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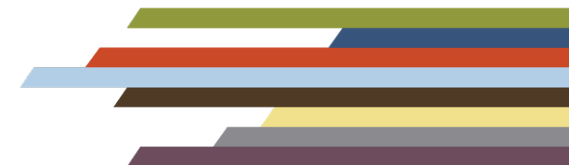
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Well-Being Wednesdays: Fostering Positive Emotions & Experiences

Trainers: Andrew Jordan Thayer, PhD

February 10, 2021



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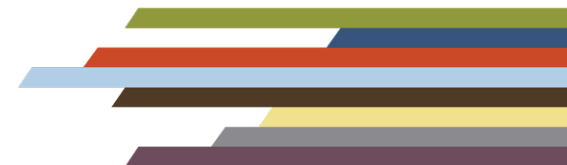
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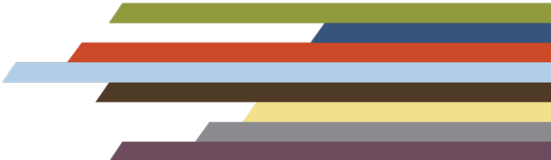
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An Invitation





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)

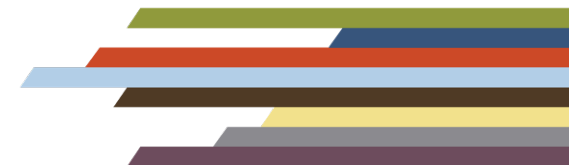
10: Bringing it all together: A wellness plan for the future
(wellness plan)



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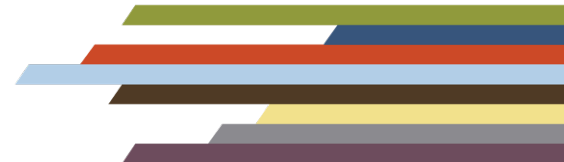
Connecting Through Community



