

Announcements

- All attendees are automatically muted
- Submit questions any time during the webinar
- Each participant will be emailed a certificate of completion for this webinar next week



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Well-Being Wednesdays: Feeling Good Physically Through Nutrition, Movement, and Sleep

Trainers: Andrew Jordan Thayer, PhD

April 14, 2021



MUNROE-MEYER
INSTITUTE

SAMHSA

Substance Abuse and Mental Health
Services Administration

Disclaimer

This presentation was prepared for the MHTTC Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the MHTTC Network Coordinating Office. This presentation will be recorded and posted on our website.

At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at the Substance Abuse and Mental Health Services Administration (SAMHSA). The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grants under Funding Opportunity Announcement (FOA) No. SM-18-015 from the DHHS, SAMHSA.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

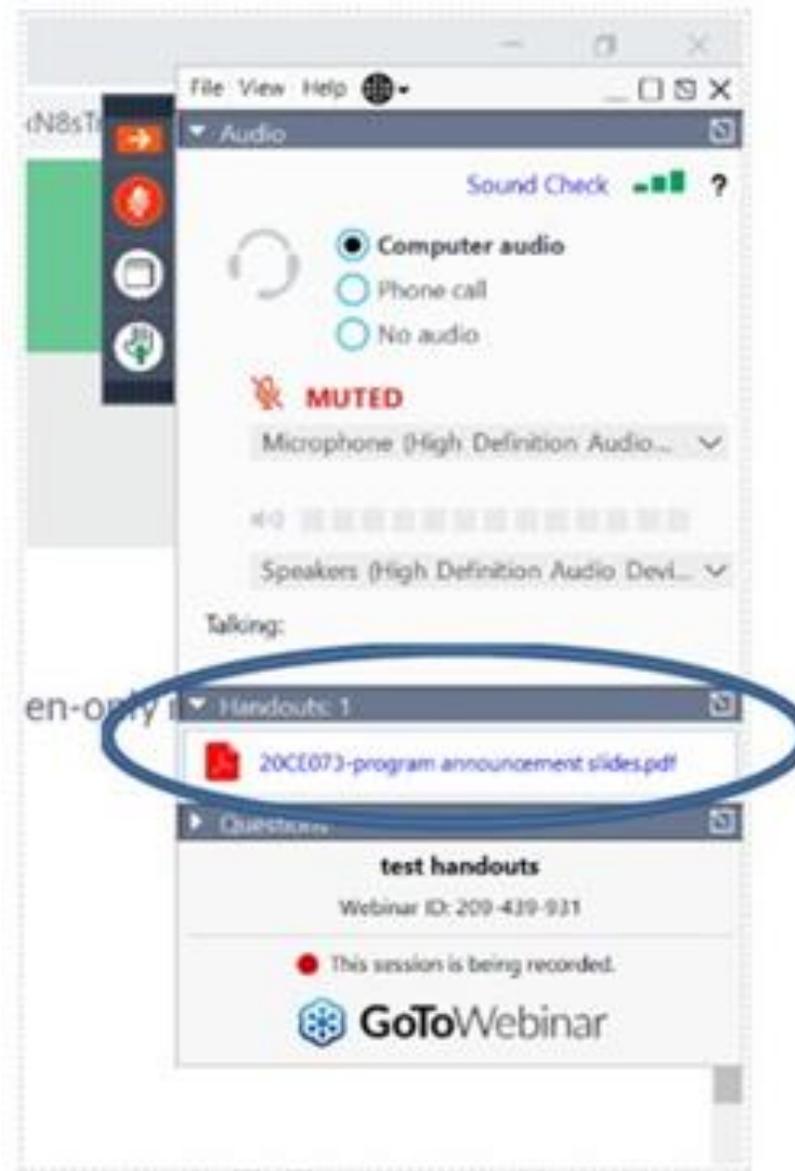
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

