



Mid-America (HHS Region 7)

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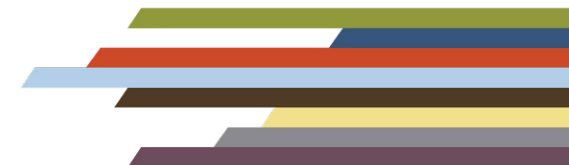


Well-Being Wednesdays:

Connecting Meaningfully With Others

Trainers: Andrew Jordan Thayer, PhD

January 13, 2021



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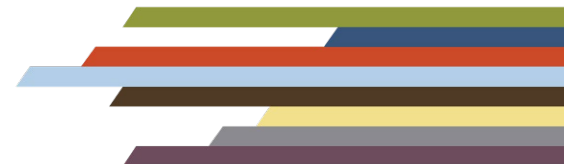
At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of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



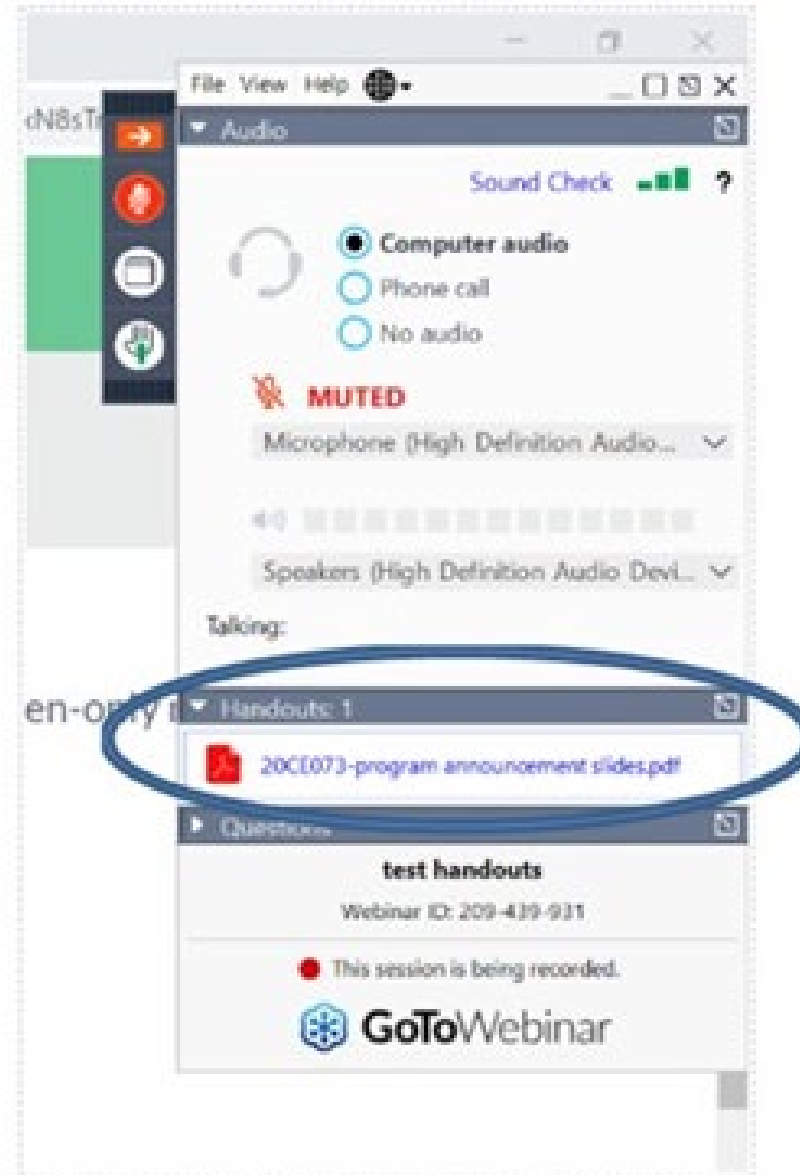
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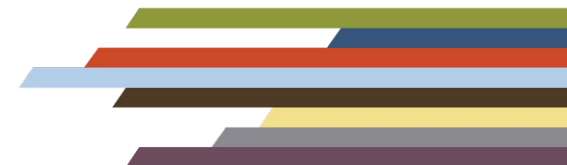
Downloading Handouts



