



# Adult Resilience Curriculum (ARC)

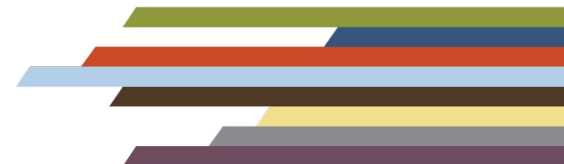
Coping with difficult thoughts, feelings, and experiences



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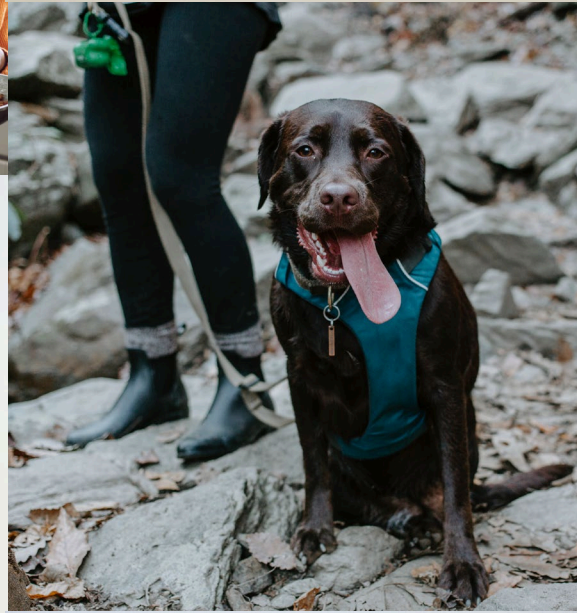








VS.



# WHO WE ARE



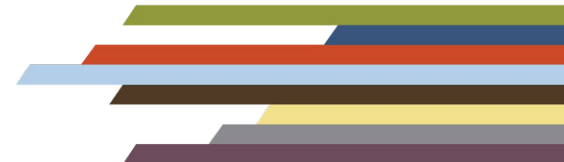
**Christian Klepper,**  
**PsyD, LP**  
Faculty Trainer



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# WHO WE ARE



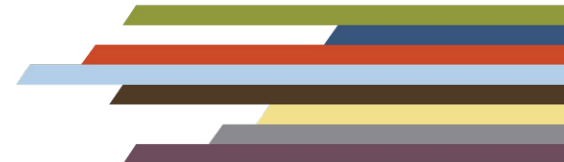
**Hannah West,**  
**PhD, BCBA**  
Regional Trainer




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# The Adult Resilience Curriculum (ARC)

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# The ARC Modules

0: Introduction to the Adult Resilience Curriculum (ARC)

1: Understanding the psychobiology of stress and well-being (*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*)





# Health

Reconceptualize the importance of nutrition, movement, and quality sleep for well-being.

Learn and apply strategies for moving, eating, and sleeping in ways that promote mental and physical health.

Create an action plan to improve your health habits, now and in the future.

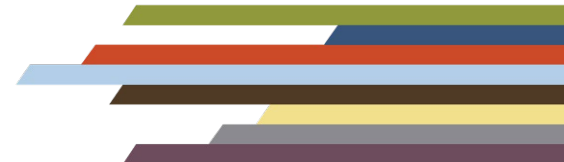
Our Hopes  
for Today



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



# Health Components

Mindful Eating

Joyful  
Movement

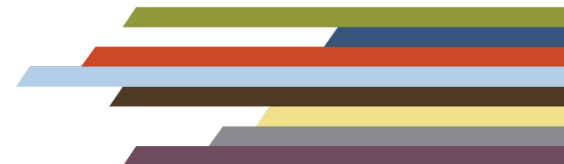
Restful Sleep



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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*.





# Mindful Eating



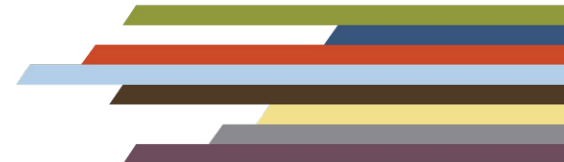
- ✓ No hard & fast rules for what you should eat, but aim for *balance & moderation*
- ✓ Strive for **flexible structure**
  - ✓ Regular meal times
  - ✓ Flexible meal prep
  - ✓ Loose guidelines for meal planning
- ✓ Be wary of food trends like diets and "clean eating" (often a marketing tactic)
- ✓ Remember that food has a value *beyond* nutrition (e.g., cultural value, traditions)
- ✓ Recall that a "healthy body" looks different across individuals and cultures
- ✓ Don't judge yourself or others for food choices
- ✓ Dietary concerns? Consult a doctor.