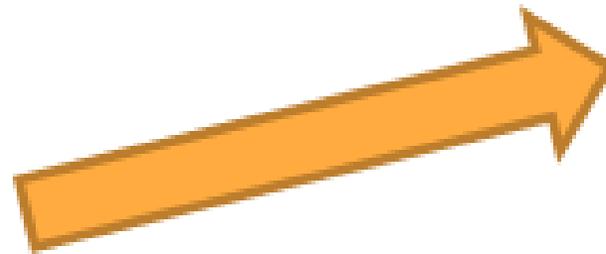
Downloading Handouts



Computer

To ask a question:

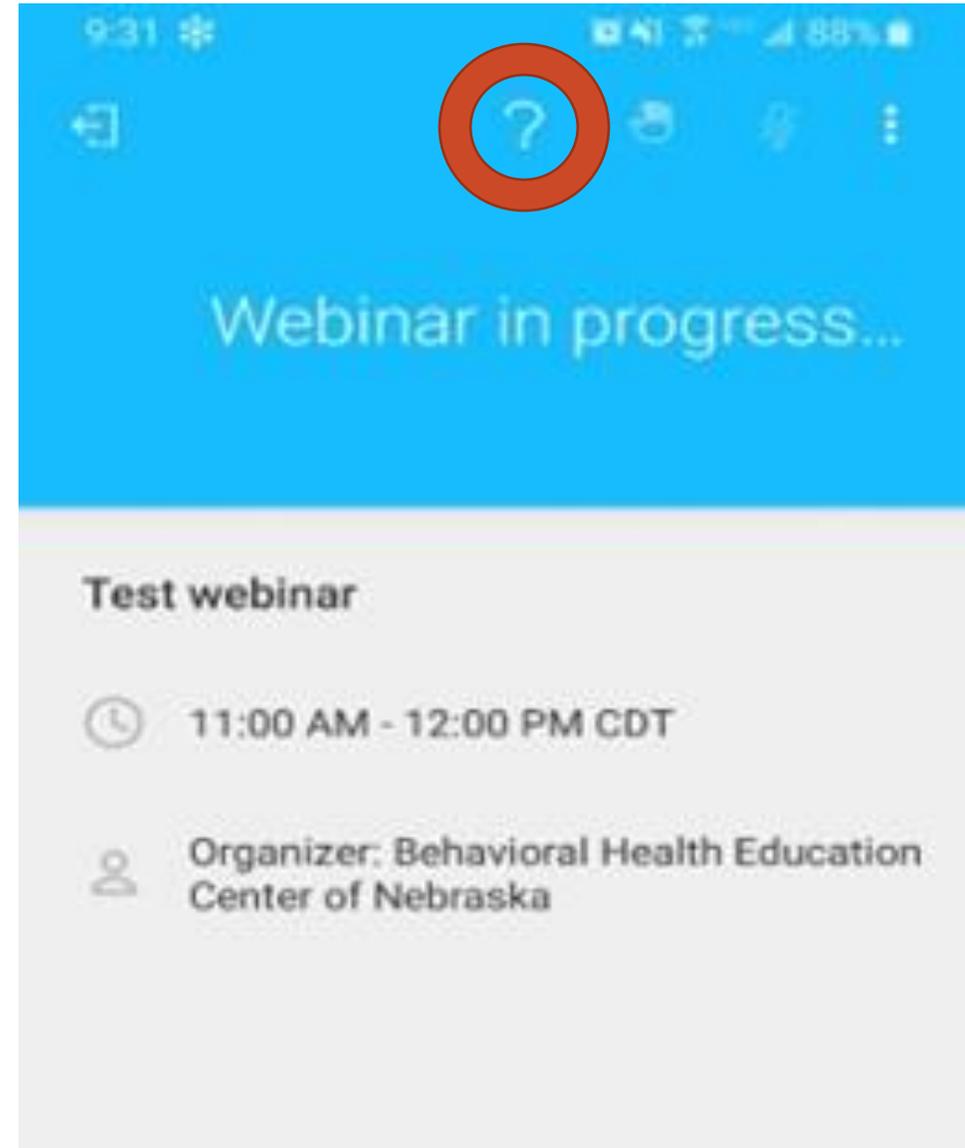
Type it into the
Questions box,
and your
question will
be read out loud.