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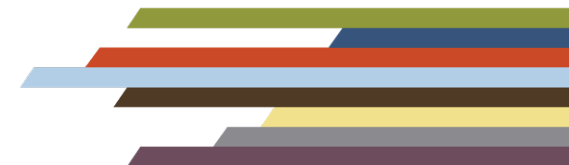
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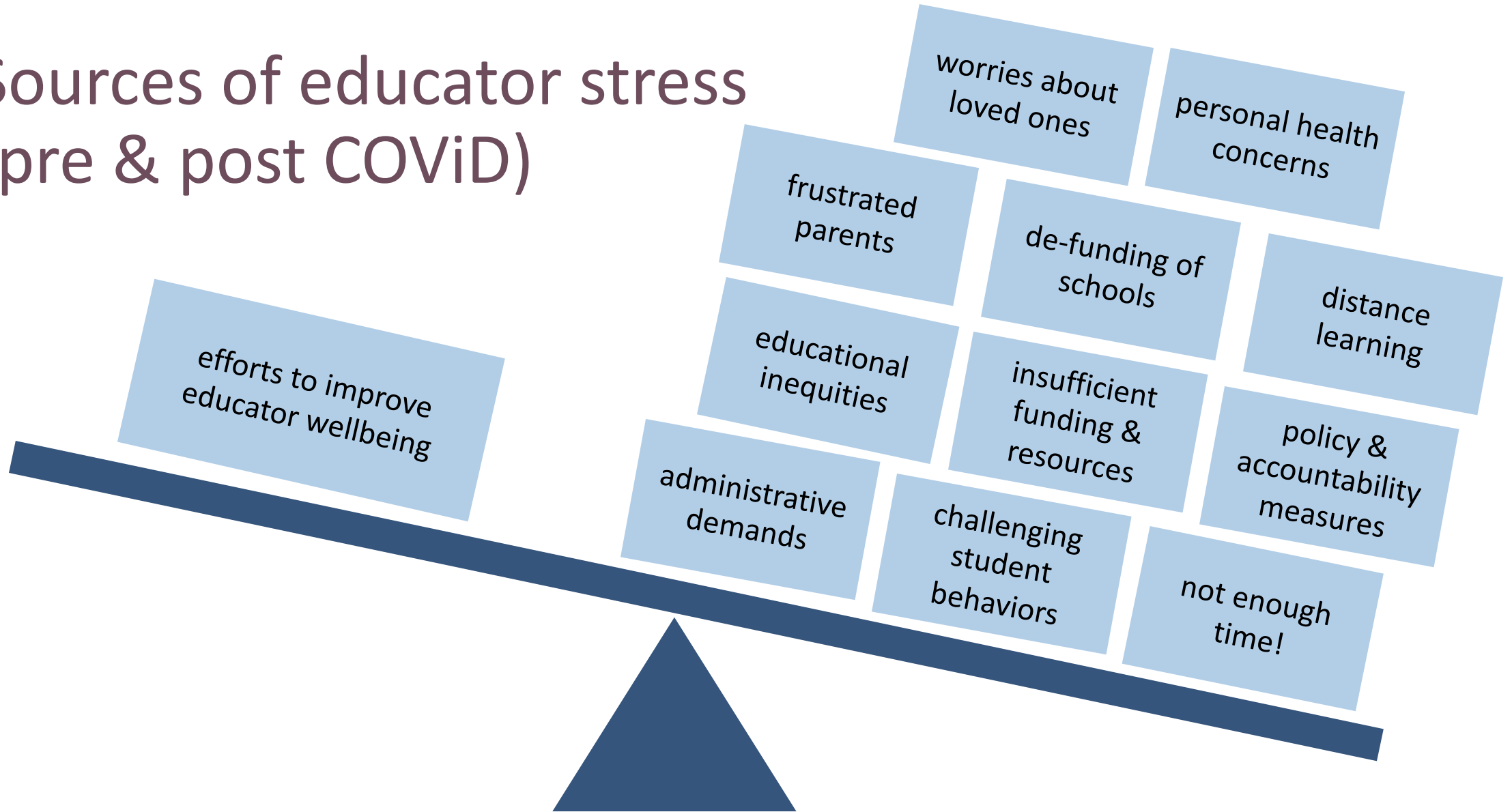
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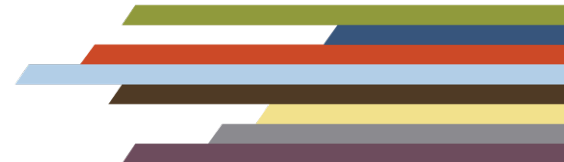
Sources of educator stress (pre & post COVID)

