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Applying our research of the world's longest-lived cultures, we empower everyone, everywhere to

live better,  
longer

Before we begin, feel free to use chat or think about the following question:

**How do you picture yourself at 100 years old?**



## There's a Bend in the Road: Adapting to Life Transitions

### **Patrice Powers-Barker, CFLE**

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Ohio State University Extension Lucas County

*Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life*



# Week 3 Skills Building

- Manage your energy, not your time, to improve your overall health and well-being
- Identify strategies in each dimension of energy management (physical, mental, emotional and spiritual) that work for you
- Use goal setting, action planning and habit stacking to establish new habits, routines or rituals



# TODAY'S GOALS

- Reframe the message on life changes and transitions
- Reduce stress
- Use available resources
- Aim for a successful 100 years and more



# FAMILY AND CONSUMER SCIENCES



**“The science and art  
of living and working well  
in our complex world”**

American Association of  
Family and Consumer Sciences





# 100 YEARS – POSSIBLE TRANSITIONS

- Ages and stages, typical development over lifespan
- Cultural
- Policy
- Religious
- Family



# ANTICIPATED LIFE TRANSITIONS



- Childhood
- Adolescence
- Adulthood
- Older Adulthood





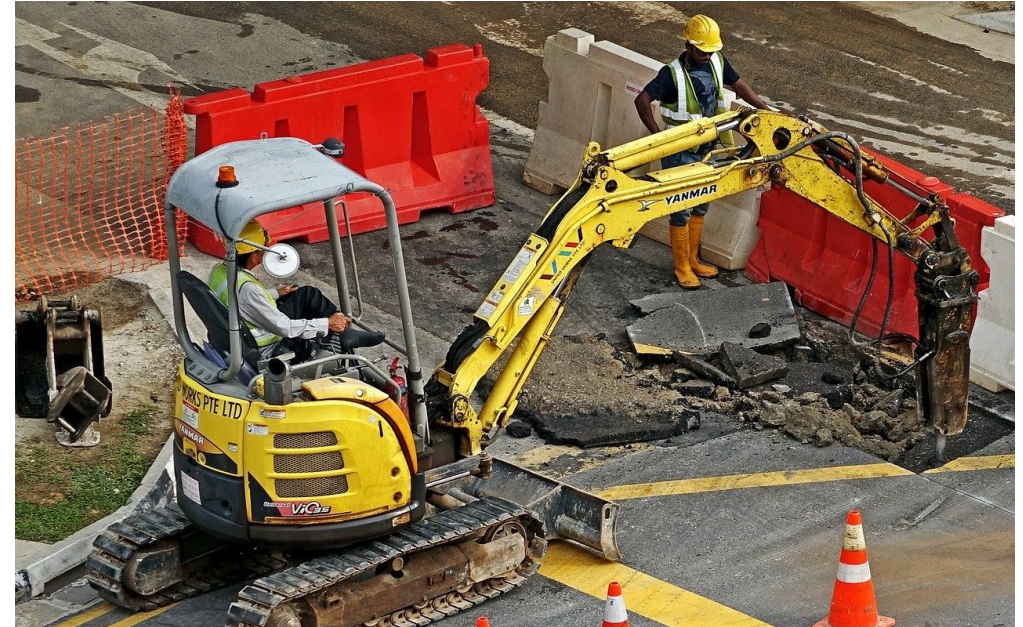
# NON-NORMATIVE OR UNANTICIPATED LIFE TRANSITIONS





# NONNORMATIVE OR UNANTICIPATED TRANSITIONS

- Unexpected loss or event
- Not always negative
- Individual, family, community, and global examples



