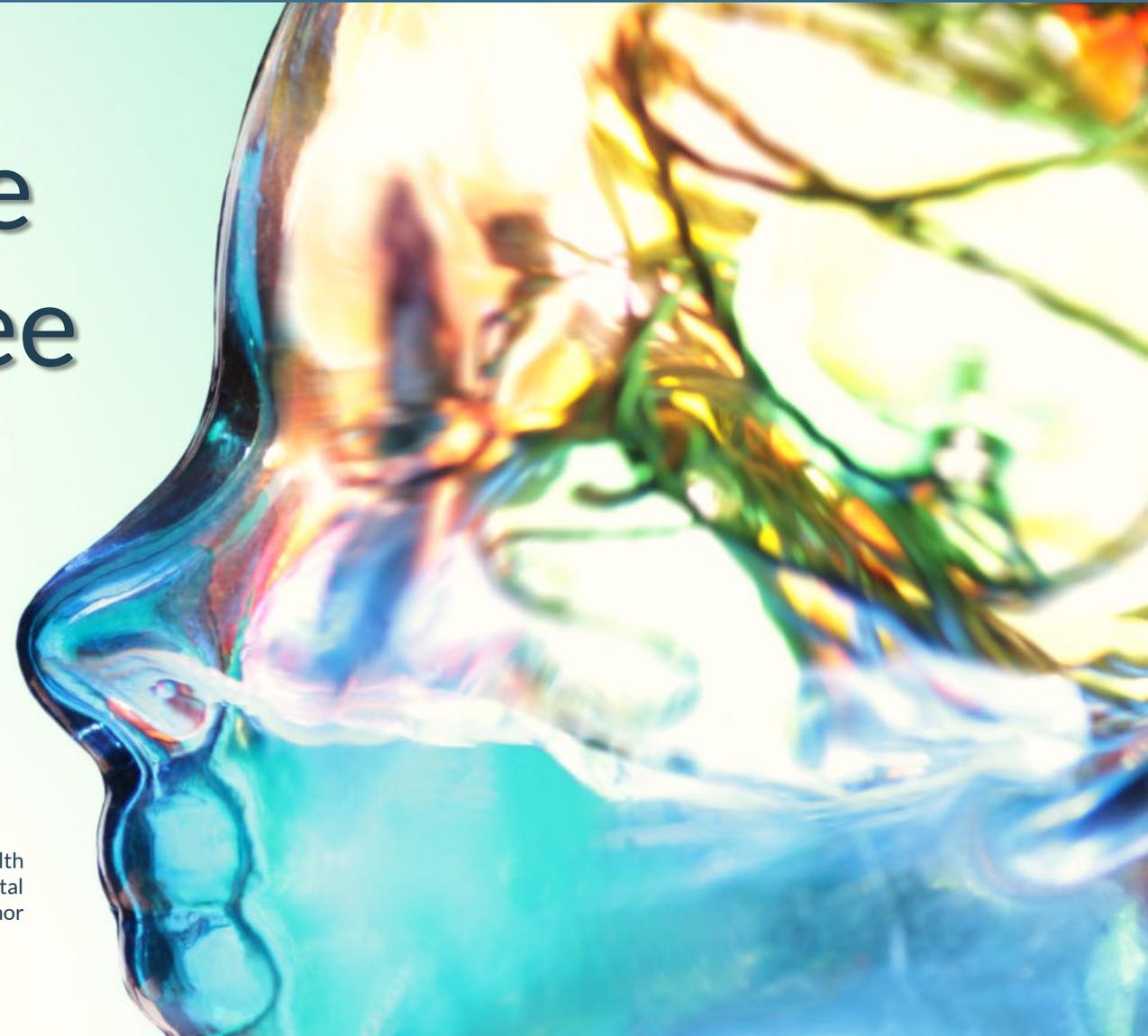


Supporting Workforce Well-being & Employee Wellness

Workforce Professional Development Series

June 17, 2025 | 1:30-2:30 PM ET

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Access to Care & Clinician Support

Recruitment & Retention

National
Health
Service Corps

Resources

Training

Networking

www.clinicians.org

- National Cooperative Agreement awarded in 2014
- Funded by the Bureau of Primary Healthcare
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www.chcworkforce.org

Contact us: info@chcworkforce.org

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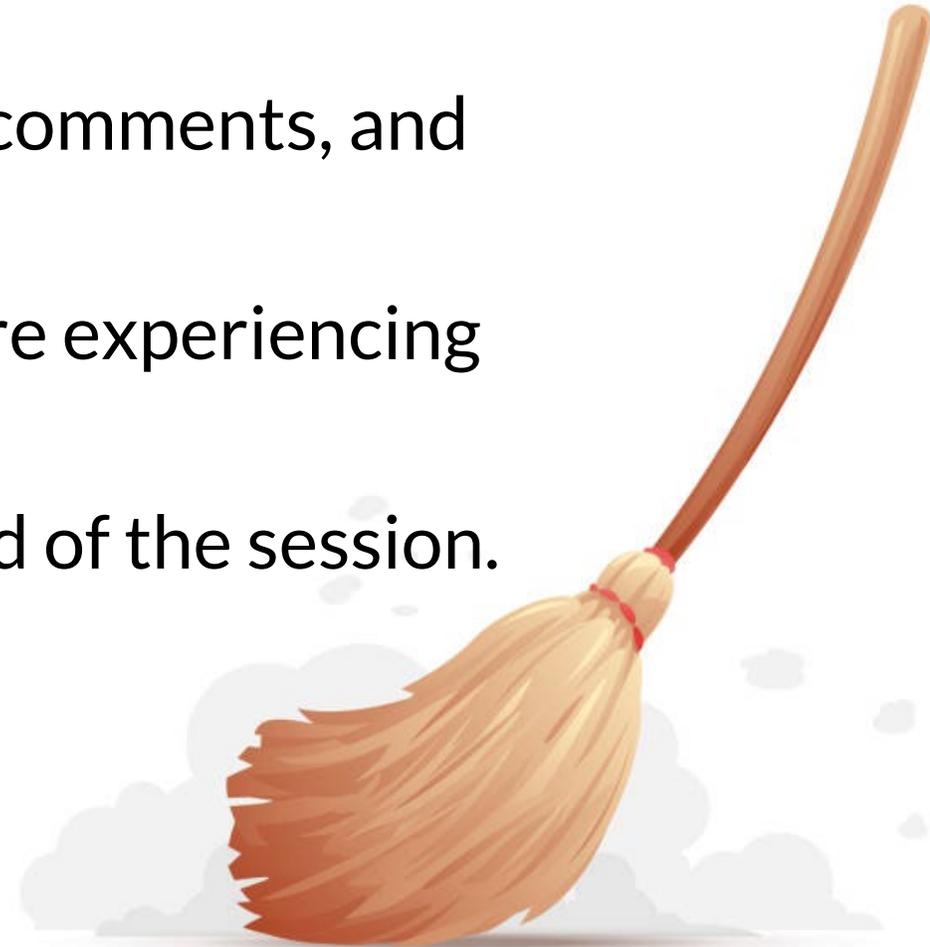
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HOUSEKEEPING



