



Mid-America (HHS Region 7)

MHTTC

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

Adult Resilience Curriculum (ARC) for Educators

Module 8: Feeling Good Physically through Nutrition, Movement, and Quality Sleep

Resources

Importance of Biophysical Health

Physical Wellbeing and Mental Wellbeing ([The Wellbeing Thesis](#))

This website includes videos, resources, and tips for how and why you can incorporate physical well-being into your day-to-day life. Although designed for postgraduate research students, these skills can be applied to all people.

Physical health impacts mental wellbeing ([American Veterinary Medical Association](#))

This webpage includes links to online assessment tools, and resources available as you work to be more cognizant of the impacts of nutrition, physical activity, and sleep on your mental well-being.

Nutrition

6 Ways to Practice Mindful Eating: Informal practices for those of us who don't have five minutes to contemplate a raisin by Christopher Willard ([mindful.org](#))



6 Ways to Practice Mindful Eating

Mindless Eating	Mindful Eating
1 Eating past full and ignoring your body's signals	Listening to your body and stopping when full
2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)	Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
3 Eating alone, at random times and places	Eating with others, at set times and places
4 Eating foods that are emotionally comforting	Eating foods that are nutritionally healthy
5 Eating and multitasking	When eating, just eating
6 Considering a meal an end product	Considering where food comes from

List created by Christopher Willard PsyD

Nelson J. B. (2017). Mindful Eating: The Art of Presence While You Eat. *Diabetes spectrum: a publication of the American Diabetes Association*, 30(3), 171–174. <https://doi.org/10.2337/ds17-0015>; ([artilce here](#))

Movement

Joyful movement (AKA what to do if you hate exercise) by Klara Donovan (herhappyheart.com)

See this blogpost for 40+ fun examples/ideas for joyful movement from a real person for real people.

Sensory and Movement Break Ideas: Getting classrooms moving! By Cassie ([Teach Starter](#))



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See this blogpost for ideas on how you can get your classroom moving. And when your class is moving, you can be too!

How simply moving benefits your mental health by Srin Pillay, MD
([Harvard Health Publishing](#))

Quality Sleep

10 Healthy Sleep Hygiene Habits by Erica Hersh and medically reviewed by Raj Dasgupta, MD ([healthline.com](#))

Sleep is your superpower by Matt Walker ([TED Talks](#))

Watch this TED Talk to hear about the epidemic of sleep loss and tips for how to fight back and reclaim your right to a full night of sleep.

Making Habits

22 Best Habit Tacking Apps You Need in 2021 by Leon Ho ([lifehack.org](#))

A benefit of living with the technology of today is that we can find help for developing habits. Use this list to help find an app that meets your needs for creating healthy habits!

*Review resources from Module 3: Connecting with values

What we value impacts what we do. Connect with your values to determine your why for physical health.