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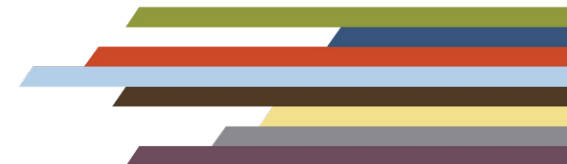
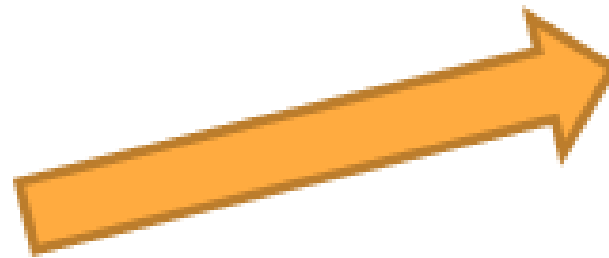
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Computer

To ask a question:

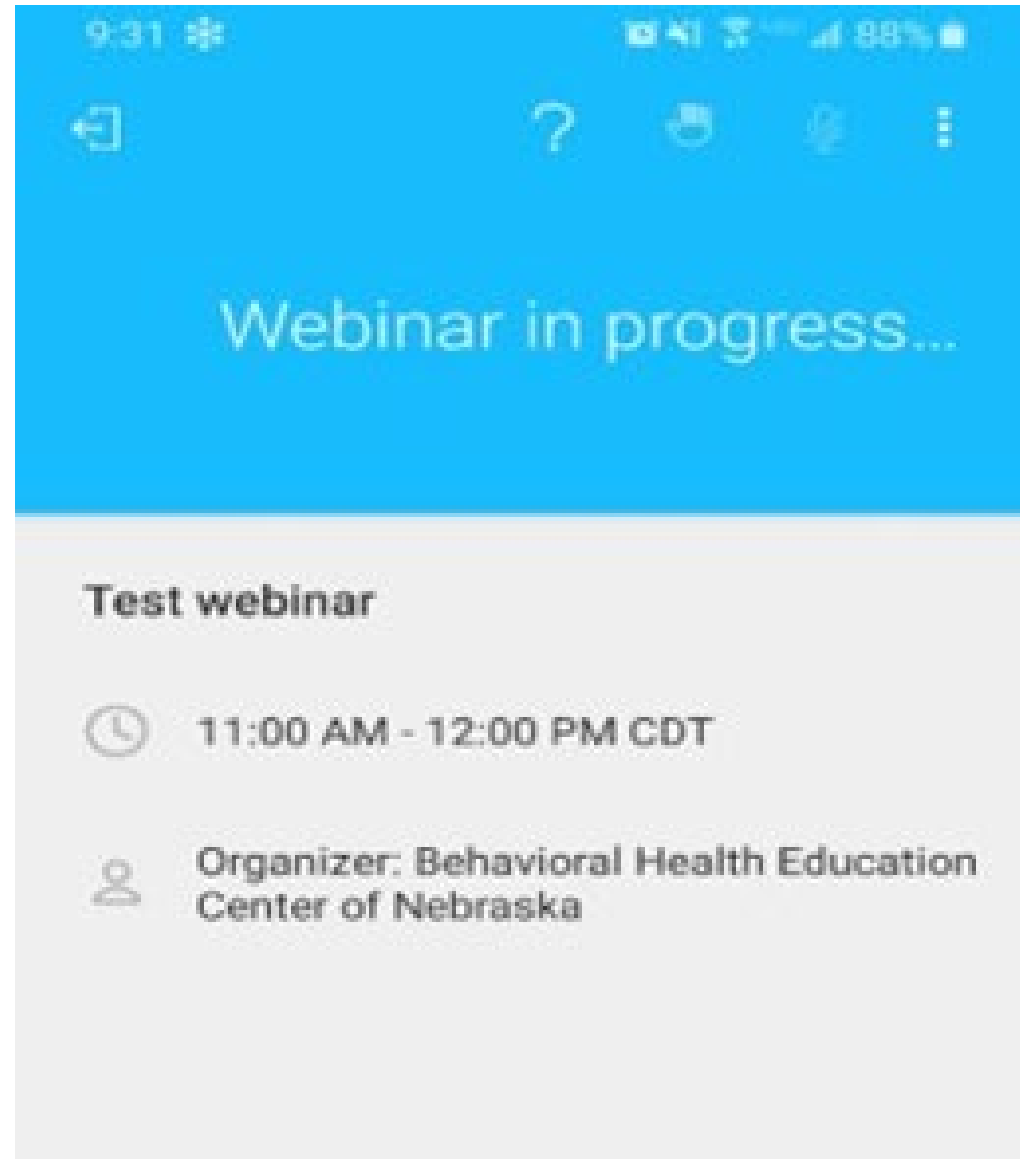
Type it into the
Questions box,
and your
question will
be read out loud.