- This session is being recorded. The **recording and slides** will be provided the all registrants.
- Use the **chat box** to ask questions, share comments, and thoughts.
- Send a message to **Mariah Blake**, if you are experiencing technical difficulties.
- Please complete the **evaluation** at the end of the session.



Wellbeing



A Roadmap to Health

Matt Bennett, MA, MBA

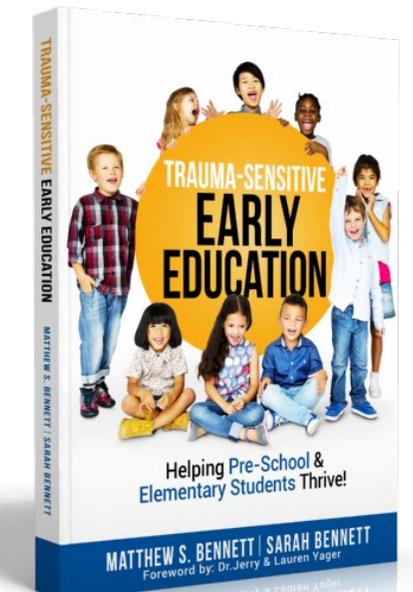
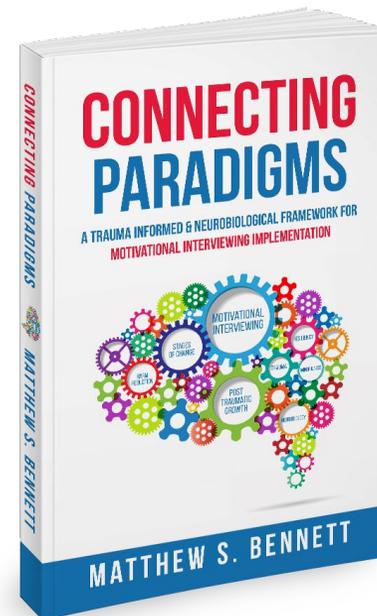
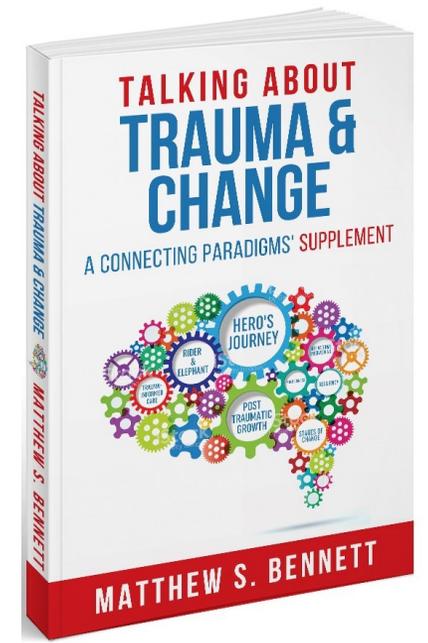
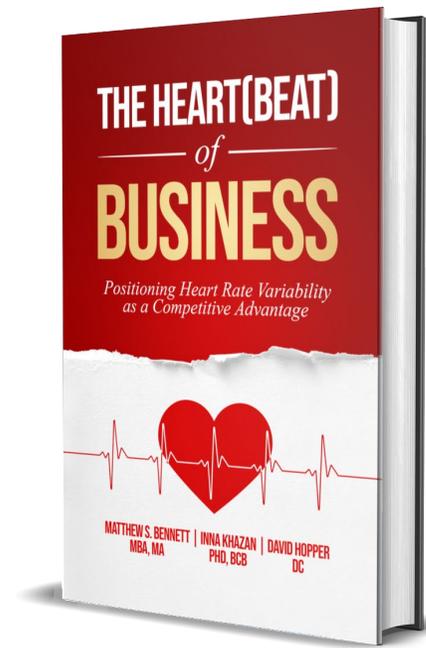
matt@optimalhrv.com

