

Whole Health Minute

Guide for Practice

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| Want to create an employee health and wellness board on your unit? Contact vhaekhwholehealthconsultants@va.gov for mindfulness and circle of health posters, employee whole health website and Well Beats flyers to make your resource board pop!  |
| Establishing your whole health minute practice.* Determine a regular schedule of practice and a start date. Typically one day a week at the same time and same place works best.
* Consider a three month commitment to the practice. The first 4-6 weeks you will lead your team and then you can ask for volunteers to start helping lead the practice.
* Decide if you want to collect pre and post assessment data from your staff.
* Review resources and tools to support leading your team in this practice.
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| Whole Health Minute Structure It is important to model consistent structure when leading each practice to help with growth and comfort of the practice. * Whole health minute practices should be kept to 60-90 second.
* Show up prepared for each session knowing what the practice will be.
* Foster a safe environment for sharing.
* Allow team members space to share.
* Don’t be afraid to gently re-direct if the discussion is getting off track.
* Provide options for next practice and encourage your team to share ideas for practice.
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| First practice* Have your team complete the pre assessment (if you are opting in for assessment data collection). You can scan and email or hand deliver them to whole health.
* Introduce information to your team about what the whole health minute practice is, timeline for practice, aim, benefits etc.
* Share benefits of one minute mindful practice.
* Activation of the parasympathetic nervous system dissolving stress and anxiety
* Slows down and calms the mind
* Activates and strengthens the prefrontal cortex, enhances mindfulness
* Allows us a moment in our day to consider and prioritize our self-care
* Creates and strengthens our sense of community together
* Lead your team in their first whole health minute.
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| Sustainment & Growth* After 4-6 weeks of practice, you are likely seeing an increase in your teams engagement, sharing and positive energy in the whole health minute practice. You may also notice that some team members are showing interest in leading whole health minutes. Begin to incorporate these team members into leading the whole health minute practice each week.
* After three months of practice the whole health minute has most likely become a regular part of your teams routine.
* Have your team complete the post assessment if you are opting in for assessment data collection. If you are not collecting data consider debriefing with your team about this practice and the benefit of continuing as part of your regular team activities.
* Consider asking for a volunteer to champion this whole health practice with your team, coordinating others to lead practice each week.
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| Tools & Resources[Employee Whole Health Supervisor Toolkit (sharepoint.com)](https://dvagov.sharepoint.com/sites/VHAOPCC/EWH/SitePages/SupervisorToolkit.aspx)[Whole Health Minute (sharepoint.com)](https://dvagov.sharepoint.com/sites/cincinnati/clinical/wh/SitePages/Whole-Health-Minute.aspx)[Mindful Mondays - Home (sharepoint.com)](https://dvagov.sharepoint.com/sites/vhanursing/mindfulmondays)[MindAwarePract-508Final-9-4-2018.pdf (va.gov)](https://www.va.gov/WHOLEHEALTH/Veteran-Handouts/docs/MindAwarePract-508Final-9-4-2018.pdf)[Mindfulness Coach | VA Mobile](https://mobile.va.gov/app/mindfulness-coach)EK Employee Whole Health Events & Resources: [EKHCS Employee Whole Health Website](https://www.va.gov/eastern-kansas-health-care/work-with-us/volunteer-or-donate/whole-health/employee-whole-health/) VISN Employee Whole Health Events & Resources: [VISN 15 Employee Whole Health](https://dvagov.sharepoint.com/sites/vhav15whole/SitePages/Employee-Whole-Health.aspx) VHA Employee Whole Health Events & Resources: [VHA Employee Whole Health](https://dvagov.sharepoint.com/sites/VHAOPCC/ewh) |
| Pre & Post Survey Data * Collect pre and post assessments as indicated, route these to vhaekhwholehealthconsultants@va.gov or hand deliver for data compilation.
* We will compile your pre and post assessment data and provide you with a report showing your teams responses about the impact that the whole health minute has had on your team. You can then share this data with your team allowing them to see the growth they have had since starting the whole health minute practice.

*Data from teams that have incorporated a whole health minute into their regular practice:* |
| Need help getting started? We can help! Email us at *vhaekhwholehealthconsultants@va.gov* |