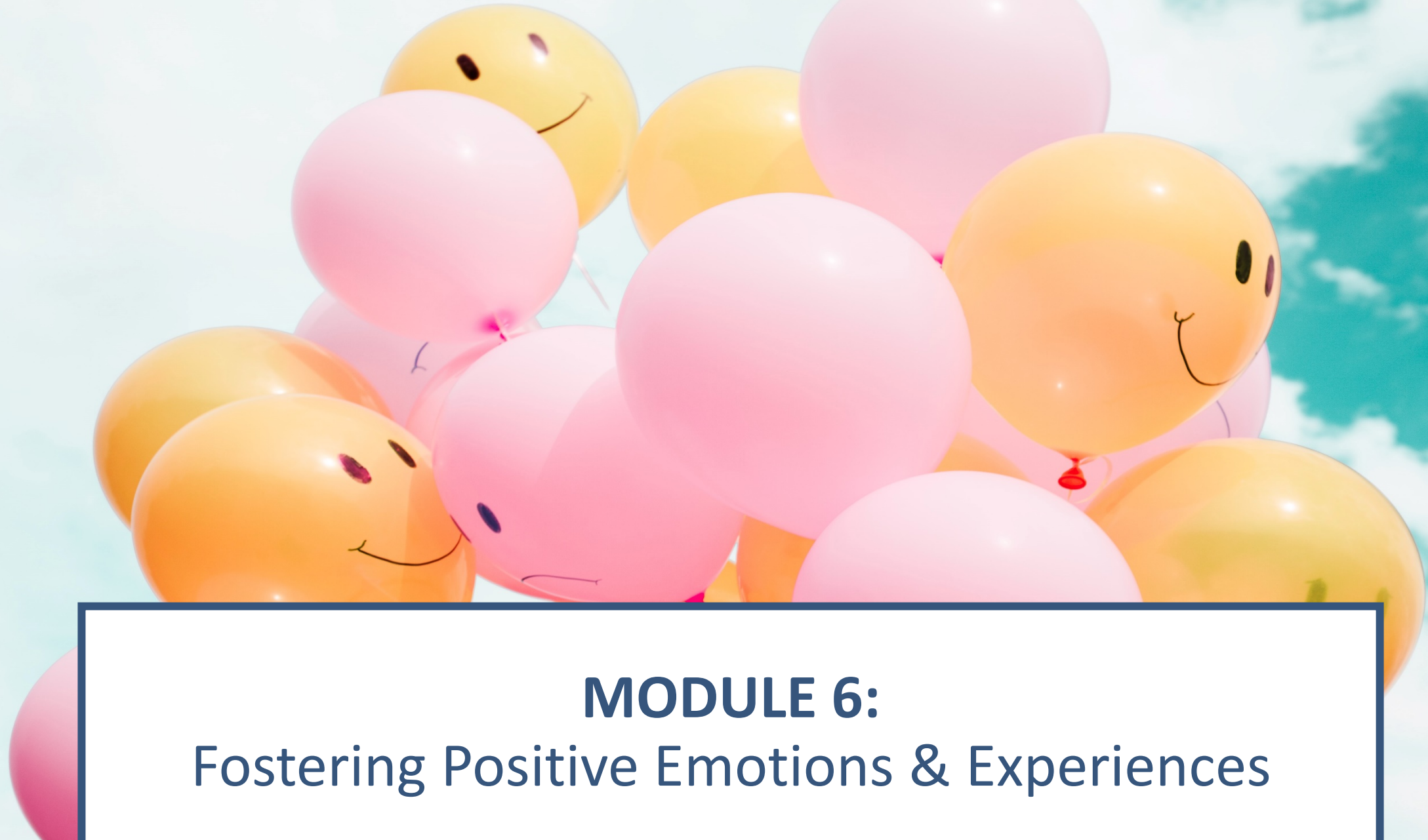


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MODULE 6:
Fostering Positive Emotions & Experiences

This is like your brain



Broaden & Build

According to Fredrickson:

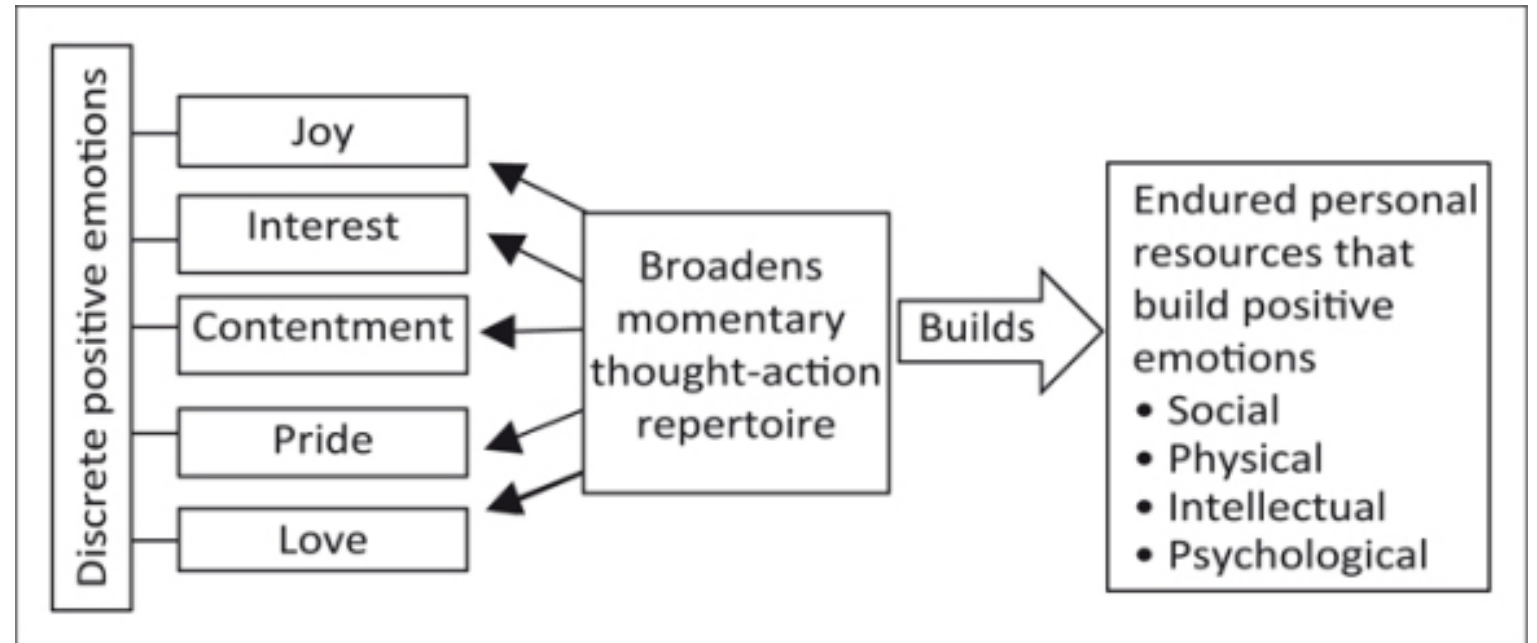
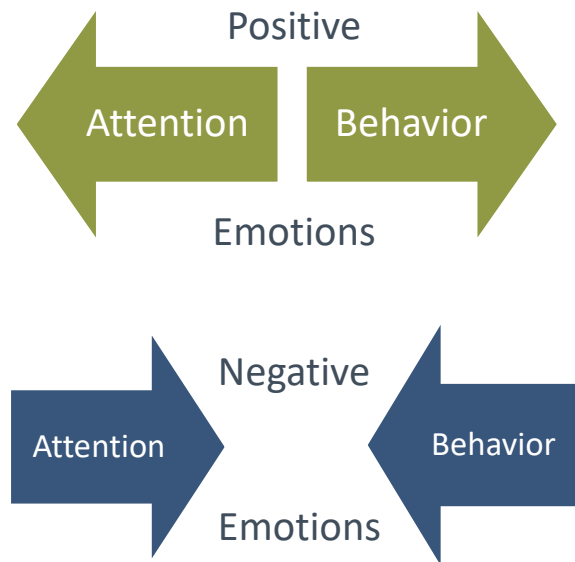


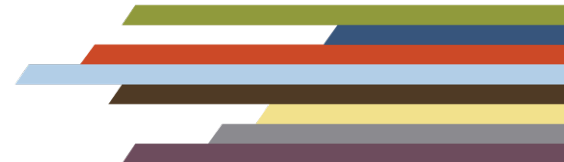
FIGURE 1: Model based on Fredrickson's (2001) broaden-and-build theory.



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Strategies to Spark Joy

01.

paying
attention
to the
positive

02.

practicing
gratitude

03.

doing acts
of
kindness

04.

connecting
with
others

05.

experiencing
humor

06.

doing flow
activities

Flow

“

...being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost.