Before our journey

- Human Health – You, Patients, and Everyone!
- I'm a realist – trying to be a role model

www.optimalhrv.com/handouts

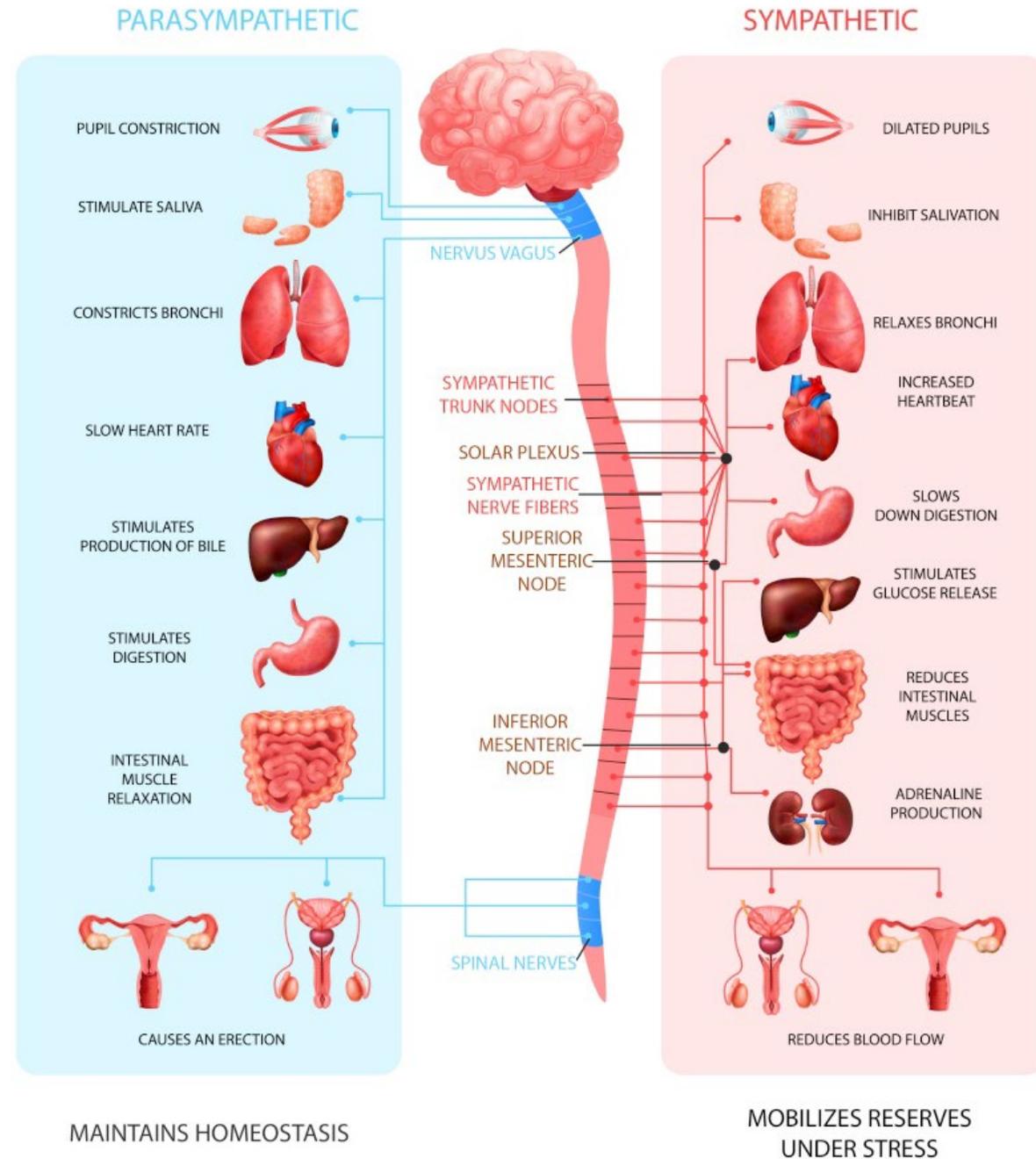
- Health & Wellness Plan
- Resources



Autonomic Nervous System and the Stress Response

Ventral vagal – strong connection to prefrontal cortex and executive functioning

Sympathetic – strong connection to the amygdala and flight/fight response



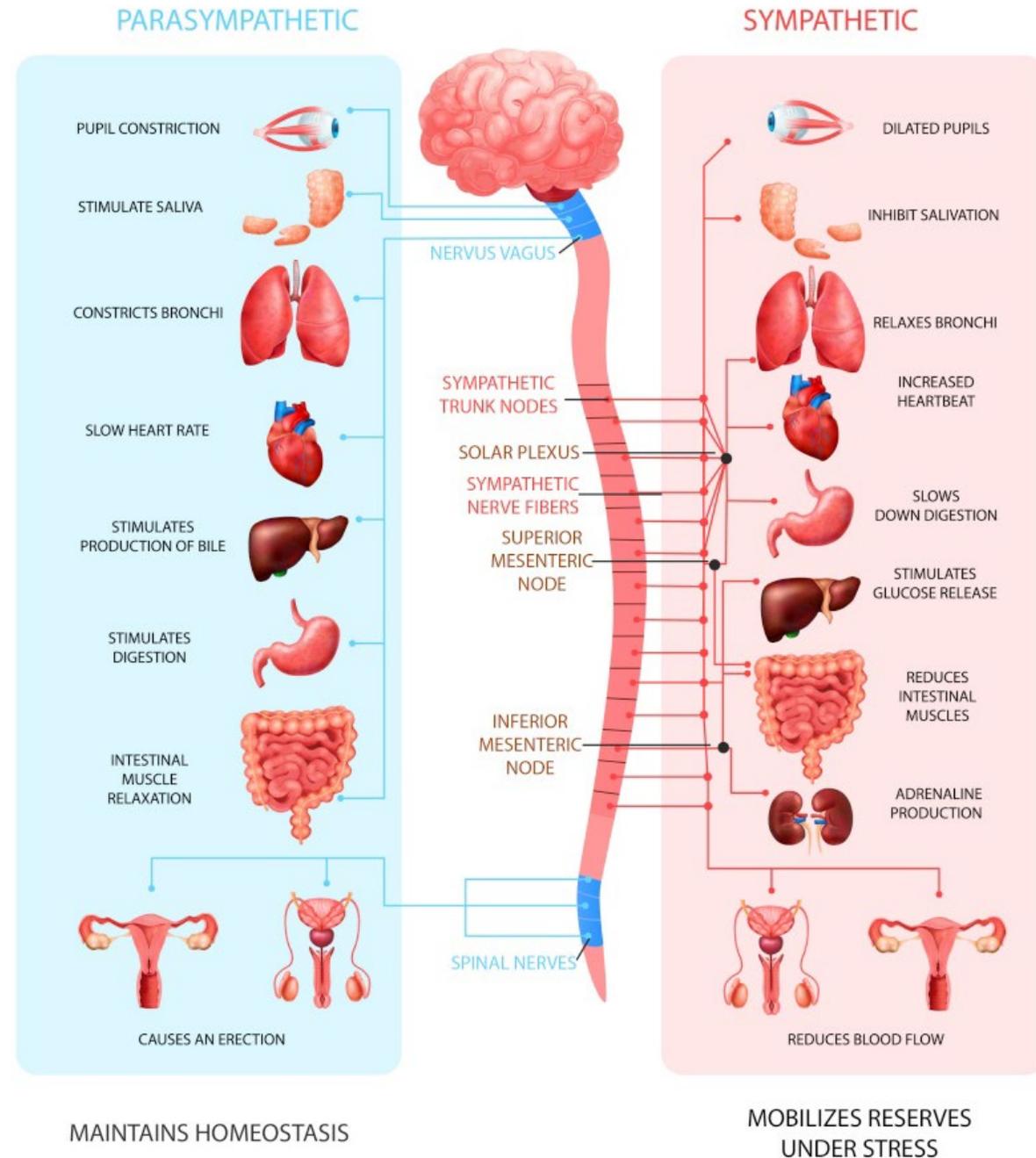


Autonomic Nervous System and the Stress Response

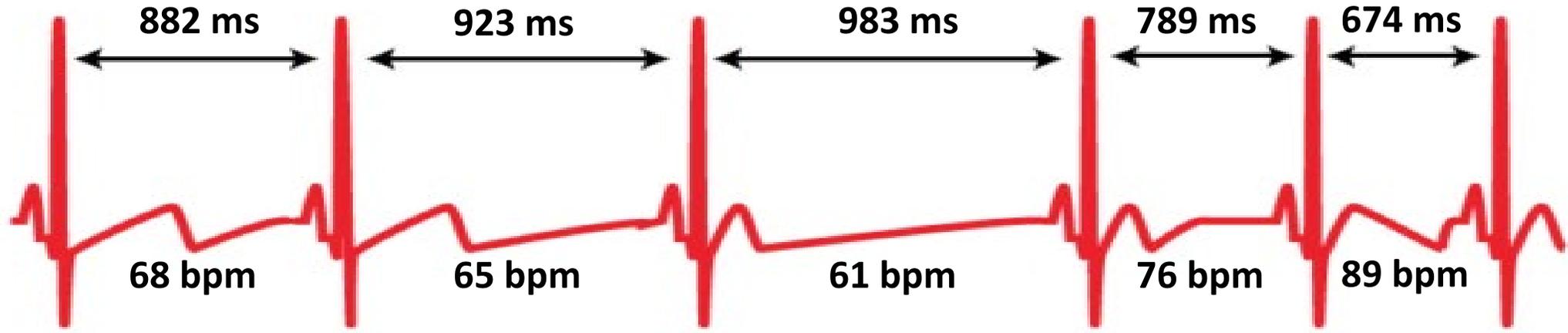
Ventral vagal – strong connection to prefrontal cortex and executive functioning

Sympathetic – strong connection to the amygdala and flight/fight response

Dorsal vagal – shut down and freeze response



Heart Rate Variability (HRV)



- The time between individual heartbeats varies all the time
- RR Intervals or Inter-beat Intervals (IBI) are the time intervals between the RR peaks used to calculate HRV
- Heart Rate (HR) measures the average beats per minute
- HRV measures the change in time (or variability) between successive heartbeats

