



Mid-America (HHS Region 7)

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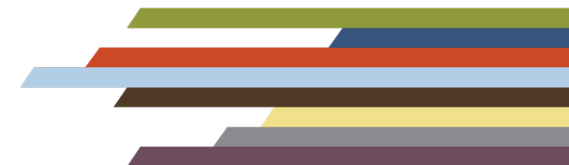


Well-Being Wednesdays:

Clarifying, Aligning with, and Committing to One's Values

Trainers: Andrew Jordan Thayer, PhD

November 11, 2020



Disclaimer

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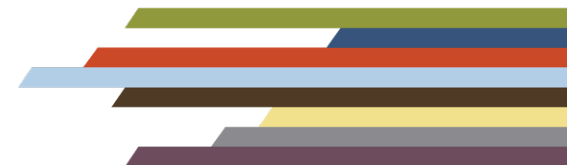
At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



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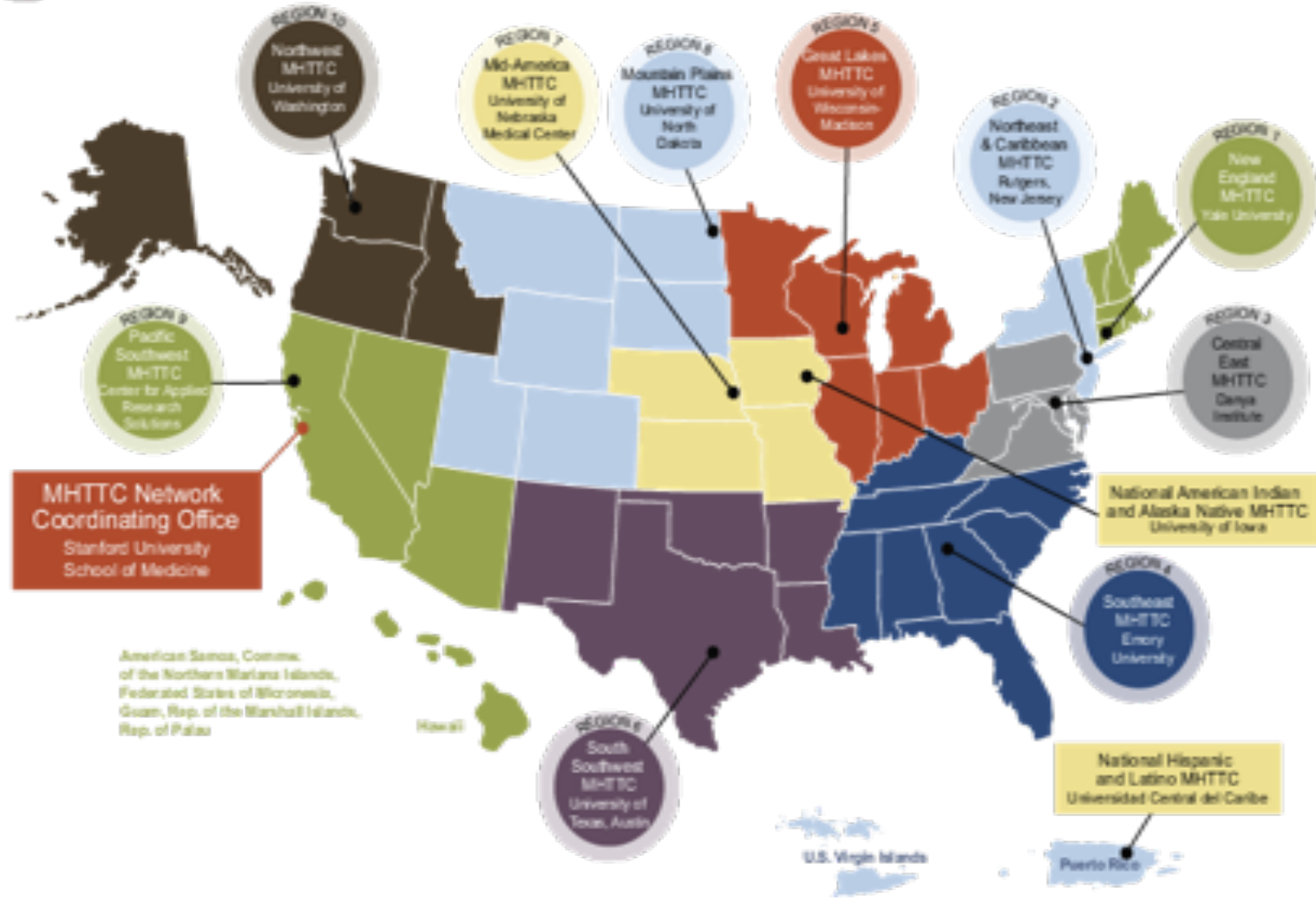