”

- Mihaly Csikszentmihalyi



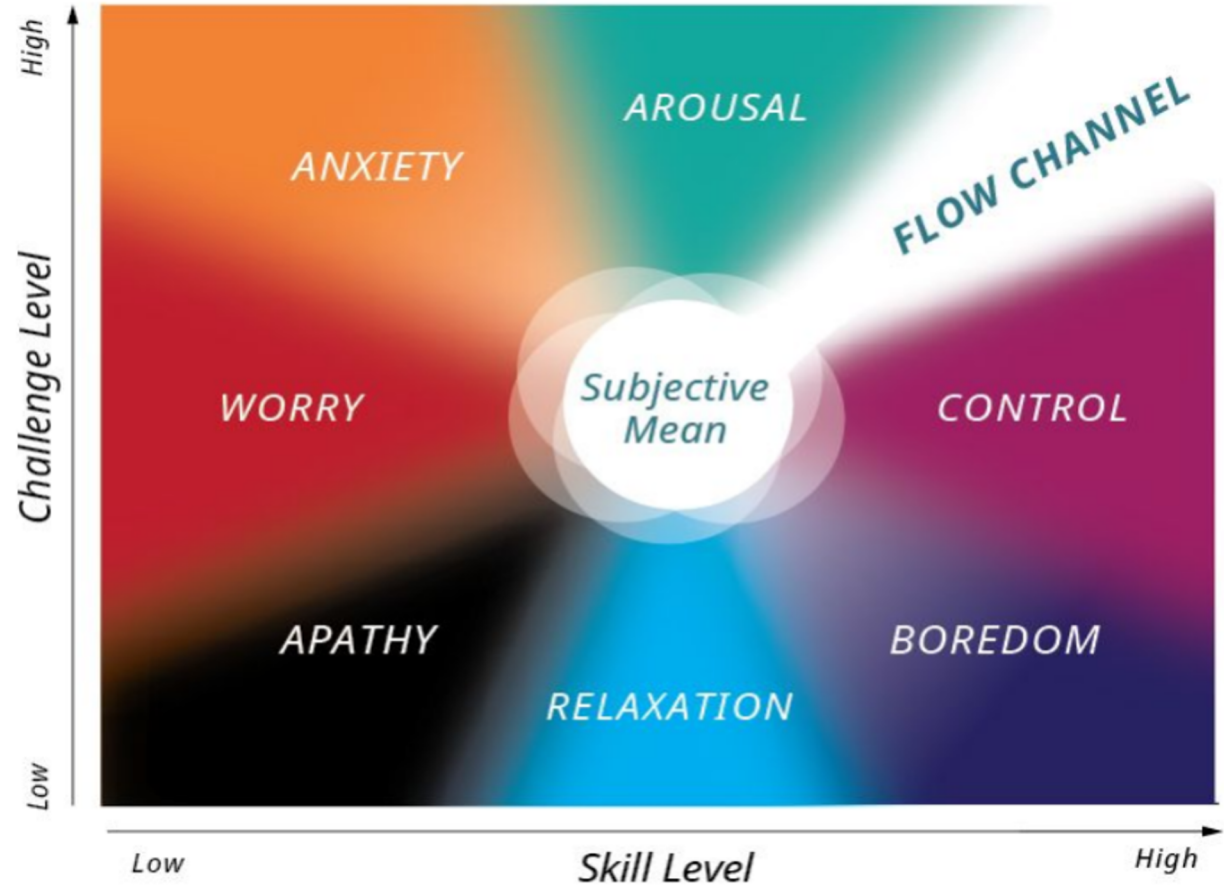
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Find Your Flow State

