



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: Bringing It All Together With A Wellness Plan for the Future

Trainers: Andrew Jordan Thayer, PhD

June 9, 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

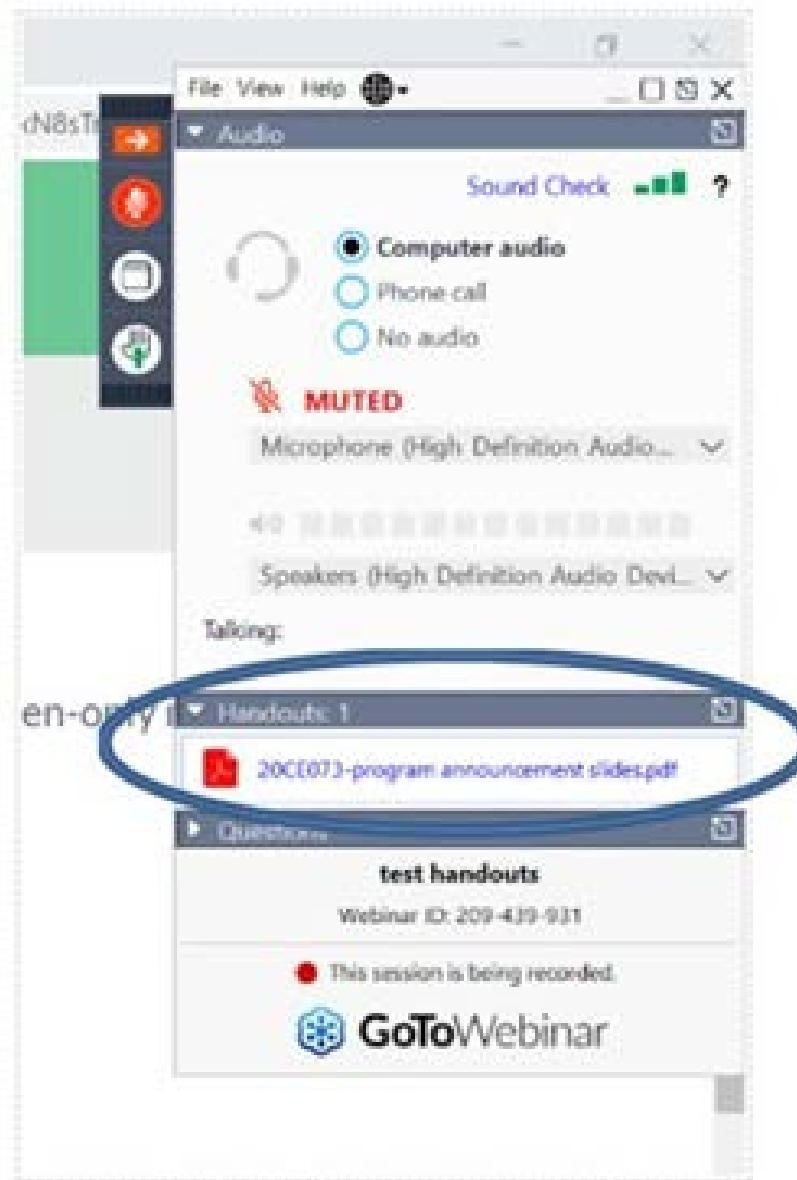
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

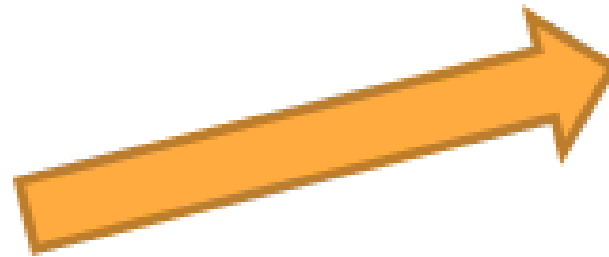
Downloading Handouts



Computer

To ask a question:

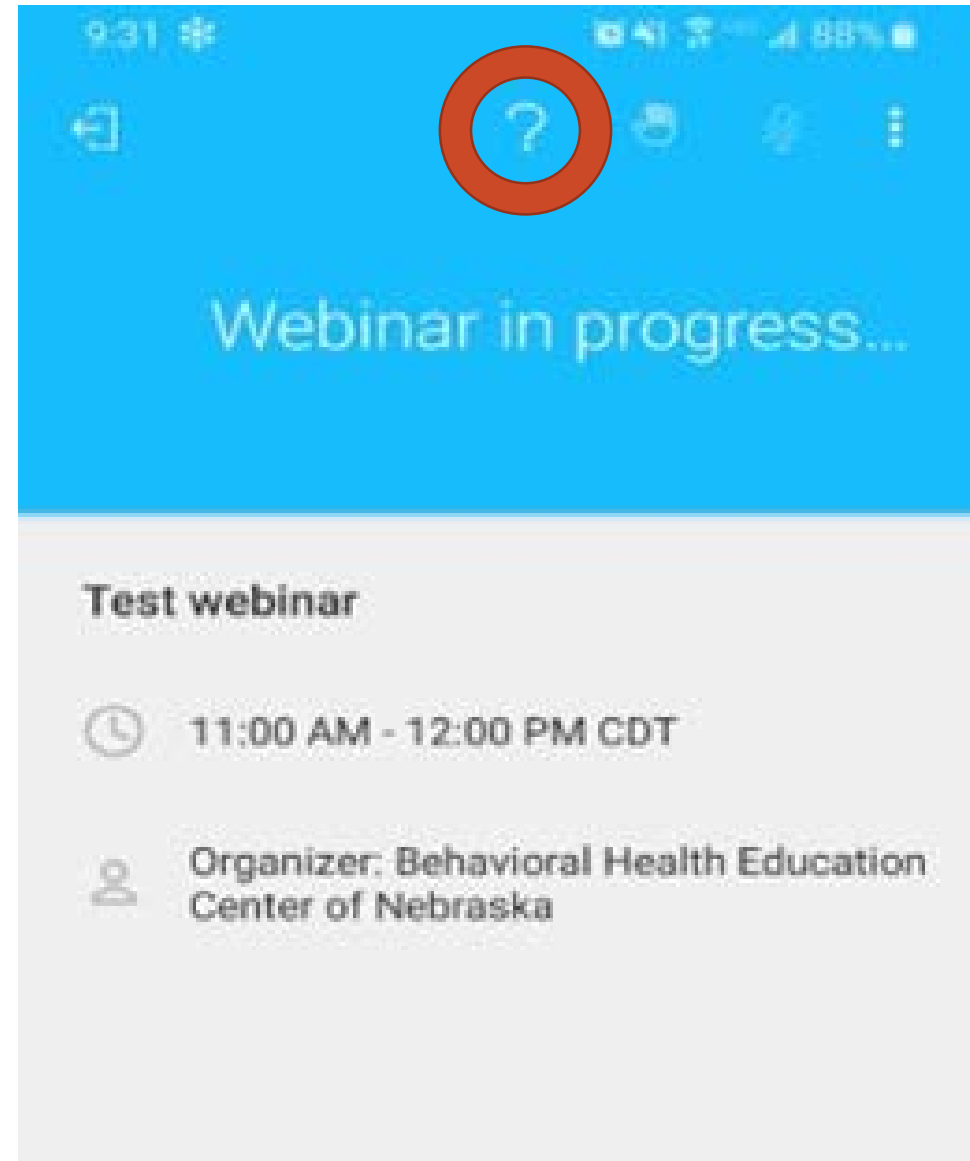
Type it into the
Questions box,
and your
question will
be read out loud.



Phone

To ask a question:

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



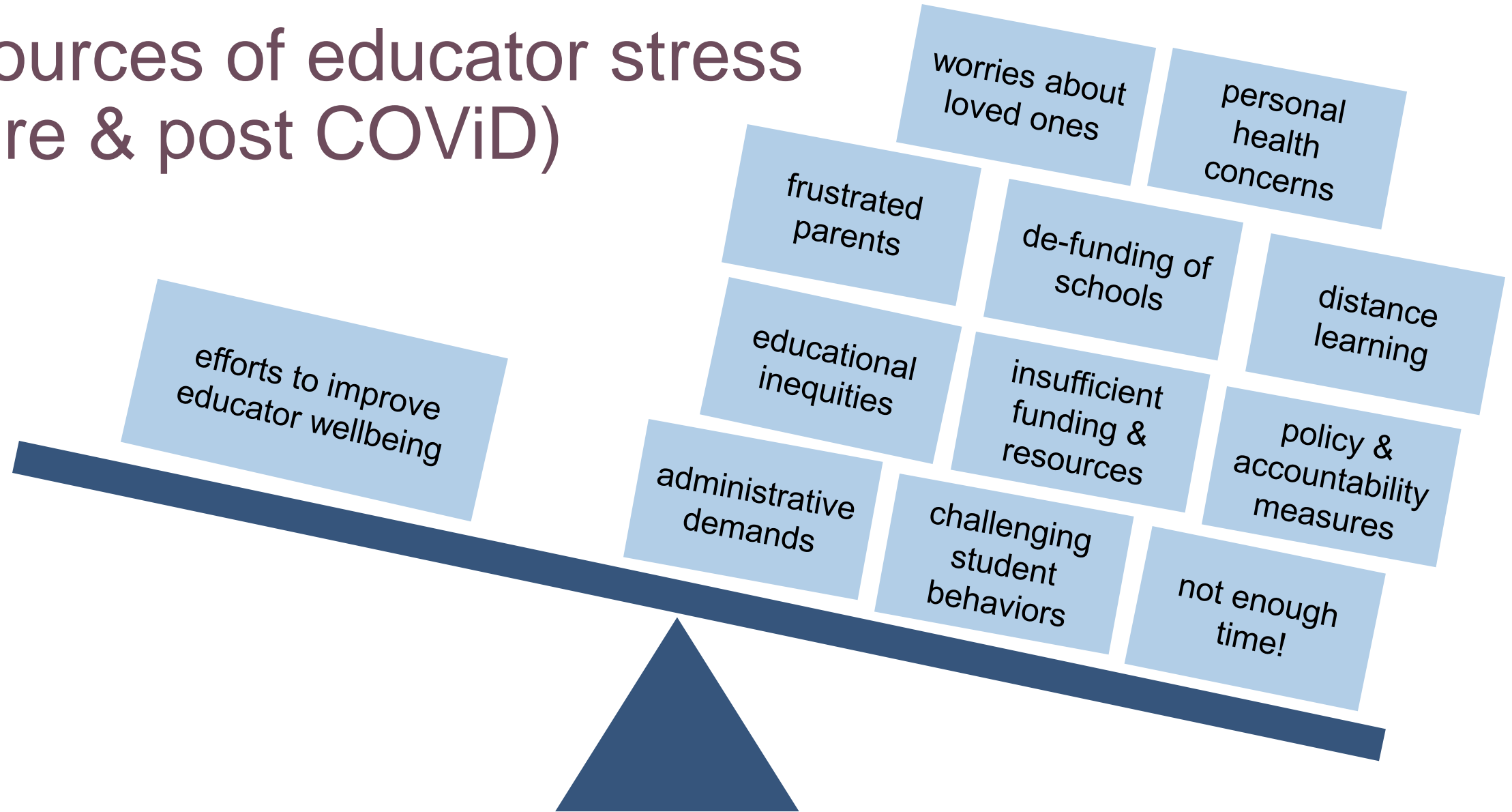
Evaluation


- 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

Sources of educator stress (pre & post COVID)





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*)



9: 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*)

Recreation & Leisure

Recreation

Leisure



Relaxation

Potential Activities

- Yoga --
- Meditation --
- Mindful exercises --
- Massage --
- Passive music listening--
- Sensory experiences --
 - Aromatherapy--
 - Steam rooms--
 - Weighted blankets--

**Relaxation is
purposeful**



What questions do we have at this point?



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MODULE 10:
Bringing It All Together: A Wellness Plan for the
Future

Wellness is Ongoing

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Wellness Plan



“Failing to plan is planning to fail.”

-Sir Winston Churchill

-Benjamin Franklin

-Alan Lakein

-Some dude on the Internet



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Take Our Survey

Follow the link

<https://ttc-gpra.org/P?s=262296>

OR

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





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