Phone

To ask a question:

Tap the question mark icon to type your question, and your question will be read out loud.



Evaluation

- At the end of this session, you will be asked to complete a brief evaluation.
- Because this event is federally funded, we are required to ask about participants' satisfaction with our services.
- To maintain our funding, we are required to get 80% participation.
- We greatly value your feedback and participation in the survey!!



An Invitation



The Adult Resilience Curriculum (ARC)

The ARC Modules



1: Understanding the psychobiology of stress and wellbeing
(*psychoeducation*)



2: Creating safe and supportive environments
(*context*)



3: Clarifying, aligning with, and committing to one's values
(*values*)



4: Cultivating awareness through mindfulness-based practices
(*mindfulness*)



5: Connecting meaningfully with others
(*connection*)



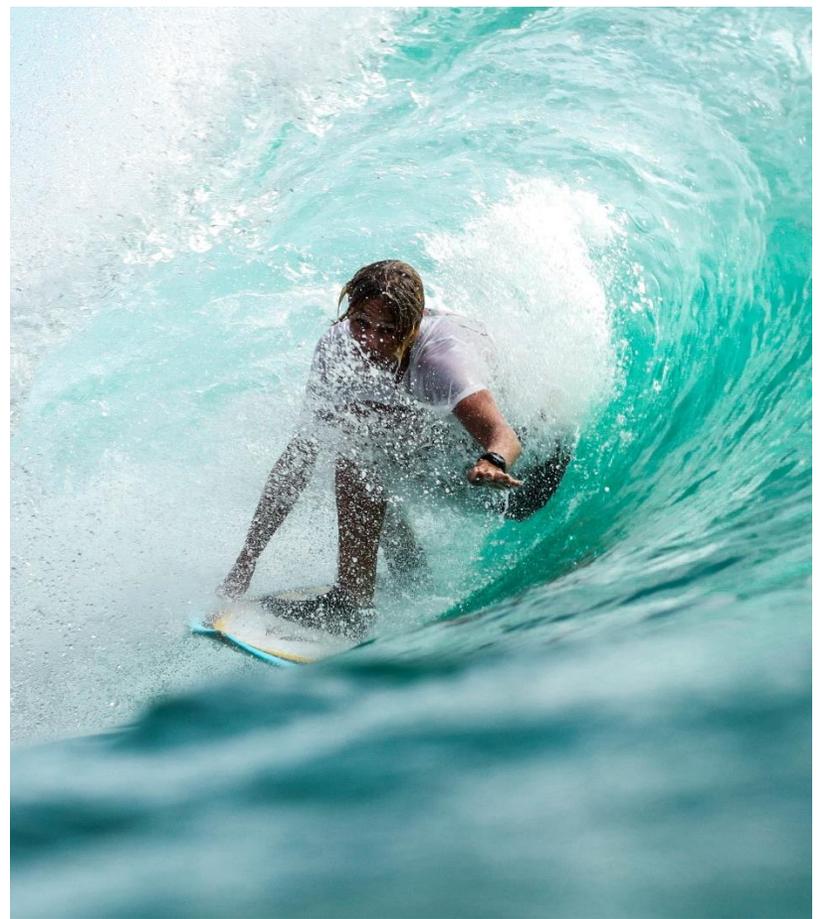
6: Fostering pleasant emotions and experiences
(*positivity*)

7: Coping with difficult thoughts, feelings, and experiences
(*coping*)

8: Feeling good physically through nutrition, movement, & sleep
(*health*)

9: Rejuvenating through relaxation, recreation, and routines
(*three R's*)

10: Bringing it all together: A wellness plan for the future
(*wellness plan*)



Embracing the Waves

The ARC Modules



1: Understanding the psychobiology of stress and wellbeing
(*psychoeducation*)