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- 
- Can be forced & tedious
  - Feels compulsory
  - Often about manipulating or changing your body
  - Certain activities more valued than others
  - Can be ableist

Working  
Out vs.

- 
- Centers pleasure & emphasizes mindfulness
  - Feels good physically and mentally
  - About appreciating your body for what it can do
  - Makes you more likely to regularly move
  - ALL kinds of movement are valid
  - Inclusive
  - Connects to your values

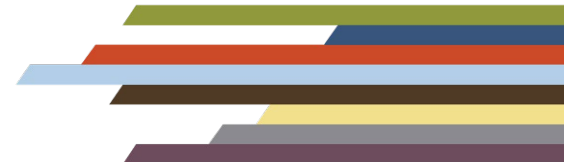
Joyful  
Movement



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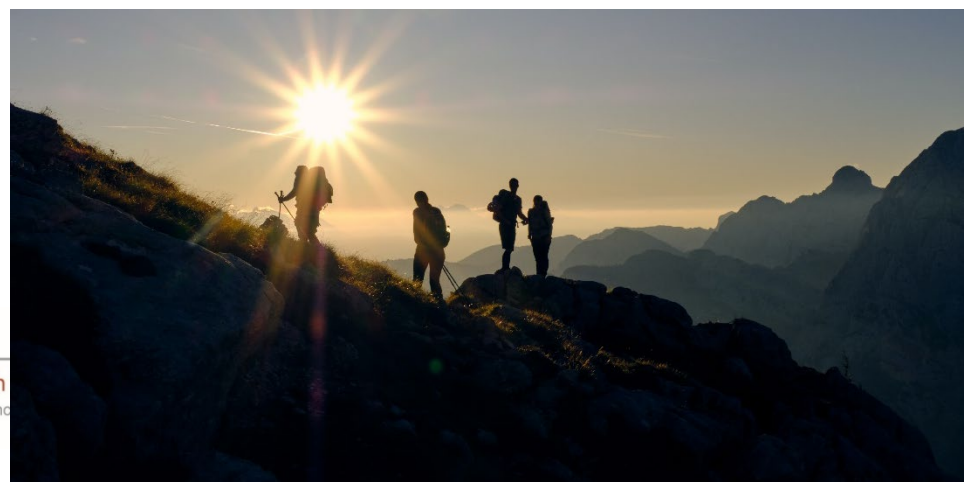
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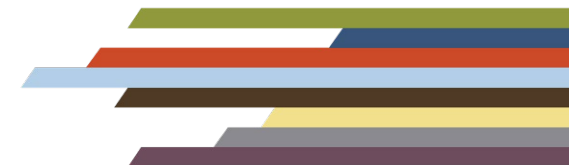




# Joyful Movement



- ❖ 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



# Joyful Movement is also...

*Intuitive* – connect with and listen to your body

*Mindful* – stay present in the movement you choose (even in discomfort)

## Tips for Moving Mindfully:

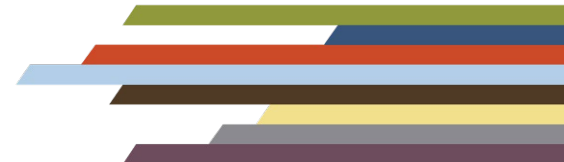
- Get in sync with your breath
- Observe what's happening in your body
- Tune into your surroundings
- Notice what you feel like after



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*How can you introduce movement in a more pleasurable, appealing way?*

