



# 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

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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

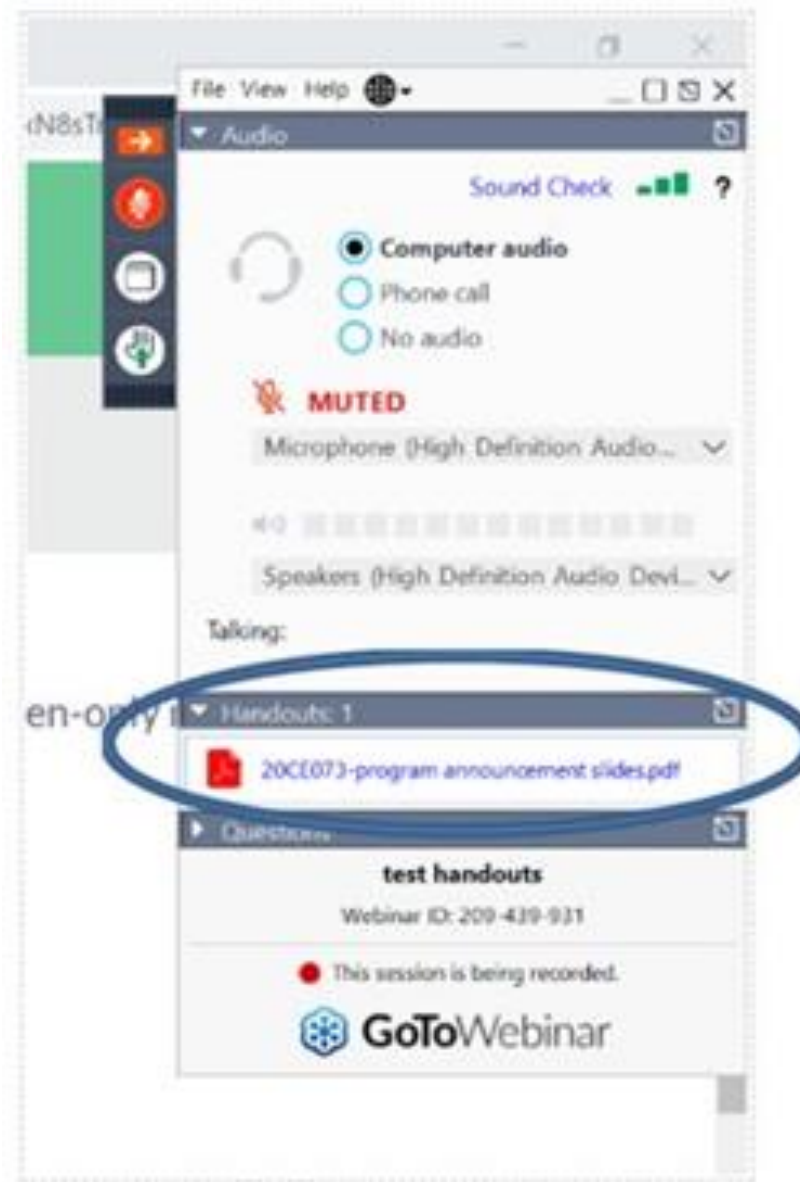
PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

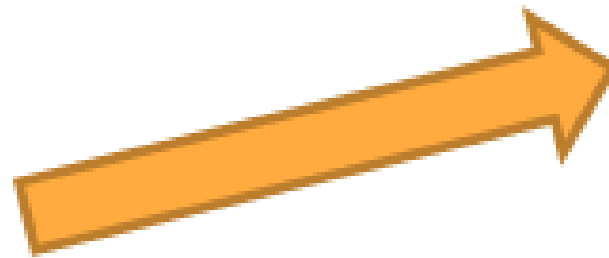
# Downloading Handouts



# Computer

To ask a question:

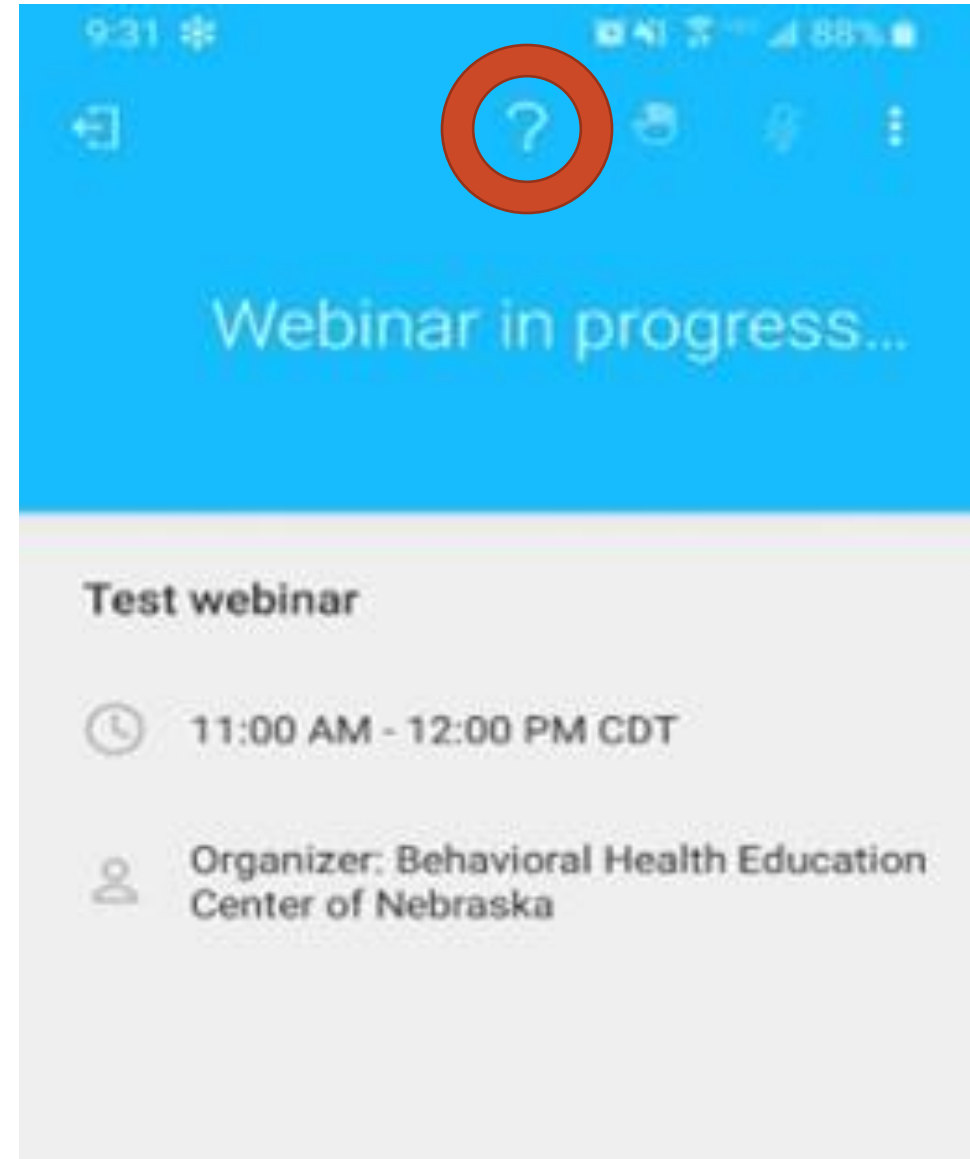
Type it into the  
Questions box,  
and your  
question will  
be read out loud.



# 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)

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# 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*)