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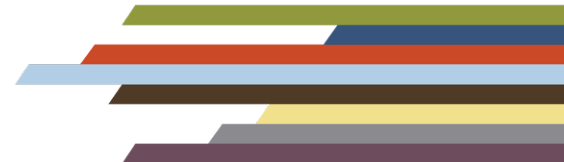
- Established in 2018 with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA)
 - 10 Regional Centers
 - National Hispanic & Latino Center
- National American Indian and Alaska Native Center
- Network Coordinating Office



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Project Director: Dr. Brandy Clarke, PhD, LP

SAMHSA grant awarded to Dr. Joseph Evans at the University of Nebraska Medical Center (Grant #: H79SM081769).

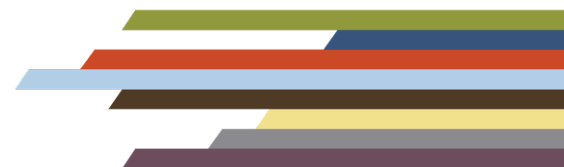
Serves to provide continuum of training and technical assistance in evidence-based practice and mental health services across MO, IA, NE, and KS.



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WHO I AM



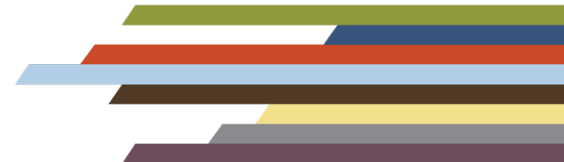
**Dr. Andrew Jordan
Thayer**
PhD from University of
Minnesota
School Psychologist
Implementation Science
& Behavior Change



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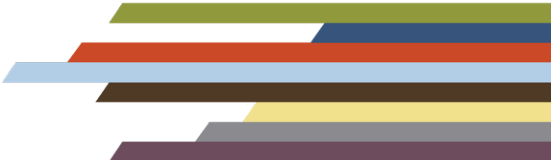