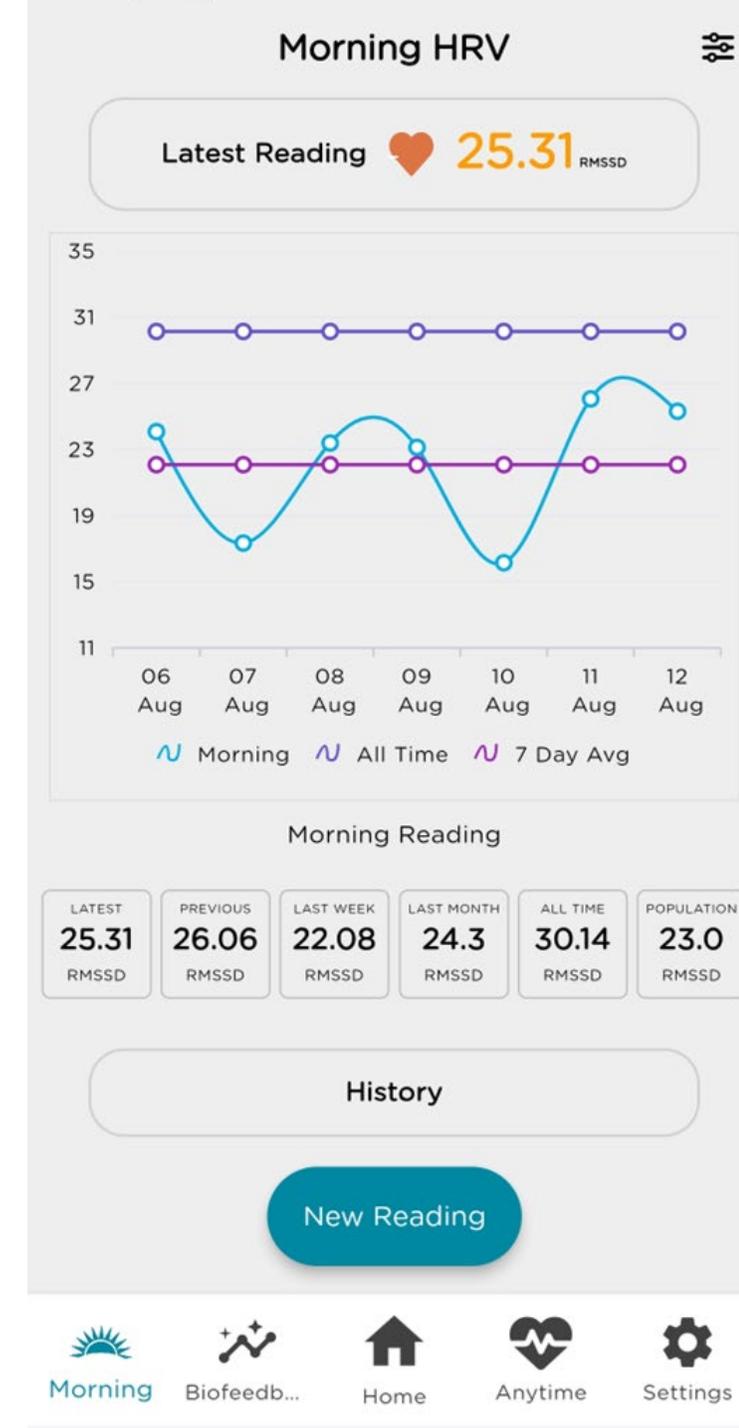
Heart Rate Variability

Higher HRV = Healthy autonomic nervous system function (healthy mind and body)

Matt's practical summary of the research: HRV measures our mind and body's ability to handle or recover from stress

Regular HRV readings tell you:

- How am I doing right now
- How am I doing this week
- How am I doing this month



The Dangers of Stress - Inflammation

Cytokines: Friend and Foe

Inflammation

- Gut
 - Leaky Gut Syndrome
 - Immune functioning
- Brain
 - Mental health
 - Cognitive functioning
- General health issues



How big is your cup?

Traits of Wellness

Nerd Definitions of Stress
Regulation

- Prefrontal cortex and amygdala
- Ventral vagal and sympathetic/dorsal vagal

Water in your cup: Allostatic load



How full is your cup?

Stress

- Eustress
- Distress

Stress Intensifiers

- Duration
- Uncertainty
- Importance

Allostatic Overload:

- Cup overflows
- High levels of stress for extended periods of time



Sleep

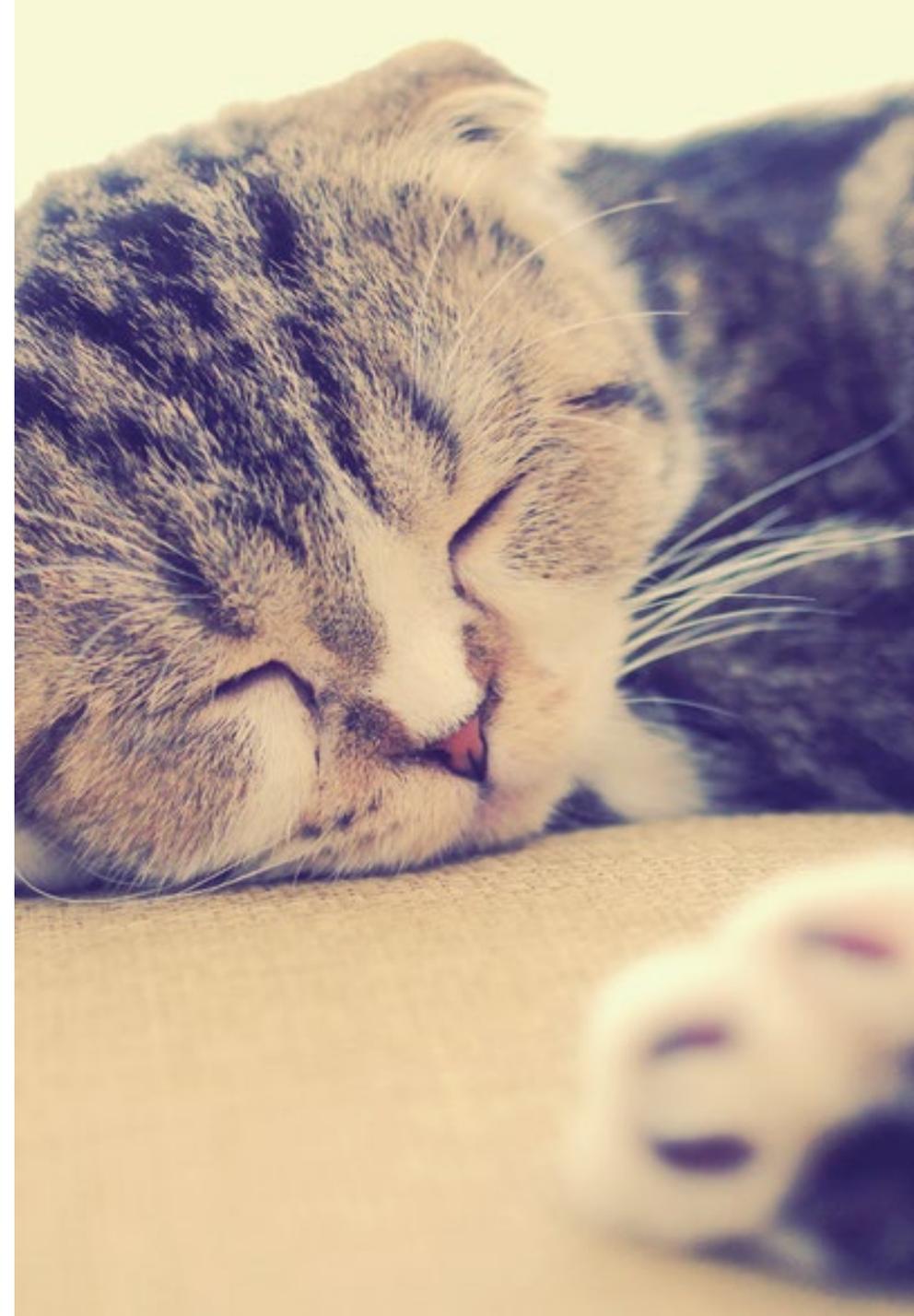
Sleep and the glymphatic system

- 90% increase during sleep
- Waste removal in the brain

Lack of Sleep vs. Drunkenness

Lack of sleep = 549 additional calories/Type 2 Diabetes/Early Death

Setting the stage for sleep



Nutrition

Eating windows

Inflammatory: Highly processed foods, sugar (substitutes), refined carbs, sweet drinks, alcohol

Anti-Inflammatory: FIBER!, vegetables, berries, nuts, seeds, green tea, dark chocolate



Movement

Resistance training

Zone 2 (in nature, if possible)

Find something you love



Healthy Breathing

Aerobic energy

Nasal breathing & nitric oxide

Thoracic pump – pressure in our chest

- Inhale – negative pressure draws blood into the heart
- Exhale – blood recirculates throughout the body

Diaphragm – powers the thoracic pump.



Breath Work

Work up to 20 minutes a day of deliberate practice (some research-backed practices)

- Meta or Loving Kindness Meditation
- Walking meditations
- Movement (yoga, tai chi)
- Self-compassion

Basics:

- Breath in and extend the stomach/contract the stomach on inhale
- Breath in for a count of 4 and breathe out for a count of 6
- Breath in through the nose and out through the nose or pursed lips

Advanced: Resonance frequency biofeedback



Research

Helper-Specific Benefits

- Promotes empathy
- Increased compassion
- More attentive and attuned with people
- Decreased stress and anxiety
- Increased social and emotional intelligence
- Increased self-confidence

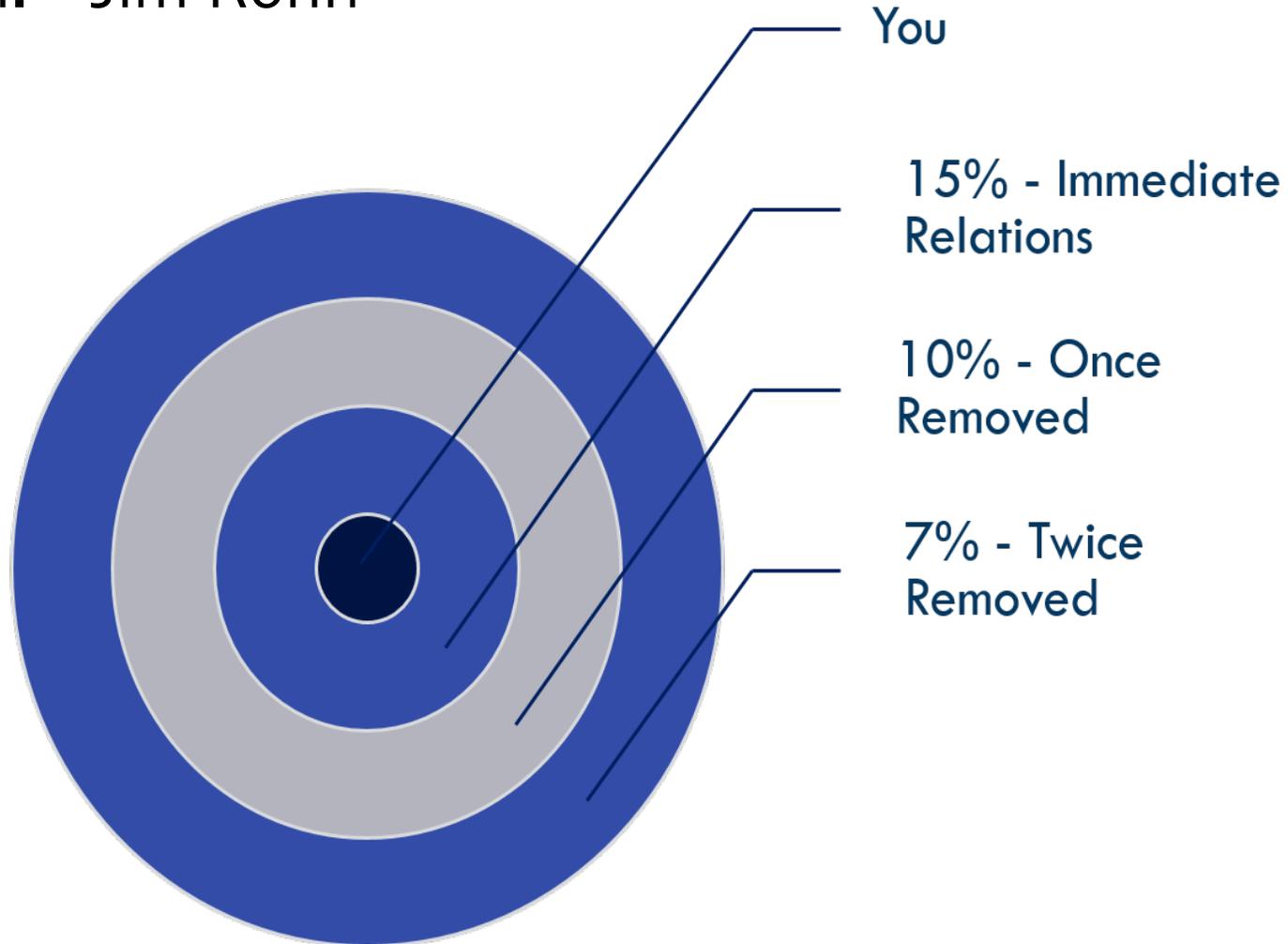
General Benefits

- Higher levels of physical health, immune functioning, and healing
- Improved cognitive functioning
- Increased relationship satisfaction