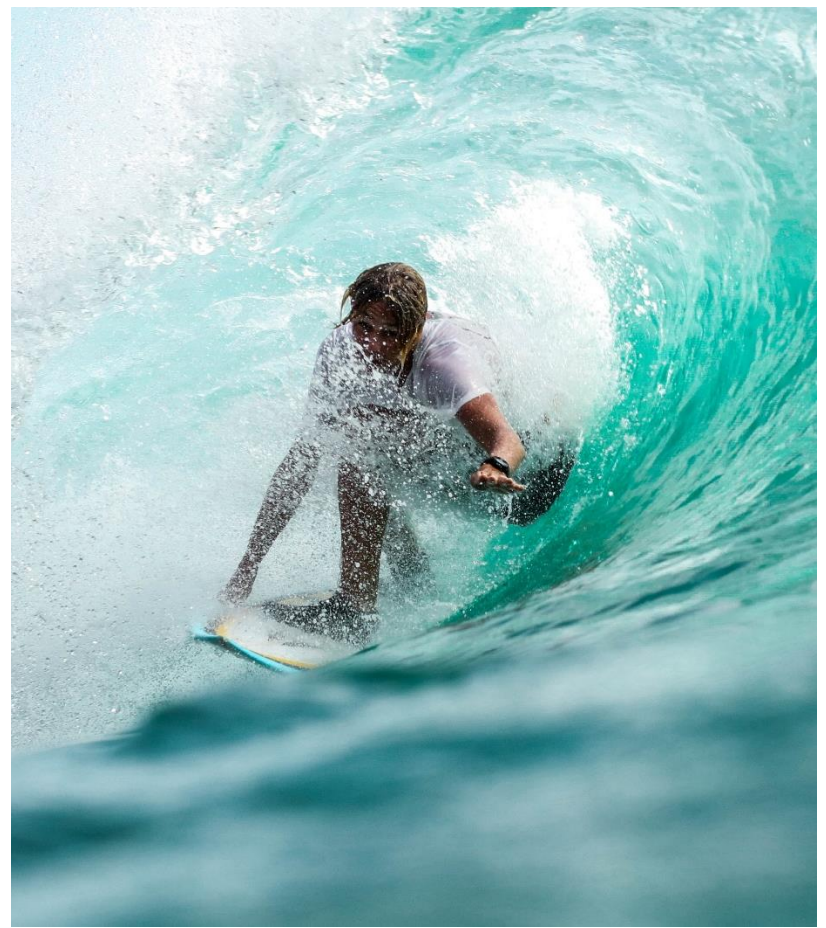
6: Fostering pleasant emotions and experiences  
(*positivity*)

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

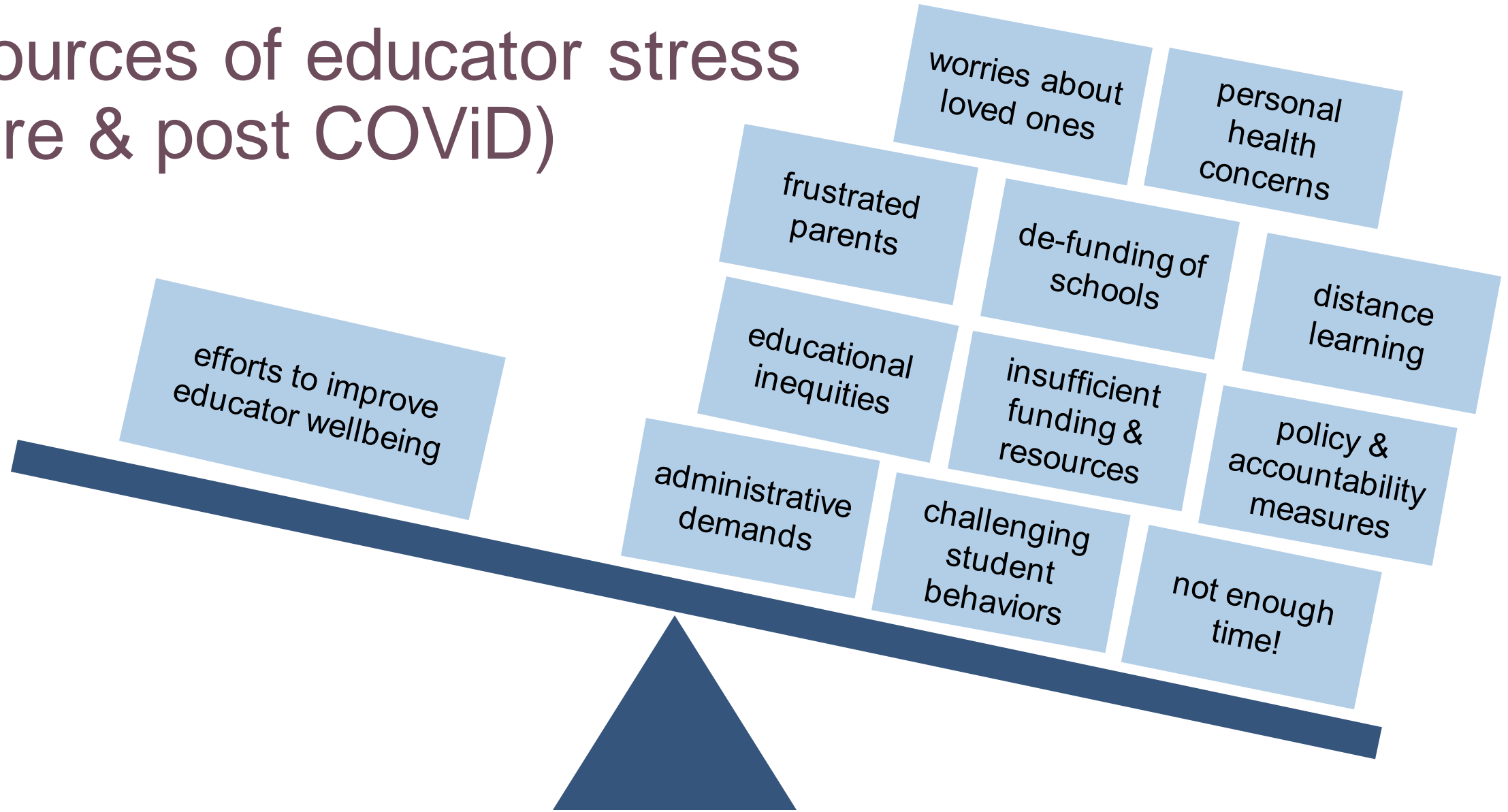
7: Coping with difficult thoughts, feelings, and experiences  
(*coping*)