ANDERSEN
WOLVERINES

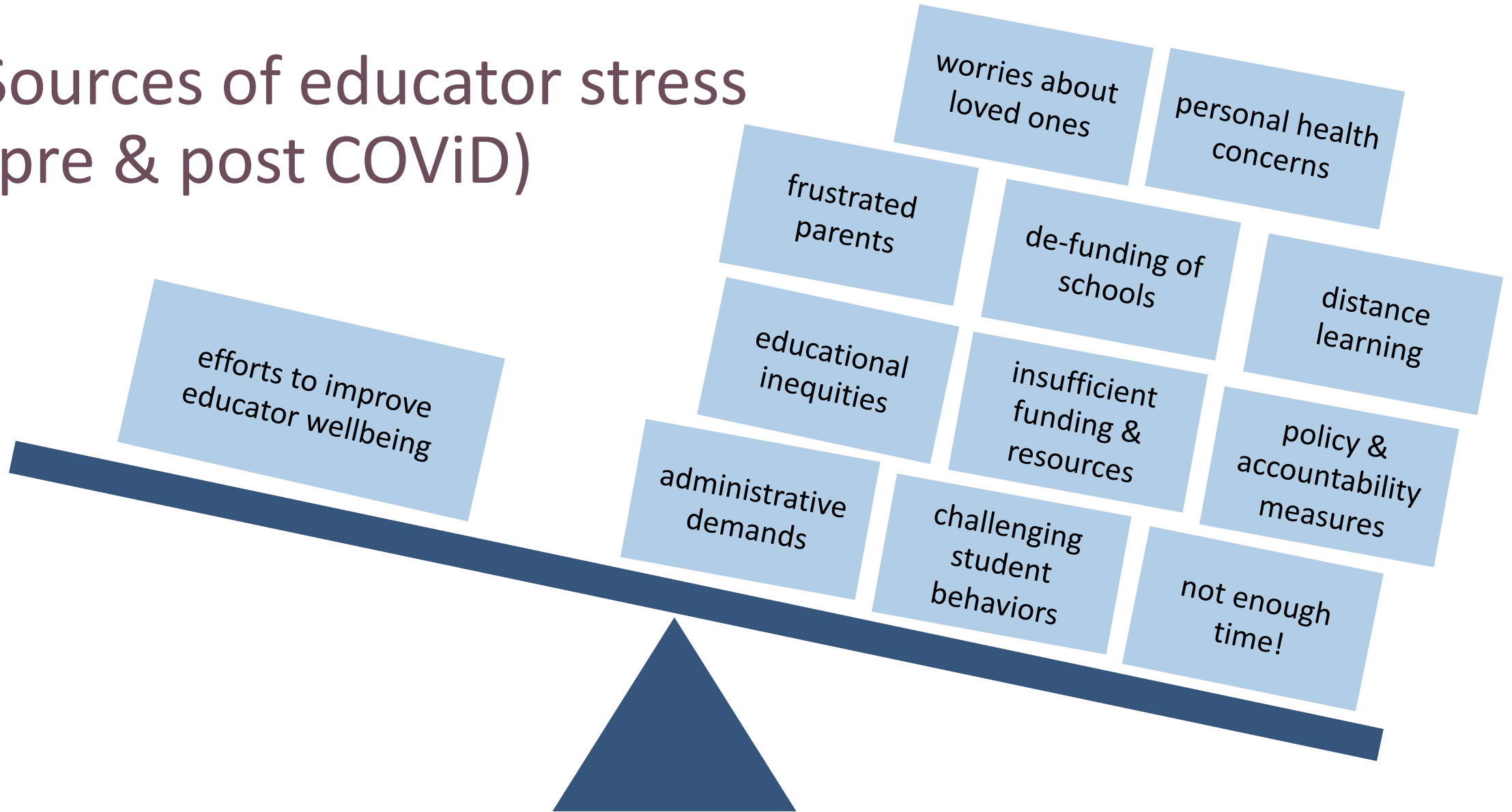




An Invitation



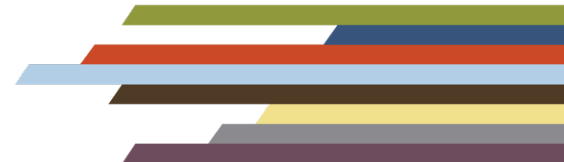
Sources of educator stress (pre & post COVID)



