



OCO Wellness Works Representatives

Denise Russell of Corporate Services



Denise is a founding member of OCO Wellness Works and serves as the group's chairperson. Denise is the agency's Benefits Manager – a natural fit for someone who is committed to wellness!

WW: Why is wellness important to you?

DR: Wellness is what it takes to keep a healthy body and mind. Feeling good inside and out helps me to be happy and to form and maintain good relationships with people, and to live a productive life with a positive attitude.

WW: Why did you join the Wellness Works committee?

DR: From a professional perspective, I am committed to finding ways to help employees be as healthy as they can be, and keep our employee benefit expenses as affordable as possible. Recent studies show that unhealthy lifestyle choices make up 75% of health insurance expenses and have a huge impact on productivity and absenteeism. My roles as Benefits Manager and Wellness Works representative help the agency to put strategies into place that will support our employees in finding ways to take control of their health, and improve their well-being..

WW: What areas of wellness are easy for you to work on?

DR: You might think that being a wellness representative automatically qualifies me as being a bundle of health and wellness; that that's not necessarily the case. I have to make concerted efforts to incorporate all the dimensions of wellness into my life. Some dimensions do come a little easier. I tend to "work" on my physical wellness the most, but emotional wellness is probably the easiest for me. I'm at my best when I'm happy . . . and I'm really good at finding things to laugh about, even if it's myself! ☺

WW: What areas of wellness do you tend to neglect?

DR: Spiritual wellness is one that I tend to neglect. And there really isn't any excuse. I think the last 21 years of my life have been so focused on raising my three boys and supporting my family, that there wasn't enough time in the day, and energy left in my brain to be involved in much of anything outside of my kids' activities and interests. What I'm really excited about though, is that being a Wellness Works rep has introduced me to opportunities to work on this dimension. Now that the kids are older and more independent, I'm finding that I have a little room in my life to improve in this area.