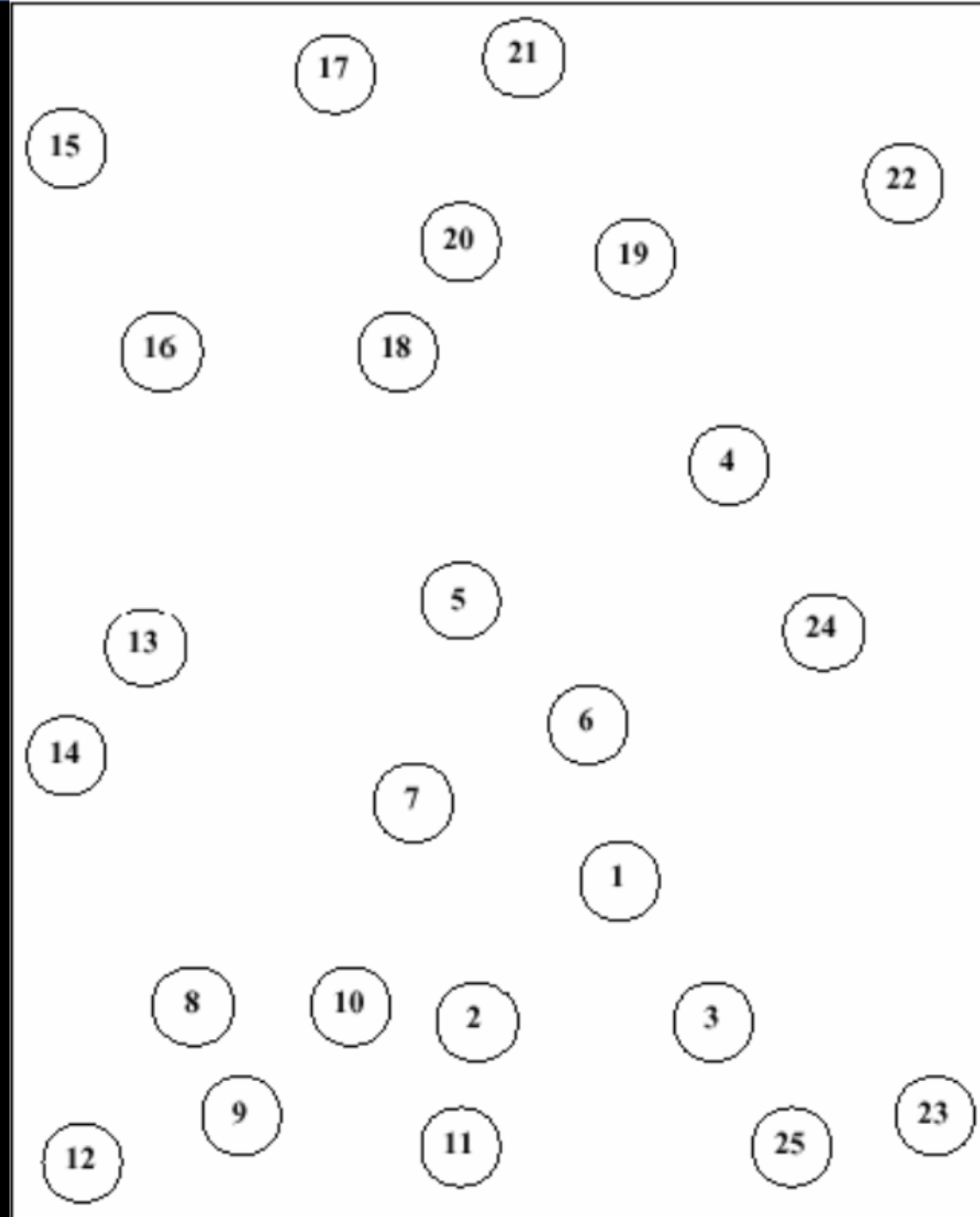
1. Choose something you love.
2. Decide on a task.
3. Make sure it's challenging,
4. But not too hard.
5. Find your peak time.
6. Clear away distractions.
7. Enjoy yourself.
8. Keep practicing.
9. Reap the rewards.