2: Creating safe and supportive environments
(*context*)



3: Clarifying, aligning with, and committing to one's values
(*values*)



4: Cultivating awareness through mindfulness-based practices
(*mindfulness*)



5: Connecting meaningfully with others
(*connection*)



6: Fostering pleasant emotions and experiences
(*positivity*)

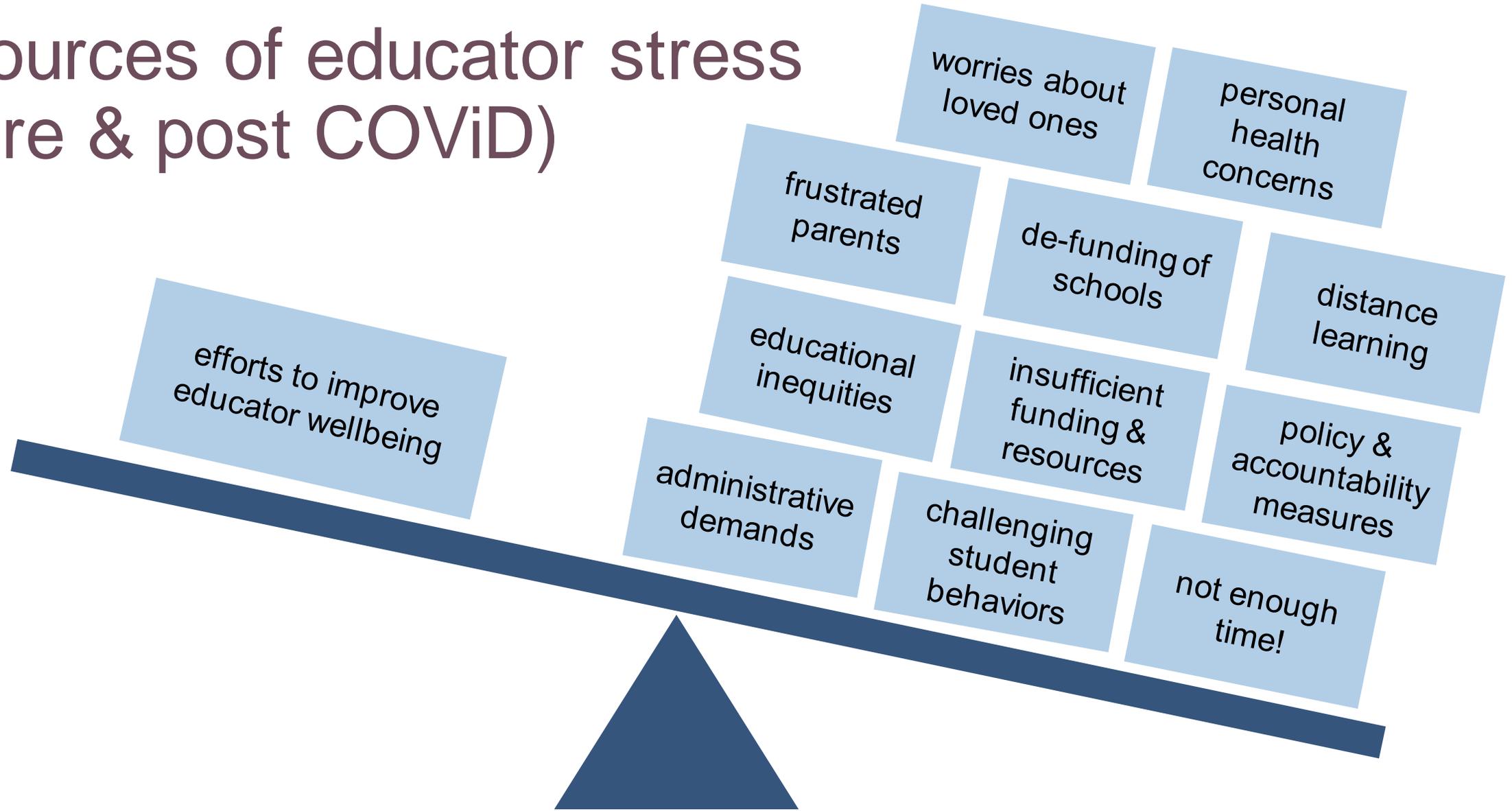
7: Coping with difficult thoughts, feelings, and experiences
(*coping*)

