

Association *for* Healthcare Foodservice



AHF NATIONAL CONFERENCE

#AHFNationalConference

A close-up portrait of a bald man with a warm, friendly smile. He is wearing a dark blue denim jacket over a white t-shirt. The background is a brown wooden wall with vertical planks. To the left, a blurred white architectural element, possibly a window frame, is visible.

Fill Your Cup

Emotional Wellness
for Exhausted Leaders

MIKE
Veny

WULA
D R U M

Djembe

Gather together in peace





Disclaimer

This learning experience is informed by psychological research and will give you tools, strategies, and resources to improve wellbeing.

Important

Mike Veny is not a mental health professional. If you need medical help, please consult a doctor. If you are in an emergency, **please call or text 988** (in the USA).

Be Emotionally Well®

Mike Veny's mission is to support you in discovering the gift of emotional wellness through unique learning experiences designed to empower your personal and professional growth.

When you are emotionally well, you will be more
PRODUCTIVE.

MIKE
Veny

CERTIFIED CORPORATE WELLNESS SPECIALIST®





2017 PM360 ELITE Award Winner
Recognized as one of the 100 most influential people
in the healthcare industry.

MIKE VENY



**TRANSFORMING
STIGMA™**

HOW TO BECOME A
**MENTAL WELLNESS
SUPERHERO**



OpenSesame



Trust The Process









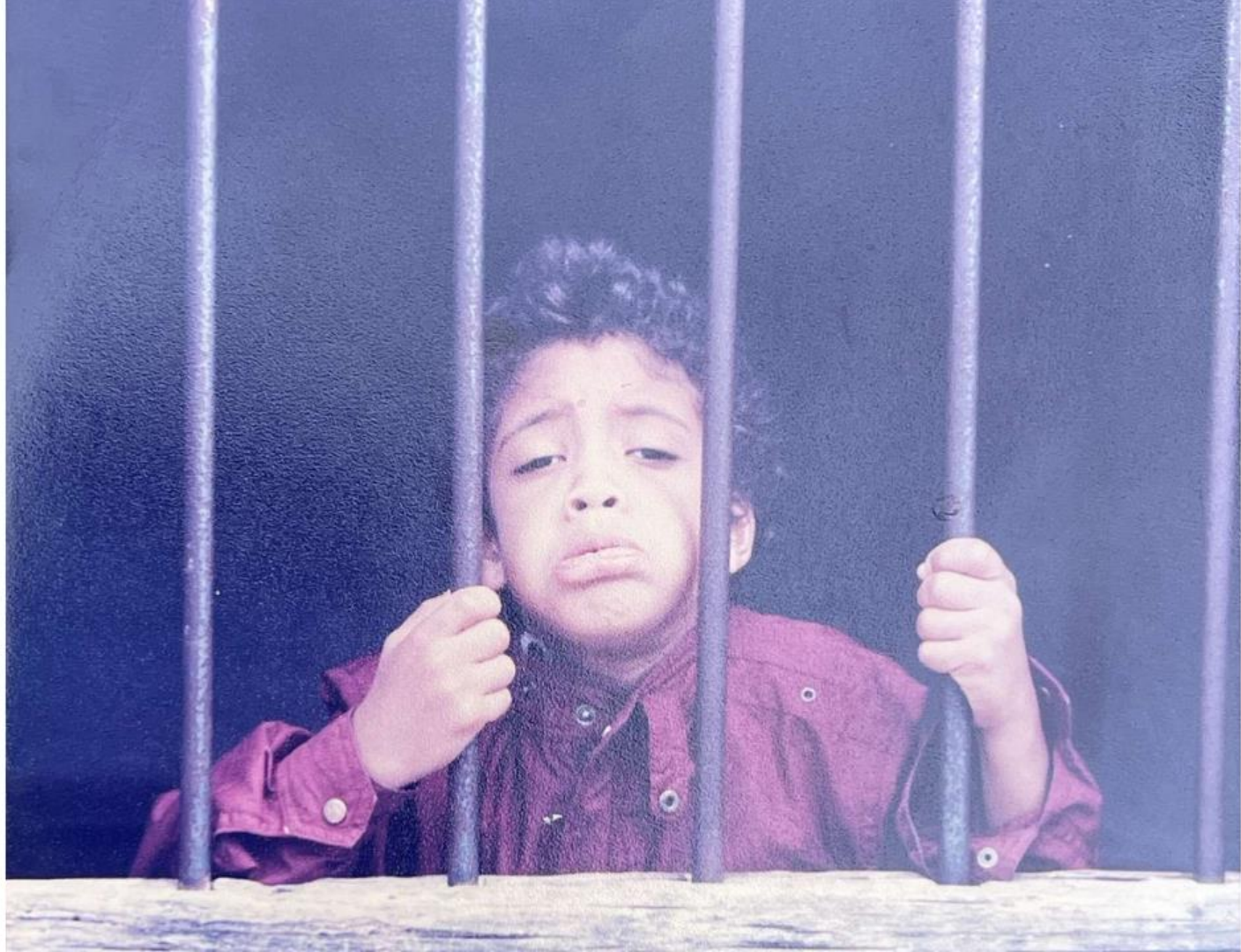












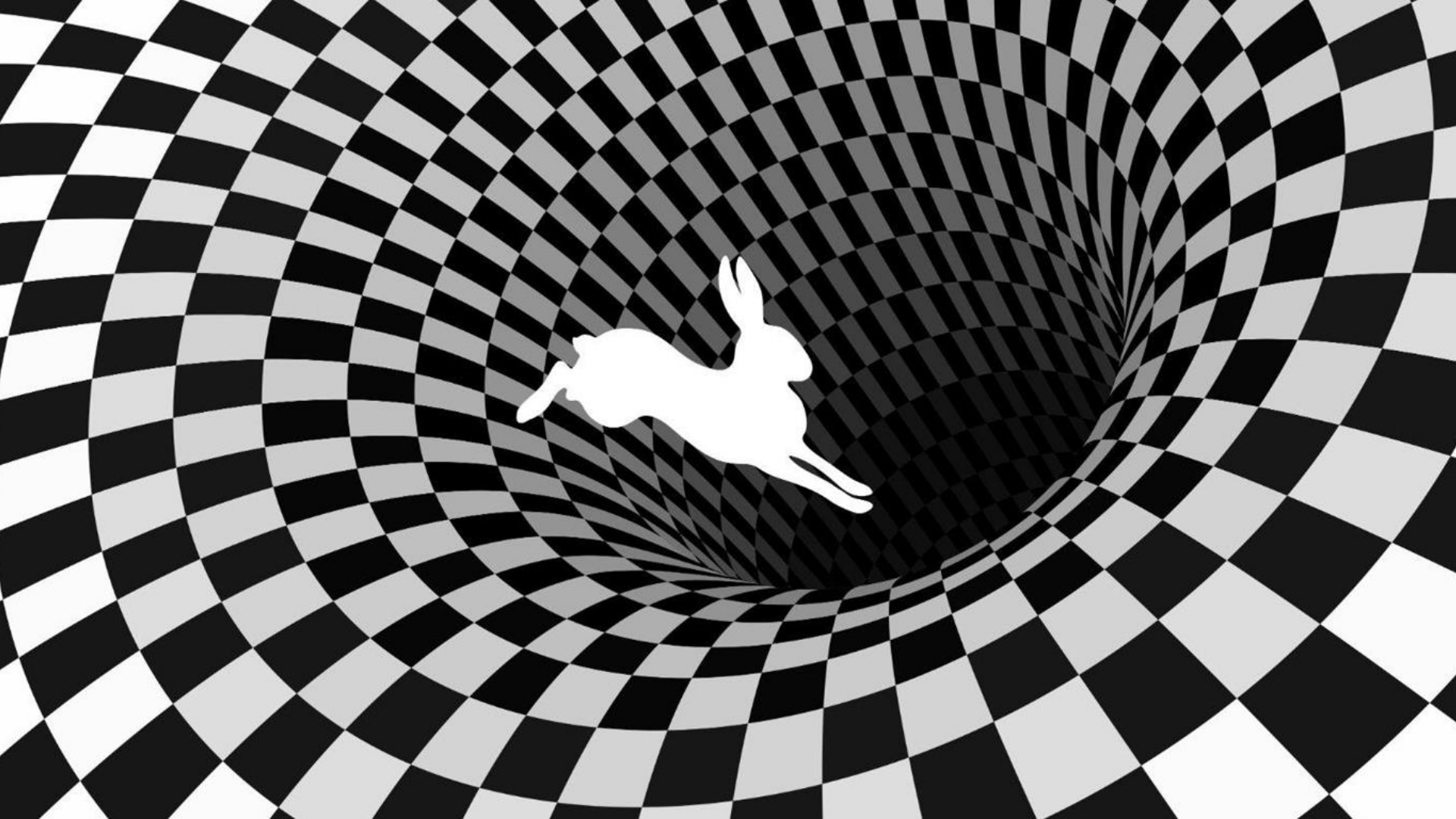


AGE 10

The intense and overwhelming pain I felt wasn't going to go away...

I needed a more drastic and immediate solution.

On Friday, September 29, 1989, I went looking for it...











Wellness vs. Wellbeing







**A Brief
History Lesson**



- Bernardino Ramazzini
- Italian doctor in the late 1600s
- Diseases and illnesses that impacted the lives of workers
- Published a book in the early 1700s











Feiges
Fruchtblitz
mit Vodka
20ml e

Kaffee
20ml e

Feiges
Fruchtblitz
Feige mit Vodka
Liquor
20ml e

Kaffee
20ml e



**Employee Assistance
Program**