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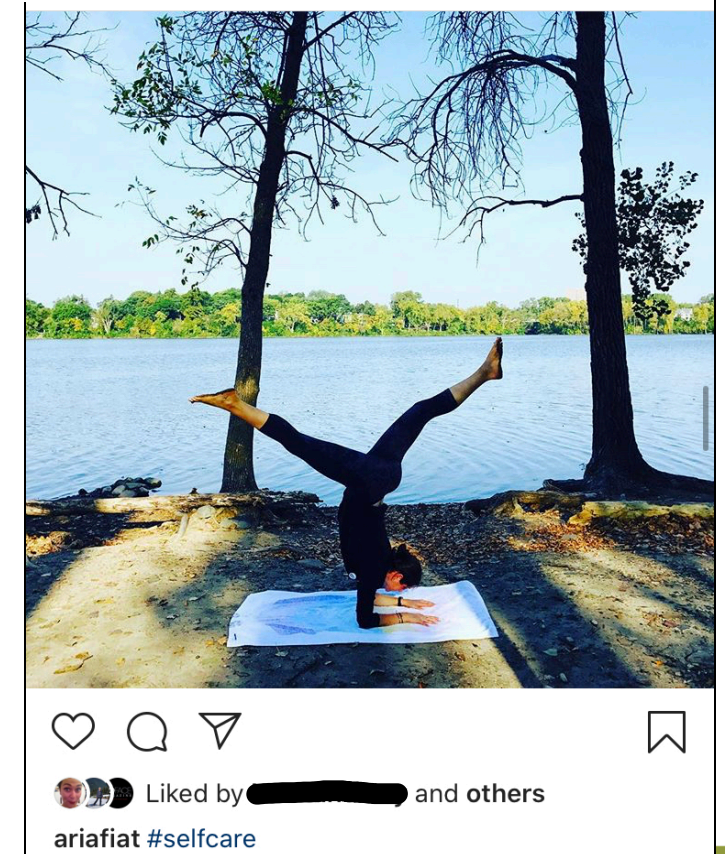
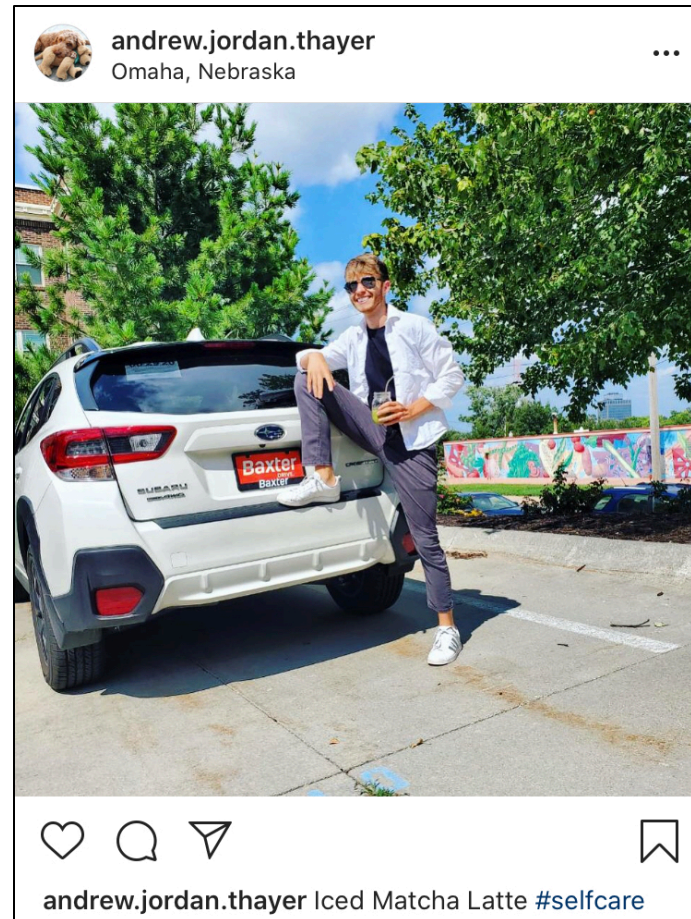
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Opinion: Self-care obsessed culture is scamming young adults

Reflections on the idea of *self care*





How do we promote psychological safety in schools?

