



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



DR. T'S MENTAL HEALTH MINUTE

Although we are in the middle of our football schedule, November kicked off the holiday season for many of us. One key ingredient to this time of year is spending time with friends and family, as well as eating good food and enjoying your favorite holiday beverages. It is important during this time of year that we remember that our physical health has a major impact on our overall well-being.

Individuals who strategically monitor and improve their physical wellness have healthier minds and bodies. Take this opportunity to evaluate your diet and exercise regiment, and make sure that you are receiving the appropriate level of health care for your current needs. Taking control of your physical health will allow you to be happy and enjoy life to the fullest.

Developing positive and consistent healthy habits is the most effective way to manage your physical health. Popular diets and workout routines can be helpful in the short-term, but long-term change only comes when people adopt a healthier lifestyle that they can maintain for the rest of their lives. This doesn't mean that you have to give up ice cream forever, or that you have to work out seven days per week, but it does mean that you have to have a plan for how you are going to improve or maintain your optimal level of physical health.

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

- Are you eating balanced meals that align with your daily caloric intake goals?
- How often are you eating out versus at home?
- Are you drinking the appropriate amount of water each day?
- Are you exercising regularly?
- Have you identified your healthy weight or body mass index and created a realistic plan for achieving or maintaining that goal?
- Are you getting 7-8 hours of sleep a night?
- Are you shutting off all screens at least 30 minutes prior to going to bed each night?
- Have you begun or increased your use of alcohol, drugs or tobacco?
- Are you conscious of personal or environmental triggers that make you want to use alcohol, drugs or tobacco?
- Do you visit your doctor, dentist, and other health care providers on a routine basis?
- If you are prescribed medication, are you taking and storing your medication appropriately?



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.