8: Feeling good physically through nutrition, movement, & sleep
(*health*)

9: Rejuvenating through relaxation, recreation, and routines
(*three R's*)

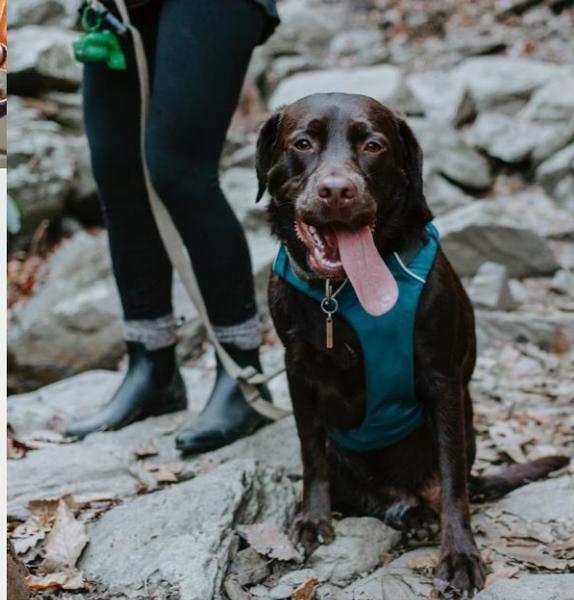
10: Bringing it all together: A wellness plan for the future
(*wellness plan*)

Sources of educator stress (pre & post COVID)





MODULE 8:
Feeling Good Physically through Nutrition,
Movement, and Quality Sleep



VS.



If food is feeling stressful,
then it's not actually
promoting health.

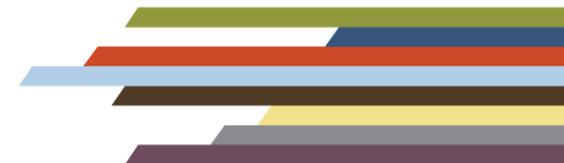
If your thoughts/behaviors
around food, exercise,
and/or your body regularly
consume your thoughts, you
may consider seeking help.

Mindful eating is about making healthy food
choices from a place of nourishment,
pleasure, and connection. It's about savoring.
Mindful eating is also *joyful* and *intuitive*.