Take risks

Openness to Feedback

Intentional Effort for Collegial Relationships

Regular Demonstration of Fallibility

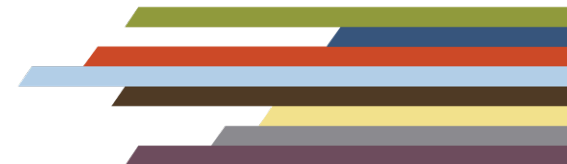
All Staff Have Input




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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)

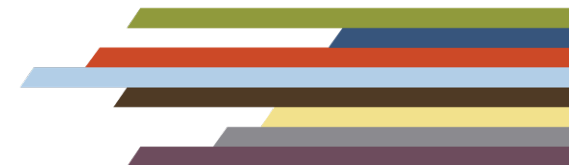
10: Bringing it all together: A wellness plan for the future
(wellness plan)



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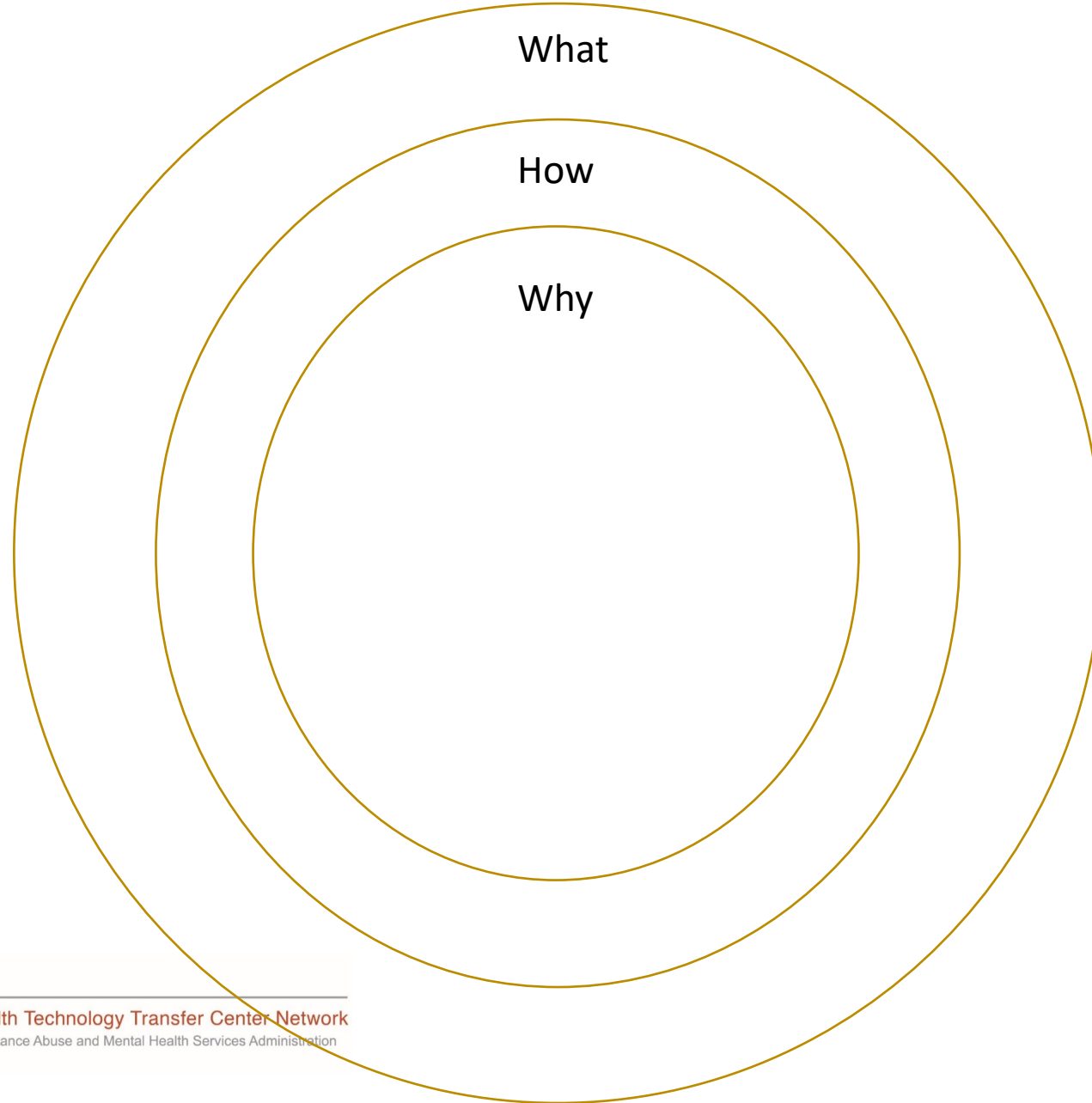
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MODULE 3:
Clarifying, Aligning with, and
Committing to One's Values