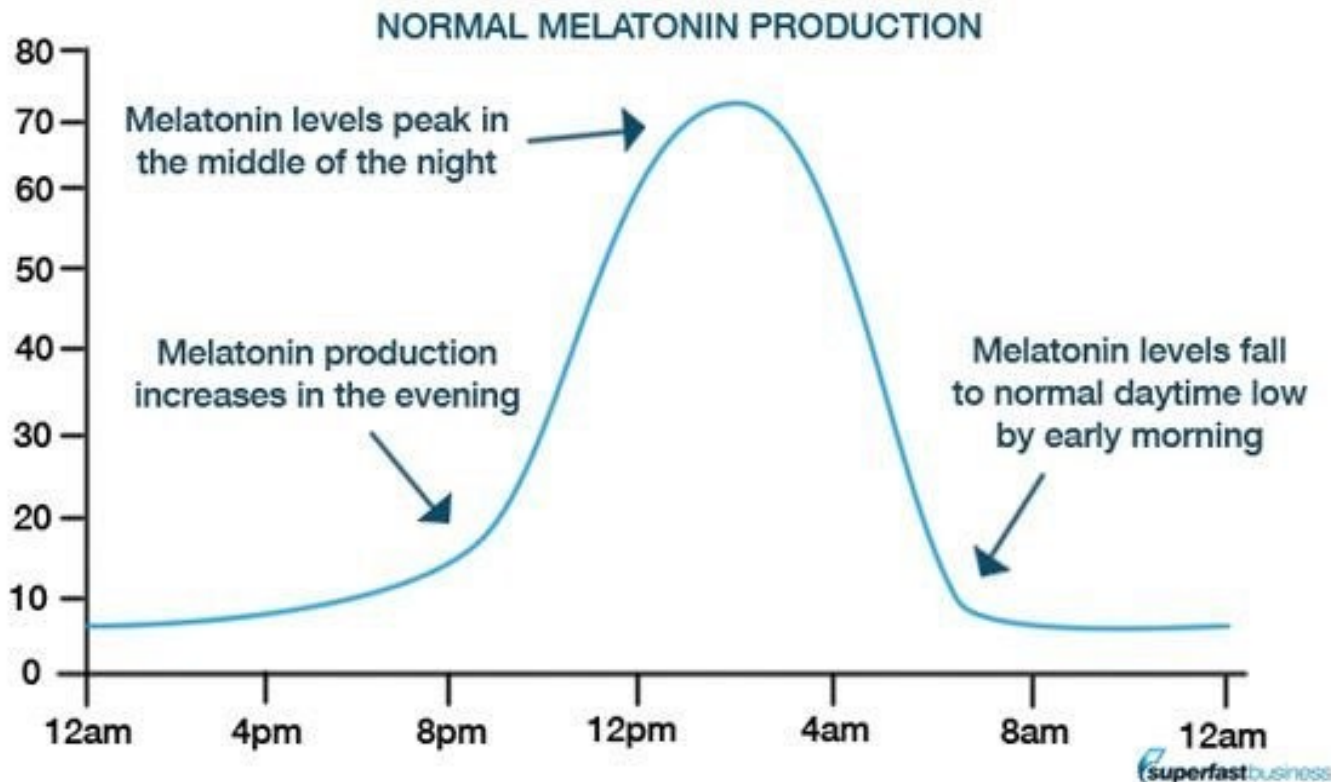
“

**When it comes to physical and mental health, all movement counts. Your body doesn't know whether you're in a gym or not, wearing fancy Lululemon workout clothes or not – it just knows you're moving.**

”

**- Rachel Hartley**

# Restful Sleep



"If sleep doesn't serve some vital function, it is the biggest mistake evolution ever made."