## THE GOOD NEWS

Up to 70% people experience positive psychological growth from difficult times

- Deeper sense of purpose
- Greater appreciation
- Increased compassion





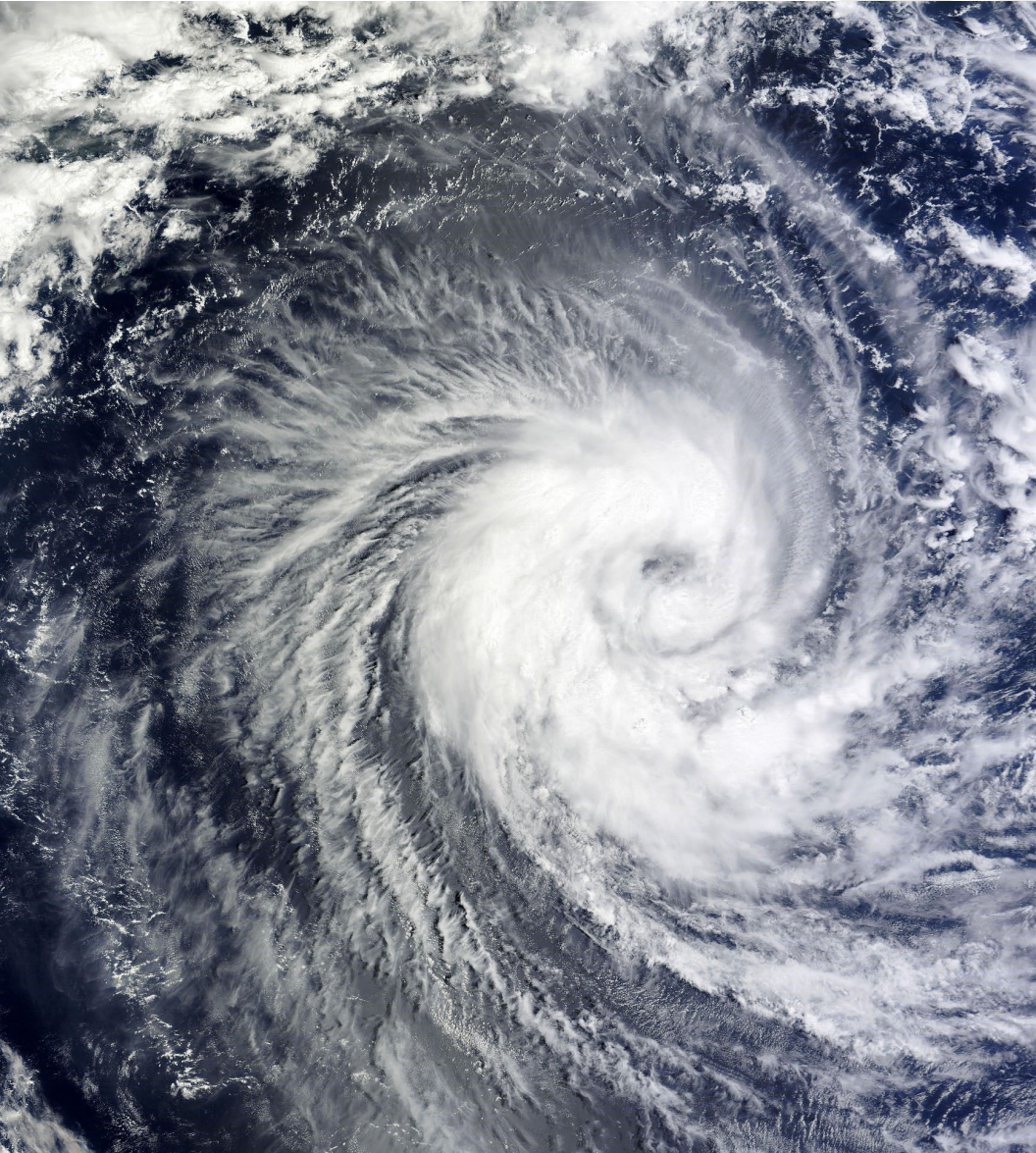
## WHAT DO WE DO WITH THESE LIFE TRANSITIONS?

- Be in the moment
- Practice self-care and self-compassion
- Connect with others
- Be kind to your future self
- Use your resources





# BE IN THE MOMENT



## MINDFULNESS

<https://wexnermedical.osu.edu/integrative-complementary-medicine/resources/mindfulness-practices>

**Considering an app for your mindfulness journey?**

<https://osuhealthplan.com/sites/default/files/2020-09/meditation-apps.pdf>

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# PRACTICE SELF CARE AND SELF COMPASSION



Self-Care can be as basic as:

- enough sleep
- exercise
- eating healthy foods
- staying hydrated



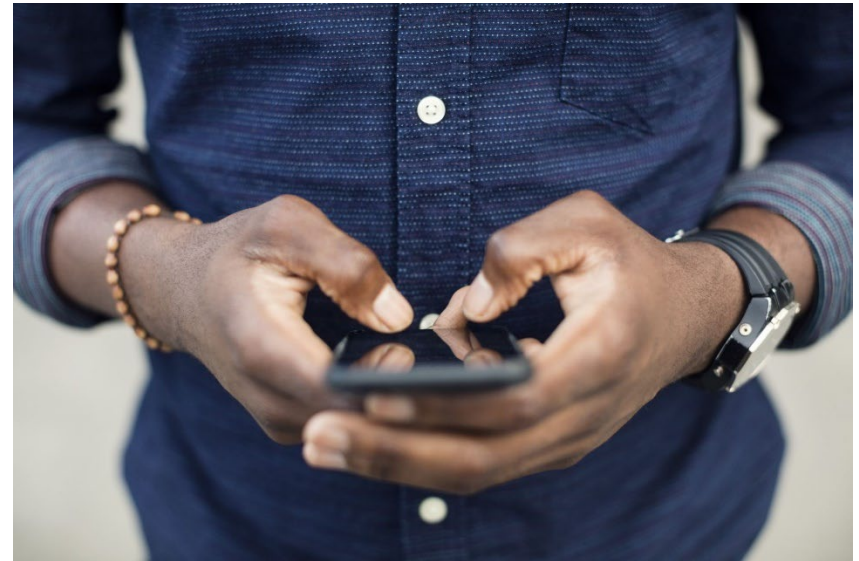


# CONNECT WITH OTHERS



# BUILD AND STRENGTHEN SUPPORT NETWORK

- Reach out to family and friends
- Use technology for your benefit
- Connect with people who share your interests
- Look for peer support groups
- Ask for help



Tips from American Psychological Association

<https://www.apa.org/topics/stress/manage-social-support>





# BE KIND TO YOUR FUTURE SELF





## QUESTIONS TO CONSIDER

### Ask yourself:

- What do I want to be about in the face of this difficulty?
- What would the person I want to be do right now?
- What is the gift from this experience?

Shilagh Mirgain, The surprising benefit of going through difficult times

<https://www.uwhealth.org/news/surprising-benefit-going-through-difficult-times>



# USE YOUR RESOURCES

WHEN I SAY “HAVE YOU CONSIDERED SEEING A THERAPIST?” I’M NOT SAYING “YOU’RE SO MESSED UP ONLY A PROFESSIONAL CAN HELP YOU.”

WHAT I’M SAYING IS: HAVE YOU CONSIDERED THAT YOU’RE WORTHY OF AN UNBIASED, SAFE, AND PRODUCTIVE OPPORTUNITY TO PROCESS YOUR EXPERIENCES?

@MEGANESHOO

988 Suicide & Crisis Lifeline



# LIFESTYLE SPENDING ACCOUNT - LSA

Eligible employees will receive up to a total of \$500 a year for eligible well-being purchases in **four key categories**:

1. Health and Fitness
2. Home, Work and Family
3. Emotional Wellness
4. Social and Personal

<https://hr.osu.edu/benefits/lisa/>





# EXAMPLE EXPENSE CATEGORIES

<https://hr.osu.edu/benefits/lisa/>

## Health & Fitness

Gym Memberships

Weight loss programs

Fitness Equipment

Healthy Meal Delivery

Fitness Trackers

## Home, Work &

### Family

Child & Pet Care

Financial Planning

Professional Development

Emergency Car Repair

Transportation to Work

## Emotional

### Wellness

Mindfulness App

Massage Therapy

Sleep Support

Self-Improvement Books

Stress Management Course

## Social & Personal

Zoo Membership

Gardening Supplies

Art & Cooking Classes

Social Club Dues

Fishing license



## REAL LIFE LSA EXAMPLES – USE YOUR RESOURCES

- Garmin watch (uploads exercise info to YP4H)
- New tires
- Mattress
- Tennis shoes
- Museum of Art membership (reciprocal privileges)



# TODAY'S RECOMMENDATIONS:

## Week 4 Skills Building

- Be in the moment
- Practice self-care and self-compassion
- Connect with others
- Be kind to your future self
- Use your resources





# REFERENCES – [go.osu.edu/bendintheroad](https://go.osu.edu/bendintheroad)

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# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!  
Please complete a brief survey following this presentation.

**This survey will be sent via email to all registrants.  
This and all future series recordings can be found at:**  
<https://u.osu.edu/hopedreamconnect2/>

*\*Please remember, to be eligible for raffle prizes,  
you must complete 5 out of 5 knowledge checks and post surveys by 11:59pm March 29th.*



**Join us next week!**

March 22, 2023

12:30 – 1:00 pm EST

**Budgeting for the Journey:  
Financial Wellness for Hopes & Dreams**

**Melinda Hill**

Extension Educator Area Leader, Family and Consumer Sciences  
Ohio State University Extension Wayne County





# Questions?

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