Phone

- To ask a question:

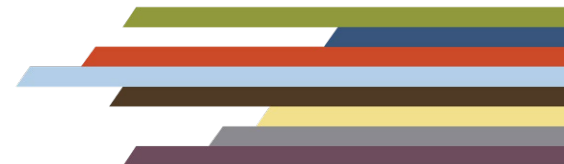
Tap the question mark icon to type your question, and your question will be read out loud.



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Evaluation

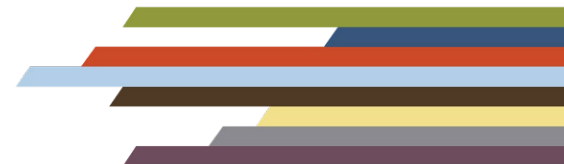
- At the end of this session, you will be asked to complete a brief evaluation.
- Because this event is federally funded, we are required to ask about participants' satisfaction with our services.
- To maintain our funding, we are required to get 80% participation.
- We greatly value your feedback and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



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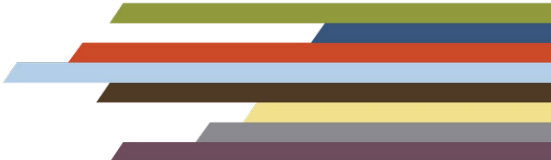
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An Invitation





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)

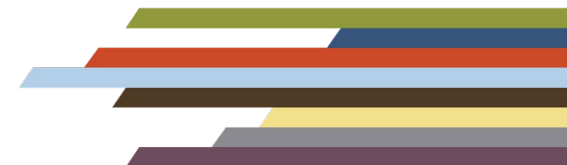
10: Bringing it all together: A wellness plan for the future
(wellness plan)