Personal Social Networks

“You are the average of the five people you spend the most time with.”- Jim Rohn



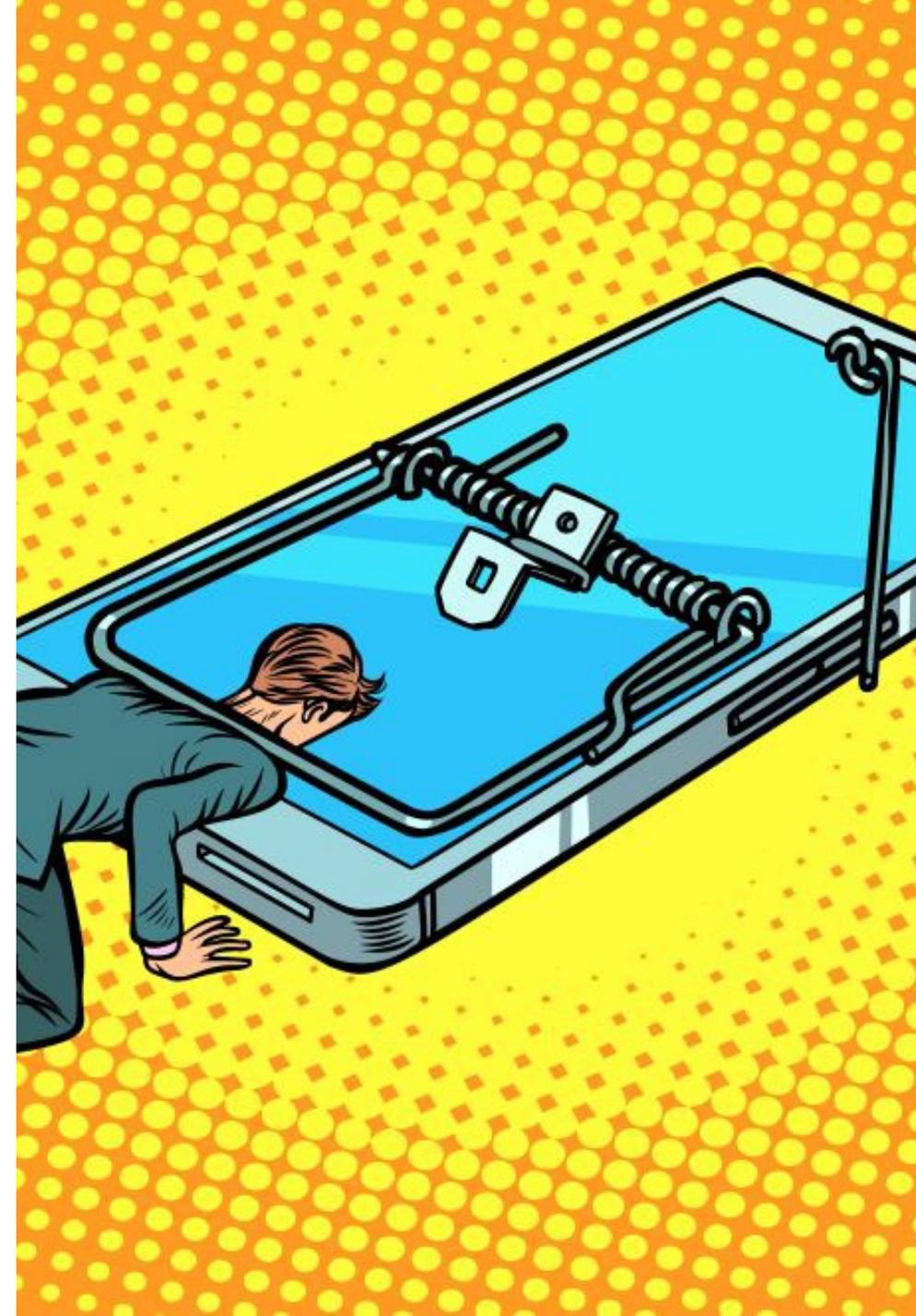
Recovery

The brain can only work at maximum capacity for 120 minutes

Breaks

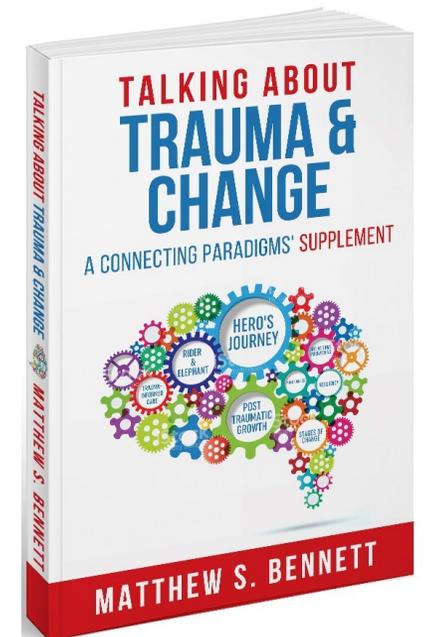
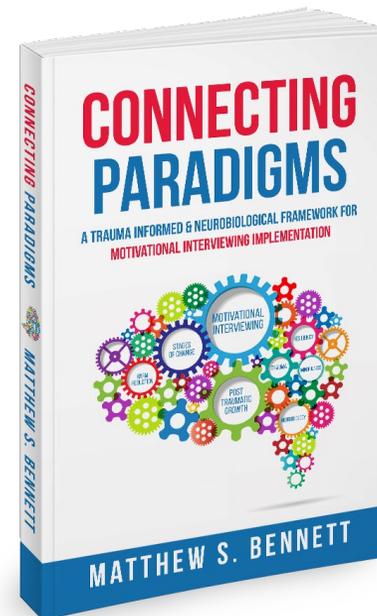
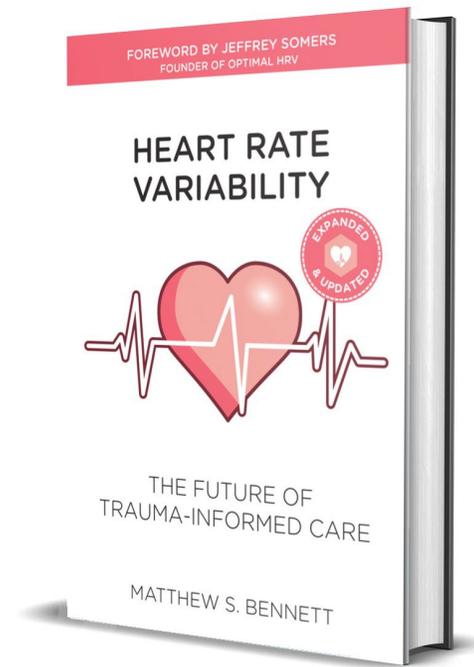
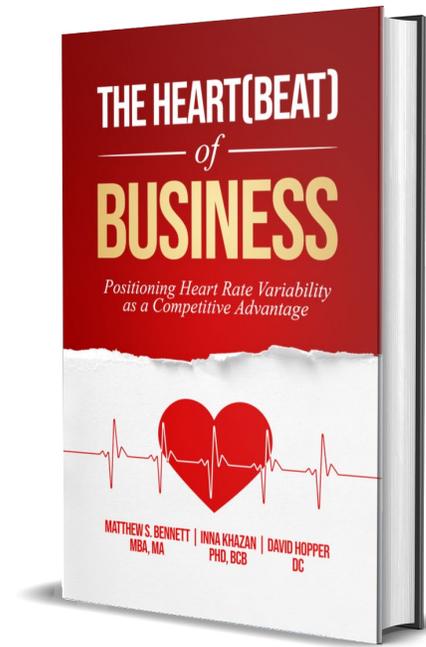
Importance of disconnecting - Evenings, Weekends, and Vacations