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

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

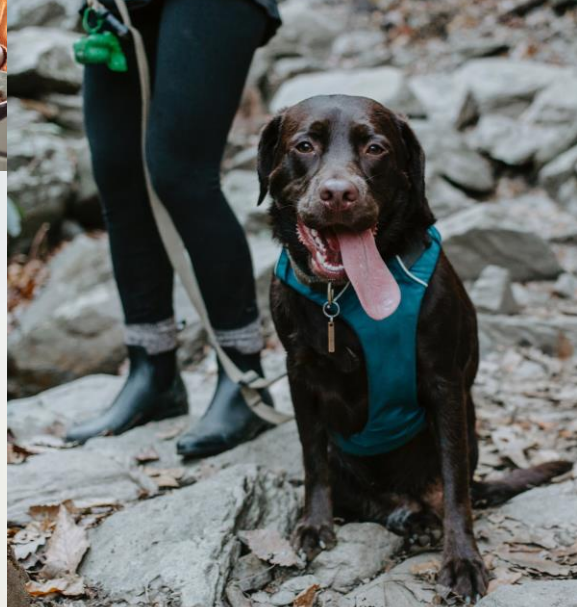
10: Bringing it all together: A wellness plan for the future  
(*wellness plan*)

# 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.

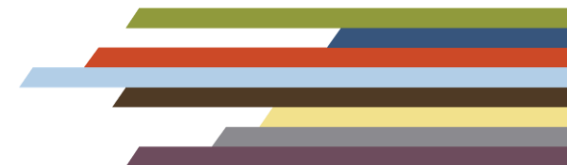
If your thoughts/behaviors  
around food, exercise,  
and/or your body regularly  
consume your thoughts, you  
may consider seeking help.