Golden Circle



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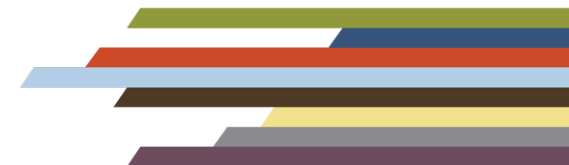
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What are values?

Principles, ideas, things that are:

- ❖ **Chosen** life directions/pursuits
- ❖ Unobtainable & Ongoing
- ❖ Of greatest importance
- ❖ Known and unknown drivers of behavior
- ❖ Core to who we are, often without an explicit “Why”





Be a good
parent



Answering a
never-ending
stream of “why”
questions



Be a
loving
partner



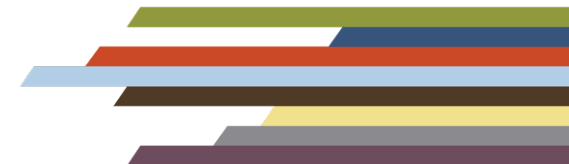
Doing favors
that may annoy
you



Be a
supportive
friend



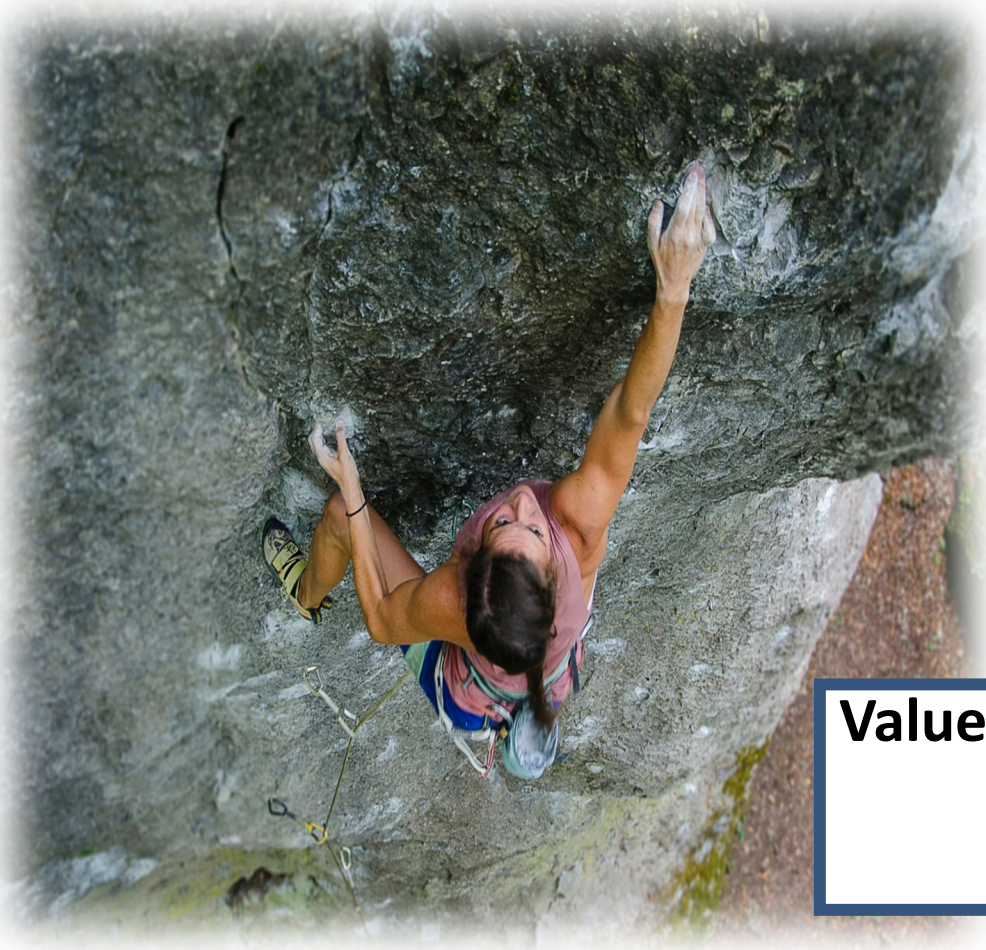
Showing interest
in their passions
even if you do
not care as much



