. Click on the image of Amy in a "power pose" (left), to learn how standing in a posture of confidence, even when we don't feel confident, can affect testosterone and cortisol levels in our brain, and positively impact our interaction with others.