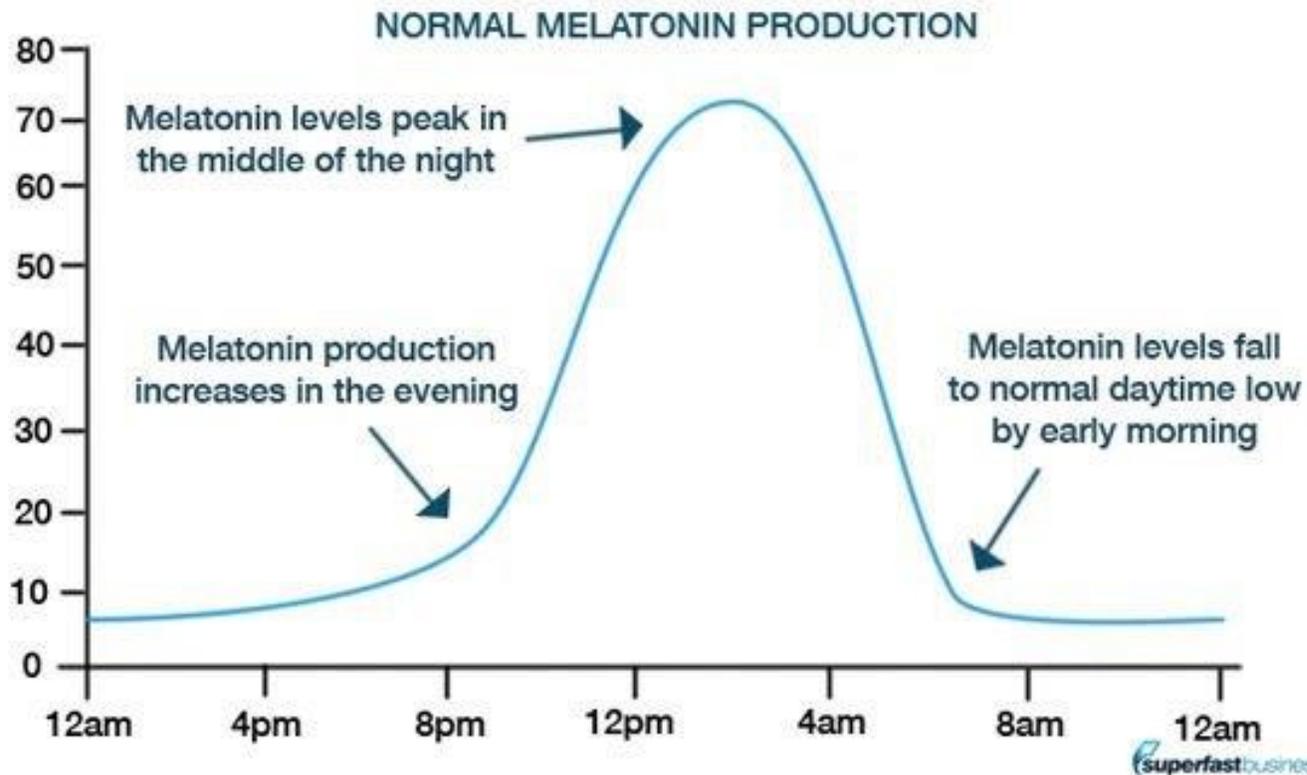
Joyful Movement



- ❖ Think outside the box
- ❖ Be willing to experiment
- ❖ Consider free online videos/apps
- ❖ Aim for loose structure
- ❖ Embrace mini-movement
- ❖ Connect it to your values



Restful Sleep



"If sleep doesn't serve some vital function, it is the biggest mistake evolution ever made."

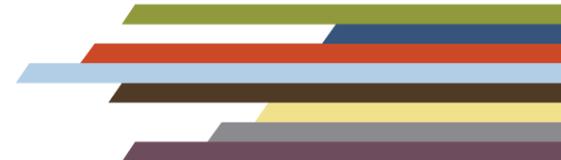
- Dr. Allan Rechtshaffen



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Tips for Reminding



1

Get an accountability partner

2

No really. Get an accountability partner(s).

3

Connect everything to a VALUE, not a should. And start with the smallest meaningful action toward that value

4

Use your environment wisely. Spend 30 minutes one day looking at your kitchen, bedroom, closet and determine what signals you can use for reminders

5

For starters, consider putting money down upfront (leveraging biases).

6

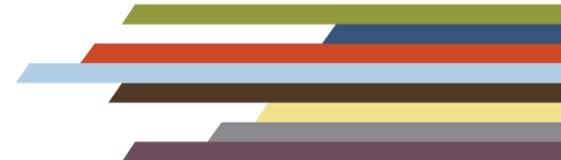
Schedule it in.



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration





What questions do we have at this point?



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Take Our Survey

Follow the link

<https://ttc-gpra.org/P?s=507480>

OR

**Use your smartphone's
Camera app to scan the
QR code** 



MUNROE-MEYER
INSTITUTE

SAMHSA
Substance Abuse and Mental Health
Services Administration



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Connect With Us

JOIN OUR MAILING LIST:



FOLLOW US ON SOCIAL MEDIA:



/MidAmericaMHTTC



@MidAmericaMHTTC



/company/MidAmericaMHTTC

EMAIL: midamerica@mhttcnetwork.org

WEBSITE: mhttcnetwork.org/midamerica