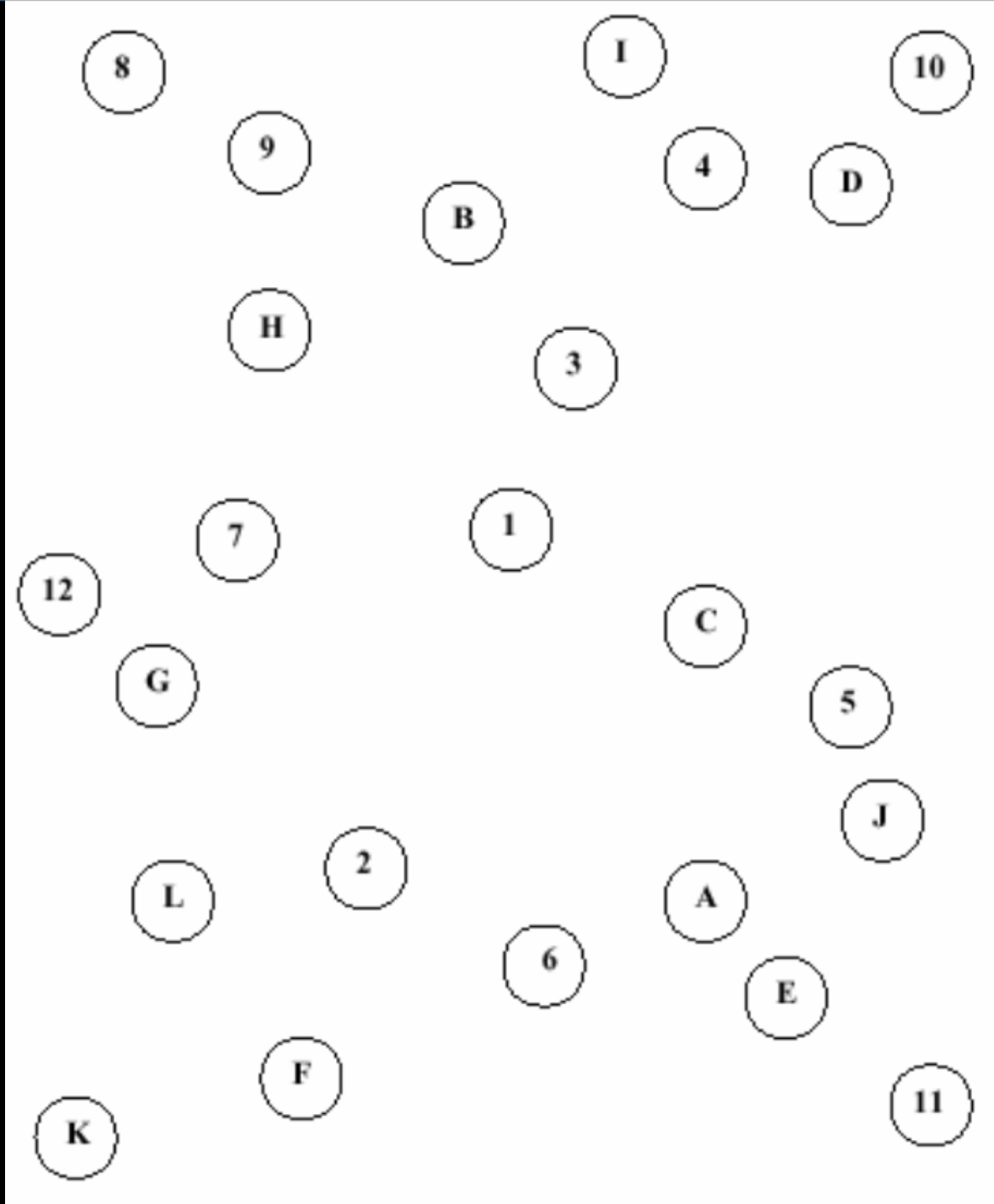


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What questions do we have at this point?



Complete the Evaluation

Scan QR code or follow the link

<https://ttc-gpra.org/P?s=727871>



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