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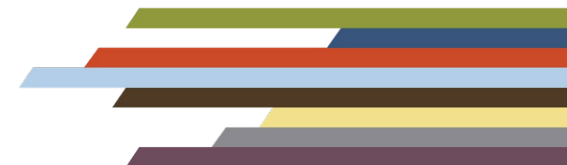
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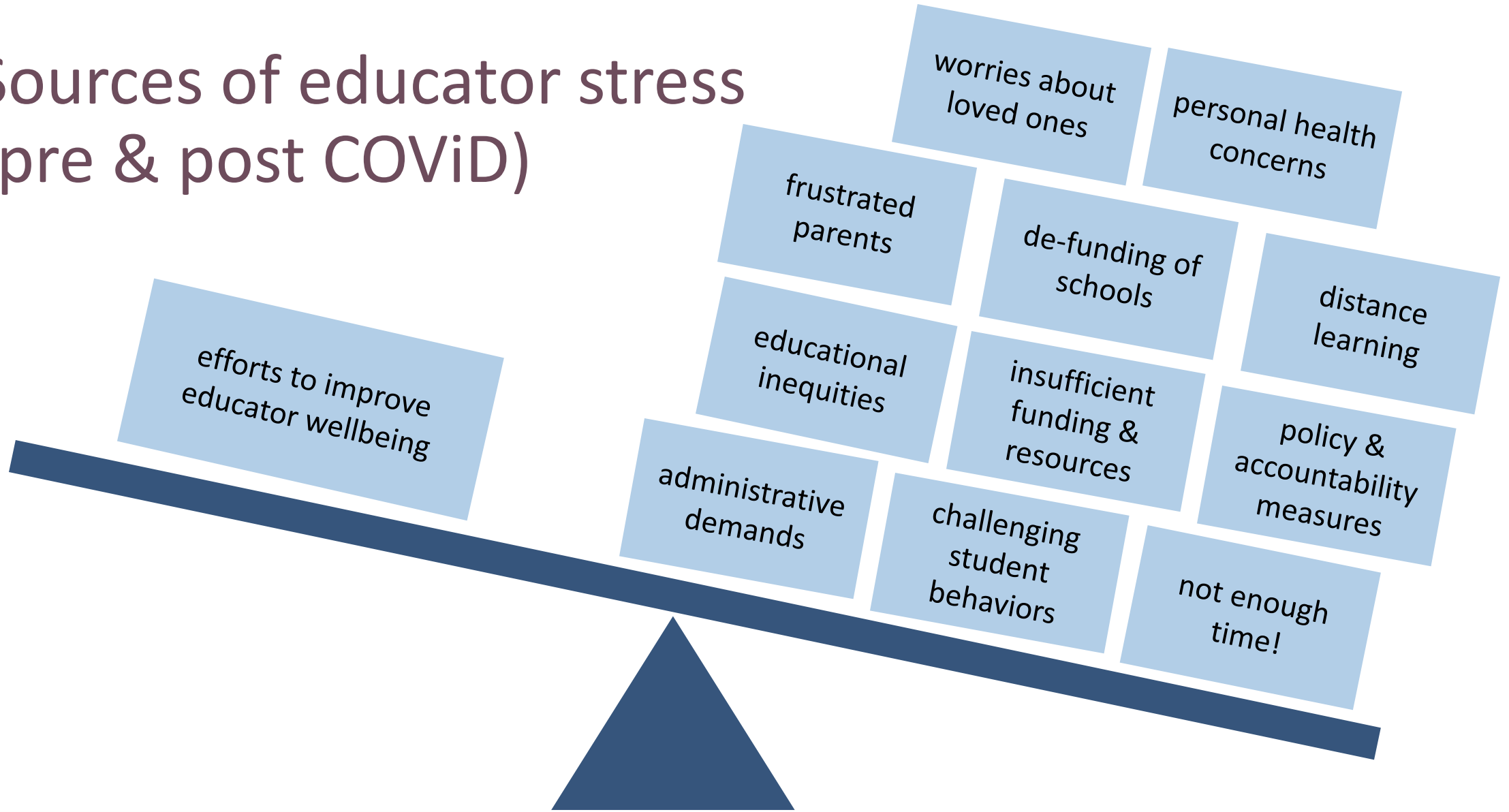
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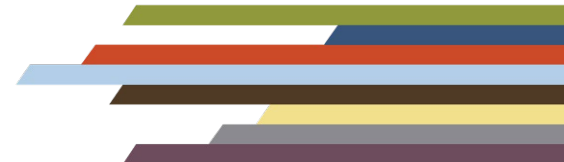
Sources of educator stress (pre & post COVID)



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MODULE 5:
Connecting Meaningfully with Others

Connection Components

Helpful Social
Supports

Mentorship

Role Models

Teacher-student
Relationships

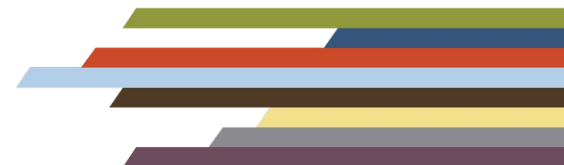
Service to
Others



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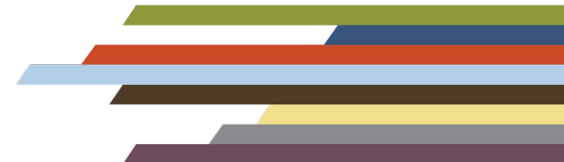
Connecting Through Community



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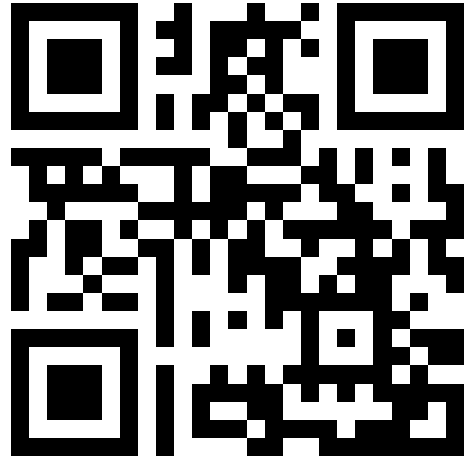


What questions do we
have at this point?

Complete the Evaluation

Scan QR code or follow the link

<https://ttc-gpra.org/P?s=689747>



Contact Us:

Email: midamerica@mhttcnetwork.org

Phone: 402-552-7697


<https://mhttcnetwork.org/centers/mid-america-mhttc/home>


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