Values

Goal

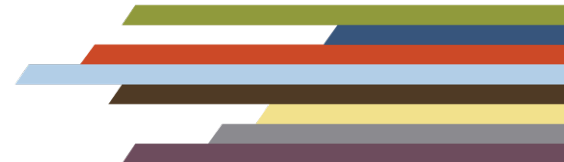
Value



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LET'S APPLY IT!

Let's do an activity called the Retirement Party.

1. Imagine you are retiring after a long career and your colleagues are throwing a party.
2. Who is there? What speeches about you do you want them to give?
3. Now imagine the retirement party happens now. What is different?

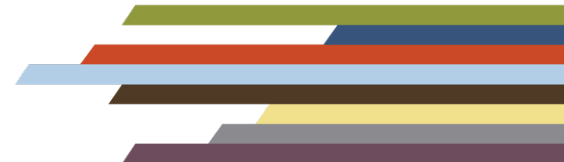
What was this like for you?



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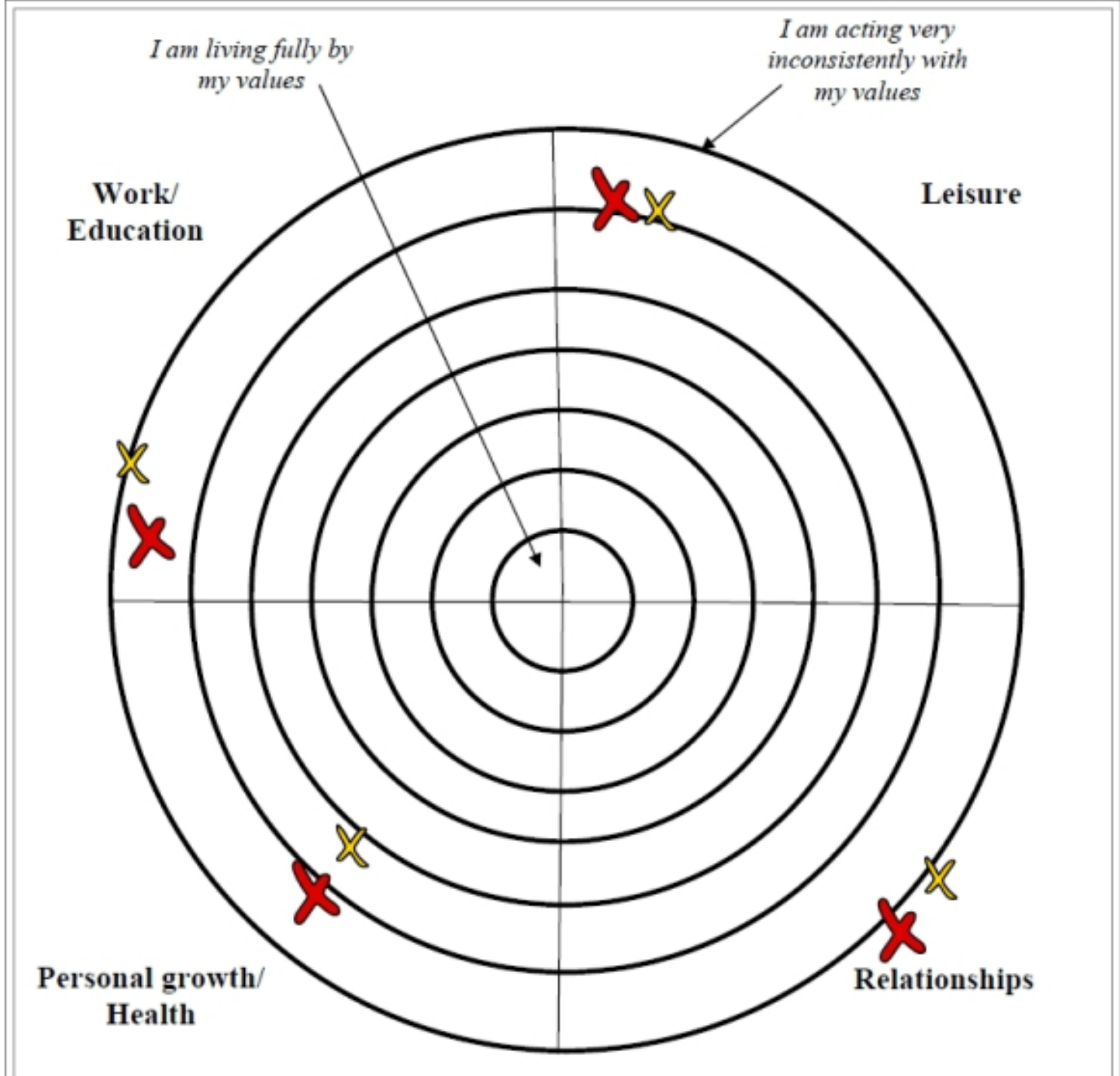
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LET'S APPLY IT!

