

# SELF CARE AS WE COME BACK TOGETHER

HOW TO MOVE FORWARD AS WE BEGIN TO REUNITE IN PERSON

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## TIME FOR YOUR HEALTH FAIR! IT'S ALL ABOUT YOU!

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- 2+ days of Speakers and Activities
- All geared to help you in these everchanging times
- Time to...
  - Embrace our new experiences
  - Be open to different perspectives
  - Come back together with open minds
  - Pickup where we left off and improve from there
- Self-Care will make us stronger team members
  - You will go deep on several topics.
  - We are going to start touching on them now!

Be sure to  
attend 1  
additional  
session to be  
entered in the  
Raffle!

Chef Olive and I hope to see you for the  
Closing Session on Friday at 1pm PT!  
*Happy Hour ~ Laughing in the Kitchen!*

# SELF CARE AS WE COME BACK TOGETHER

HOW TO MOVE FORWARD AS WE BEGIN TO REUNITE IN PERSON

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Being a good team  
member starts with  
Self-Care

What steps can we take now to prepare?

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## WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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### Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting  
and everything in between (Currently both Virtual and In-Person)

Bringing people together through  
Cooking, Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible

COOK using healthy cooking techniques

EAT a variety of whole foods including herbs and spices

SHARE and enjoy meals with friends and family

AWARENESS of allergies and sensitivities

We're all good 😊

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## OBJECTIVES FOR TODAY

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- Understand the impact of change on you and your social networks
- How have you or your team members been impacted?
- What actions can you take to prioritize your well-being?
  - Adapting your lifestyle
  - Rejuvenating your nutrition habits
- How can you be your best for you and your team?
- What steps will you take today?

2021 didn't  
snap back to  
normal like  
we'd hoped

Give yourself PERMISSION to prioritize yourself!  
Then you will be ready to be available for others  
*(think back to what your flight attendant mentioned about your oxygen  
mask on your last flight 😊)*

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## LET'S START WITH AN ENERGY BURST!

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- Anyone have Zoom fatigue?
- Anyone looking for a little pick-me-up tip to use any time (even in the office)?

### 'Pull-ins' to the Rescue!

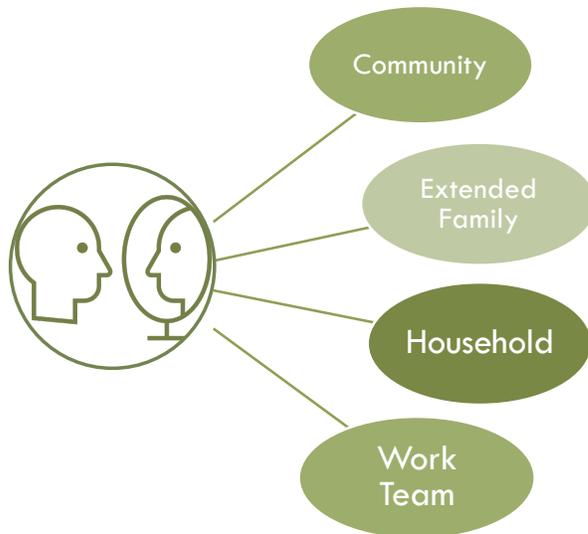
1. Hands in the air (like shooting a basket)
2. Quickly pull your arms back to your ears while making a fist while exhaling through your mouth.
3. Here we go!

(Repeat 10 times)

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## WHAT CHANGED FOR YOU OR YOUR SOCIAL NETWORK?

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So many groups touch our lives. All those touchpoints indicate changes we have faced or are facing today.

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## HOW HAVE YOU OR YOUR TEAM MEMBERS BEEN IMPACTED?

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Less	More	Loss	Gain
<ul style="list-style-type: none"><li>• Physical contact</li><li>• Positive stimulus</li><li>• Laughing</li></ul>	<ul style="list-style-type: none"><li>• Stressful conversations</li><li>• Anxiety</li><li>• Stress eating</li></ul>	<ul style="list-style-type: none"><li>• Family and Friends</li><li>• Friendships</li><li>• Security</li></ul>	<ul style="list-style-type: none"><li>• New appreciation for the normalcy from 2019</li></ul>

Which changes can you relate to?

Which may impact you as you return to the office?

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## WHAT ACTIONS WILL YOU TAKE TO PRIORITIZE YOU?

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- Adapting your Lifestyle
  - Accept your needs and communicate when to others
  - Prioritize your physical, mental and emotional health
- Rejuvenating your Nutrition Habits
  - Stick to a regular routine and avoid skipping meals
  - Plan ahead so meals are not a stressful chore
  - Focus on foods that bring wellness and calm?

Think of today as thought generators. Go through this and other sessions gather insights and see what resonates.

Acceptance of where you are today is the place to start

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## SELF-CARE – 10 AREAS FOR SIMPLE MEANINGFUL CHANGE

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1. **Movement** – start small with stretching and daily ‘Pull-ins’!
2. **Laughter** – with others, watch a movie, and laugh at yourself! *Find humor!*
3. **Relaxation** – reaching a meditative state Meditation through positive actions and habits (cutting herbs & vegetables), especially before bed
4. **Managing your time** – fit the most important things in first
5. **Scheduling time for yourself** – waiting for ‘free’ time may not happen
6. **Get enough sleep** – You probably know how much works for you
7. **Get on track with your doctor** and dentist appointments
8. **Reach out** to your network or a professional
9. **Utilize available resources** and groups – Join AssetMark activities!
10. **Get Sunshine** every morning - at least 15-20 minutes



What about nutrition?

