THE WISE WOMAN’S JOURNEY

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If you or your clients are experiencing life transitions with relationships and family, sleep deprivation, weight maintenance, body image issues, career changes, money matters and more, this gathering is for you!

Take-home points:
1. Developing intrinsic sources of motivation play an important role in positive body image indicators and overall well-being.
2. Physical activity is key to managing stress, weight, and sleep issues.
3. Major life-lessons include self-acceptance and letting go of resistance to change.

I. **Weight and Body Image**, Lauve Metcalfe, M.S., CWC, FAWHP,
   email: Lauve@lauvemetcalfe.com
   - Weight satisfaction: understanding the problem
   - Key pressures that challenge a healthy body image
   - The value of Exercise for positive body image and healthy weight
   - Strategies to improve body image
   - How to coach the inner critic

   - **Weight & Body Image Resources**:
     - Kristin Neff’s Self Compassion, (selfcompassion.org) – exercises to enhance self compassion
     - thebodypositive.org- resources to overcome conflicts with body image
     - “This Girl Can’ video: http://fb-12.sfglobe.com/2015/01/13/this-short-makes-me-feel-like-i-can-conquer-the-world/?src=share_fb_new_32086
     - https://www.youtube.com/watch?v=XpaOjMXy[Gk] - a poignant video that shows how women are their own worst critics. This social experiment explores how women view their own beauty in contrast to what others see.

II. **Transitioning Knowledge into Leadership**, Mary Kruse, M.S.,
    email: marykruse@healthsource-solutions.com
    - Blending personal and work goals to make a stronger you!
    - Key strategies in creating an environment that breeds trust and support
    - Lessons and challenges women face in being a business leader

    - **Resources**:
III. **Understanding life changes/challenges: empty nest, marital changes, elder-care**, Grace DeSimone, BA, email: gdesimone@plusone.com

- **Empty Nest**:  
  - A phenomenon, not a disease  
  - Sense of loss, depression  
  - New adventure, freedom, bucket list

- **Marital Changes**  
  - Divorce, separation, loss, freedom  
  - Behavioral changes are both health damaging (smoking relapse, increased drinking, and poorer diet) and health promoting (increase in exercise). Conversely, remarriage is associated with generally health-promoting behaviors.

- **Elder Care**  
  - Women who cared for ill parents were twice as likely to suffer from depressive or anxious symptoms as non-caregivers.

- **Wise Health Professional’s unique opportunities**  
  - Accept it  
  - Plan Ahead  
  - Schedule Time  
  - Health IS everything. Making time for you IS important.

- **Resources:**  
  - [www.AARP.org](http://www.AARP.org) Reimagine Your Life  
  - Family Caregivers Alliance

- **References:**
IV. **Psychological Health throughout a Woman’s Lifespan**, Mary Yoke, M.A., M.M., email: mmyoke@indiana.edu

- Depression and anxiety
- Stress
- Resiliency and character strengths
- Flourishing and becoming wise

**Resources for Psychological Well-being:**
- Get well-being scores and learn about optimism at: [https://www.authentichappiness.sas.upenn.edu/](https://www.authentichappiness.sas.upenn.edu/)
- Assess your character strengths and become more empowered at: [http://www.viacharacter.org/www/](http://www.viacharacter.org/www/)

**References:**