Power of vacations – If we are smart



Matt Bennett, MA, MBA

- matt@optimalhrv.com
- Resources:
www.optimalhrv.com/handouts
- Keep Learning
 - Optimal HRV – www.optimalhrv.com
 - Heart Rate Variability Podcast
 - Get my latest books for free!



QUESTIONS



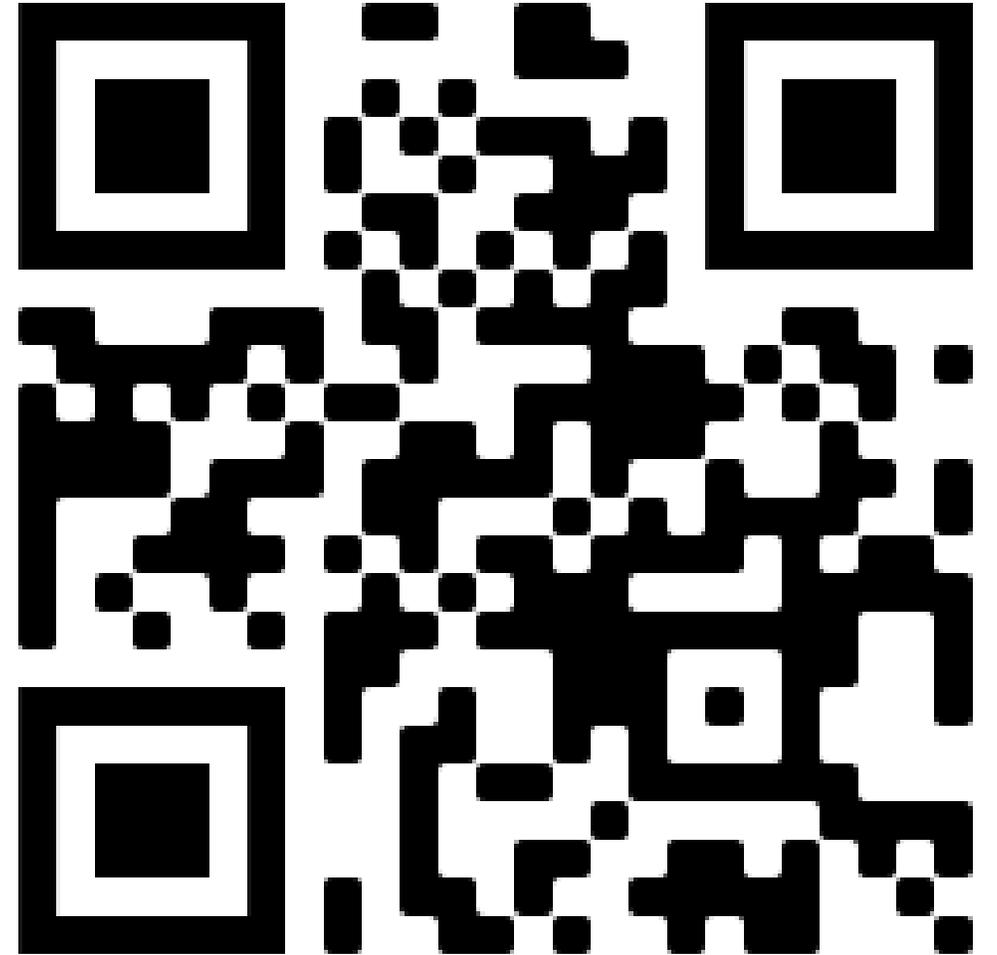
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Please fill out the evaluation!



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