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## SELF-CARE – MEAL ROUTINE AND PLANNING

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- Create and stick to a routine and avoid skipping meals
  - Skipping meals upsets blood sugar, mood and more
  - Once out of balance it's not easy to regain
- Plan time to prepare meals
  - Avoid meals becoming a stressful chore – find a meditative balance with food and cooking
- Have food available - shop or order
  - Breakfast – include protein, fats, and carbs
  - Healthy snacks – ready to grab
  - Lunch may look different – pack a lunch?
- Prioritize time to eat
  - Avoid multitasking while you eat
  - Give your body a chance to digest and absorb

How will lunches, snacks and even breakfast be different when returning to the office?

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## SELF-CARE – WHAT TO INCLUDE IN YOUR DIET

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- Focus on foods that bring wellness and calm
  - Reduce anxiety
  - Stimulate endorphins
  - Adequate healthy fats
  - Balance all macronutrients
- Reduce foods that are triggers
  - Sugars and stimulants
  - Known sensitivities and allergens
- Hydrate, hydrate, hydrate!
  - Thirst is a sign of dehydration
  - Make it a habit to be ahead of it!

Easier said than done, right?

Add in the good stuff, BEFORE trying to remove the triggers.

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## SELF-CARE – FOODS THAT BRING WELLNESS & CALM

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- Reduce anxiety
  - Eat - organic vegetables, fruits and full-fat dairy; grass-fed meat, pastured poultry and wild fish; fermented foods; breakfast everyday with adequate protein
- Stimulate endorphins – pain-relieving and pleasure-promoting hormones
  - Chili peppers (capsaicin)
  - Vitamin C (bell peppers)
  - Healthy fats (raw nuts/seeds, high quality animal products)
  - Probiotic/fermented foods (sauerkraut, kombucha or kefir water, like **Rebout** herbal teas!
  - And more... vanilla, lavender, ginseng, ashwagandha
  - Dark chocolate

Start thinking about your  
Self-Care goals!

Now we can switch to the  
health of our teams

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## HOW CAN YOU BE YOUR BEST FOR YOU AND YOUR TEAM?

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- We are now used to being remote and not talking in person, how will this impact our dynamic?
- Teammates may have varied readiness to interact face to face as we return:
  - Hesitant to interact due to COVID?
  - Out of practice and less comfortable jumping in?
  - Feel more efficient when staying at their desk?
  - We are all learning to operate in a hybrid model?
  - Other reasons?
- How will we quickly gain back our healthy in-person team dynamic?

Have you thought about  
your team interaction when  
you return?

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## RE-ESTABLISH YOUR HEALTHY IN-PERSON TEAM DYNAMIC

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1. Be open, available and genuine to others at all levels
2. Communication (over-communicate)
3. Acceptance of others and their perspectives
4. Learning new boundaries - different by individual
5. Valuing each person as an individual and team member
6. Clarity and Confirm – when in doubt ask
7. Seek HR assistance, if needed
8. Create opportunities to connect during work activities
  - Hold one-on-one or staff meetings outside! (this is a favorite of mine)
  - Include icebreakers at the beginning of meetings
9. Create opportunities to connect during work for **social activities**
  - Eating together - coffees, snacks and lunches
  - AssetMark social activities
  - Initiate a walking group!
10. Bring back the toolkit we discussed one year ago
  - Patience, Understanding and Empathy for others

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## AWARENESS: PATIENCE, EMPATHY, UNDERSTANDING

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- People have different ways of dealing with new changes
- Some may not express their concerns or opinions
- Others may need our support or just patience at a distance

Patience is linked to good mental and physical health as well as a higher probability of achieving our goals

Eat well – We are generally more tolerant after a balanced meal

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## AWARENESS: PATIENCE, EMPATHY, UNDERSTANDING

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### PATIENCE

Focus on the long-term goal  
Appreciate everyone's contributions  
Patience is linked to good mental and physical health

### UNDERSTANDING

Back to basics – seek to understand  
Imagine the best scenario  
Take time before responding  
Try another approach

### EMPATHY

Provide space or support as needed  
Compassion and emotional support are not the norm for businesses  
Everyone's situation is different, and we don't know all the details

What is your one goal in this area?

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## WHAT STEPS WILL YOU TAKE TODAY?

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Start thinking about your goals today!

- 2 goals for Self-Care
- 2 goals as a team member
- Here's one example of a goal:
  - How I feel: I'm thinking ahead about how returning to work in the office will affect my family's routine.
  - My goal:
    - To be ready to return to the office in January, based on the Hybrid Model.
    - December 1<sup>st</sup>: I'll start planning my family's routine, taking my office work schedule into account to support a smooth transition.

Create SMART goals during the Health Fair!

What is your first goal for Self-Care?

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## WRAP UP / QUESTIONS?

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### About Lisa Michelle Miller, BS, NC

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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Now In-Person and Virtual!
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events, Nutrition Education, Corporate Wellness, Personal Cheffing, Wellness Probiotics, Tonics and Teas (Reboot)

Link to today's presentation, happy hour info and more

<http://www.kitchenonfire.com/health-fair-2021-self-care>