1. Attached with this webinar is a bullseye activity. It will prompt you to first identify some values and then put a mark on your own bullseye for how close you feel you are to living your life according to those values
2. Come up with your action plan at the bottom of the sheet.
3. Set aside time with your team to review your bullseye. You do not need to share it with others but are encouraged to do so.

Do this 1x a month to track your progress.



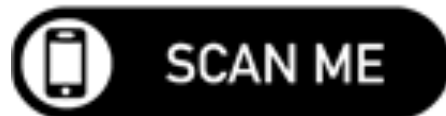
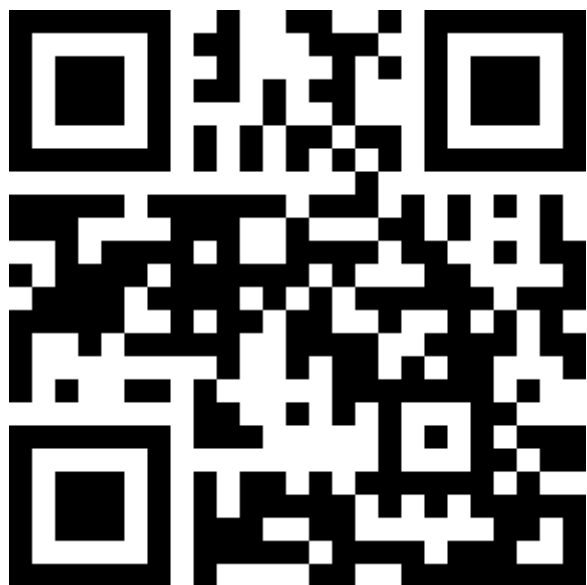
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What questions do we
have at this point?



Complete the Evaluation

Scan QR code or follow the link

<https://ttc-gpra.org/P?s=540500>

Join our mailing list!

TEXT: **MIDAMERICAMHTTC** to **22828** to get started

*Message and data rates may apply


Contact Us:


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