**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*.

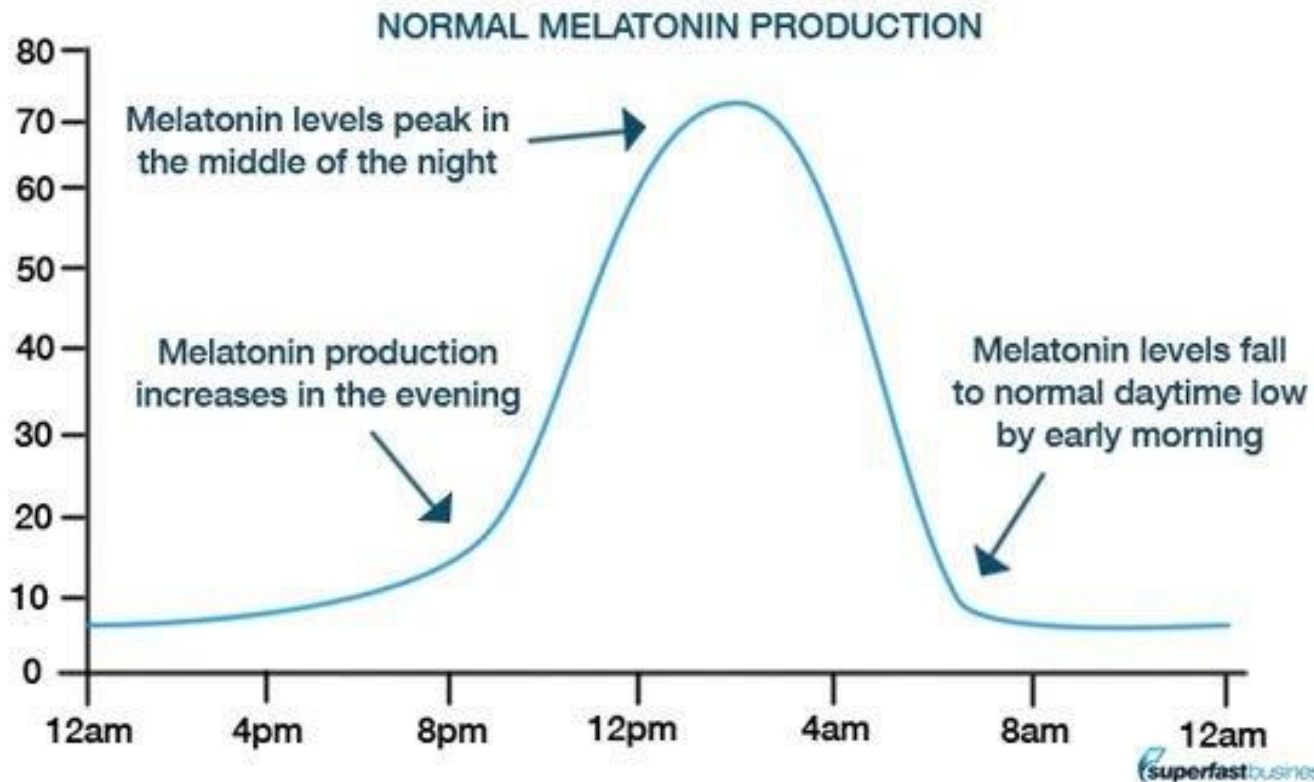
# Joyful Movement



- ❖ 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."

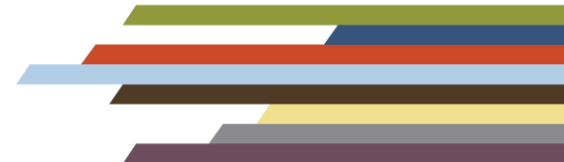
- Dr. Allan Rechtshaffen



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# Tips for Reminding



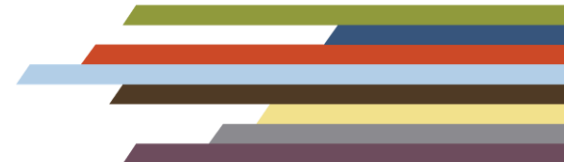
- 1 Get an accountability partner
- 2 No really. Get an accountability partner(s).
- 3 Connect everything to a VALUE, not a should. And start with the smallest meaningful action toward that value
- 4 Use your environment wisely. Spend 30 minutes one day looking at your kitchen, bedroom, closet and determine what signals you can use for reminders
- 5 For starters, consider putting money down upfront (leveraging biases).
- 6 Schedule it in.



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What questions do we have at this point?



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# 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** 





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# Connect With Us

**JOIN OUR MAILING LIST:**



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@MidAmericaMHTTC



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**EMAIL:** [midamerica@mhttcnetwork.org](mailto:midamerica@mhttcnetwork.org)

**WEBSITE:** [mhttcnetwork.org/midamerica](http://mhttcnetwork.org/midamerica)



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