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Cultivating a culture of wellness and resiliency in the workplace

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Statement of the Problem:

Today more than ever a culture of well-being and resiliency in the workplace is needed. Obesity is at an all-time high as well as its associated conditions; Heart disease, stroke, type 2 diabetes, and certain types of cancer incidence rates continue to grow. The National Health Expenditure (as of 2016) was

\$3.3 trillion or 17.9% of the Gross Domestic Product. The U.S. spends more of its GDP on healthcare than any other nation, yet we are less healthy. Mental health around the world continues to deteriorate. The workplace is in ideal position to assist in combating these maladies. Creating a culture of wellness and resiliency in the workplace allows for positive psychology, mindfulness, and well-being to take a central role in responding to stress and health issues in a healthy way such that goals are achieved at minimal psychological and

physical cost. It allows the individual to grow stronger and to build supports in place to reach their goals, mentally and physically. This also allows the workplace assist in changing social determinants and environments to allow for healthy, happier people.

Biography

Nathan Burandt has his expertise in strength and conditioning, worksite wellness, and teaching. His knowledge and experience has helped in creating a successful wellness program at Florida International University. His abilities to reach out and connect with people come from years of coaching athletes and teaching those very athletes about positive lifestyles off the field.

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