



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



DR. T'S MENTAL HEALTH MINUTE

It is no secret that one's happiness is directly related to their environment. Environmental wellness is a dimension of health that connects your overall well-being to the health of your surroundings. Your environment (social and physical) can have a tremendous impact on how you feel. We all feel better when our house is clean, and we feel safe in our homes. Positivity and good health are promoted by putting yourself in a pleasant and stimulating atmosphere that fosters growth and belonging.

Environmental wellness includes both our micro-environment (the places where we live, learn and work) and our macro-environment (our communities, country and planet). As we all know, it can be hard to feel good about yourself if you are surrounded by clutter or if you feel unsafe in your environment. Pollution, violence, garbage buildup and water contamination are some of the common issues affecting environmental wellness. It is important that we acknowledge our own responsibility for the quality of the air, the water and the land that surrounds us. We all have the capacity to make a positive impact on the quality of our environment, be it our homes, our communities, or our planet. Ways to manage environmental wellness include creating neighborhood watches, recycling, planting a personal garden, purchasing products with minimal packaging, avoiding littering and turning off lights and water when not in use.

PLEASE TAKE A FEW MINUTES AND CONSIDER THE QUESTIONS BELOW, AS THEY CAN ASSIST YOU IN CREATING YOUR OPTIMAL ENVIRONMENTAL WELLNESS PLAN.

- Do you use reusable items over disposable items (coffee mug, plates vs single use items)?
- Do you conserve water and other resources as much as possible?
- Have you contacted the post office and stopped junk mail?
- Do you bike or walk instead of driving your car when the situation allows for it?
- Do you carpool with coworkers who live in your area?
- Do you turn off electronics and unplug appliances when they are not in use?
- Do you regularly clean your living and work environment?
- Do you make maximal use of natural light, fresh air, and live plants?
- Do you recycle (glass, paper, plastic, etc.)?
- Do you set aside time to enjoy nature?
- Do you set aside time to reflect and/or practice mindfulness?

Source: www.samhsa.gov

Explore more at the [Chiefs Wellness Program homepage](#) -->



SHAUN TYRANCE, PH.D

Team Clinician Dr. Shaun Tyrance enters his second NFL season with the Chiefs in 2020. Dr. Shaun Tyrance joined the NFL as just the second full-time team clinician hired by an NFL team. As a licensed therapist who specializes in working with athletes, Tyrance joins the Chiefs with years of experience helping players and coaches perform at their highest levels personally and professionally. His athletic experience extends across the professional and collegiate ranks, covering a wide-ranging list of sports, including football, basketball, baseball, golf and motorsports. In addition to working with athletes and coaches, Tyrance has consulted with Fortune 500 companies to help them hire the best individuals and get the most out of their employees.