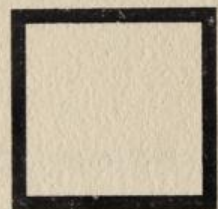


YES
MASK

NO
MASK



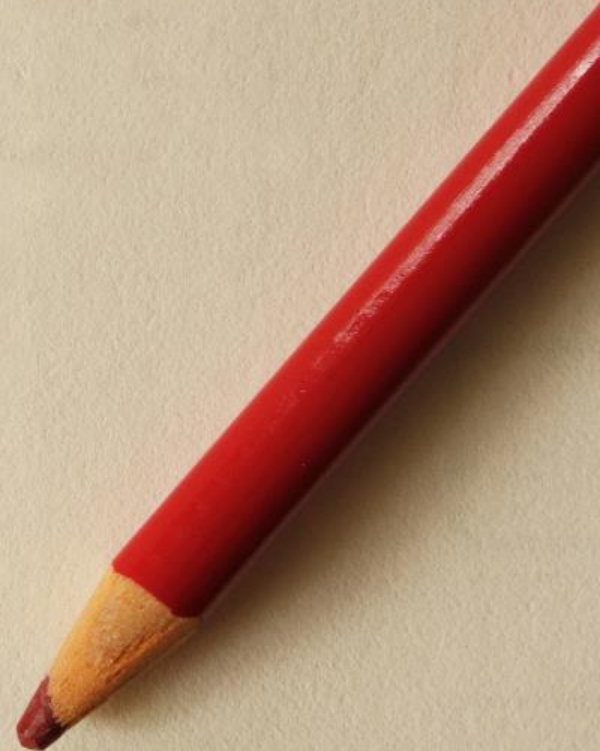
Priority #1



Priority #2



Priority #3



Stress

is your body's response to demand or stimulus.



BILLS

WORK

TEAM
WORK

DADLINE

SHOPPING

LEADER

HOMEWORK

MOTHER

PETS

GYM

MEETING

DINNER

KIDS

BUSINESS
WOMAN

Fatigue

is when you're extremely
tired or exhausted.



Burnout

is when you're so fatigued
that you can't function.



“After trauma the world is experienced with a different nervous system.”

Bessel A. van der Kolk





Real Self-Care





Self-care is what you do for your health when you're not in the presence of a medical professional.









3 Types Of Self-Care

- Self-care for **daily living**
- Self-care for **coping**
- Self-care for **healing**



What am I feeling?

Where is it located?

What do I need right now?



Private and Confidential





THE 3 OUTS™





**NO
ADVICE
ZONE**





Foster Resilience and Adaptability



Please Keep In Touch!







**MAKE
YOURSELF
A PRIORITY**

Please Keep In Touch!