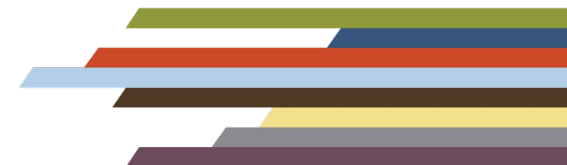
- Dr. Allan Rechtshaffen



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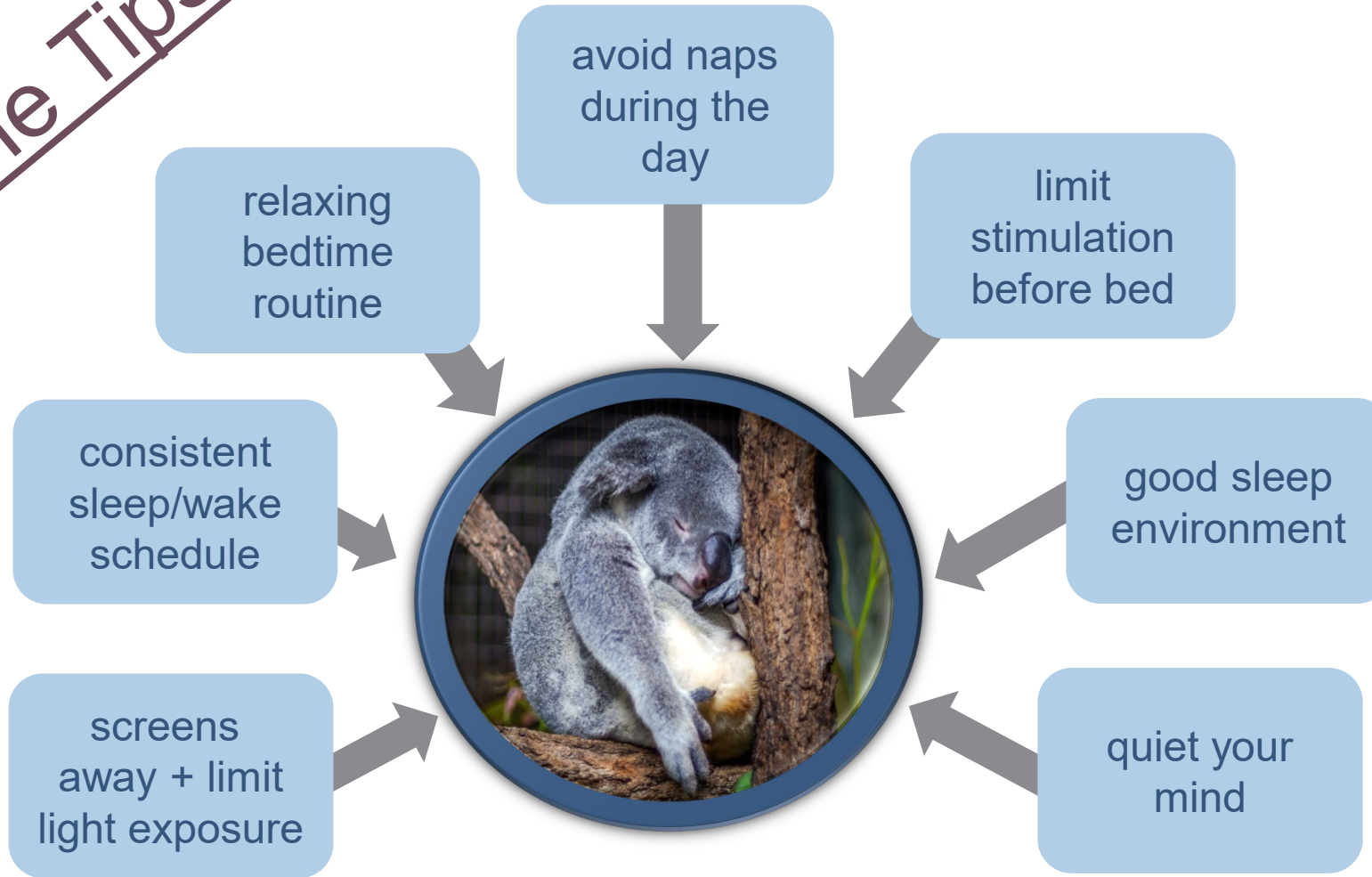
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# Sleep Hygiene Tips



**Pro Tips:** Don't try to go to sleep until you're sleepy. Only set 1 alarm in the morning.



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# In-Session Activities



practice  
mindful  
eating



practice  
joyful  
movement



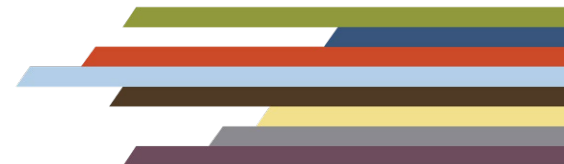
set goals  
for sleep



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# Recommendations

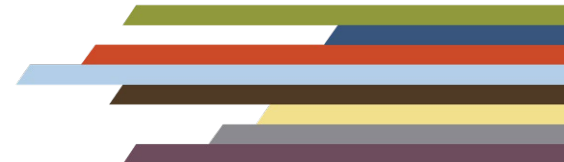
- ✓ Complete one activity



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# Recommendations

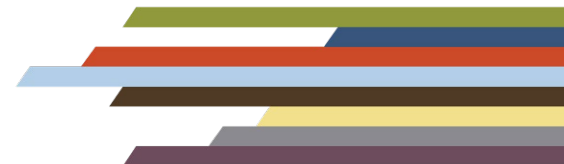
- ✓ Complete one activity
- ✓ Identify one of the 3 habits to improve & share



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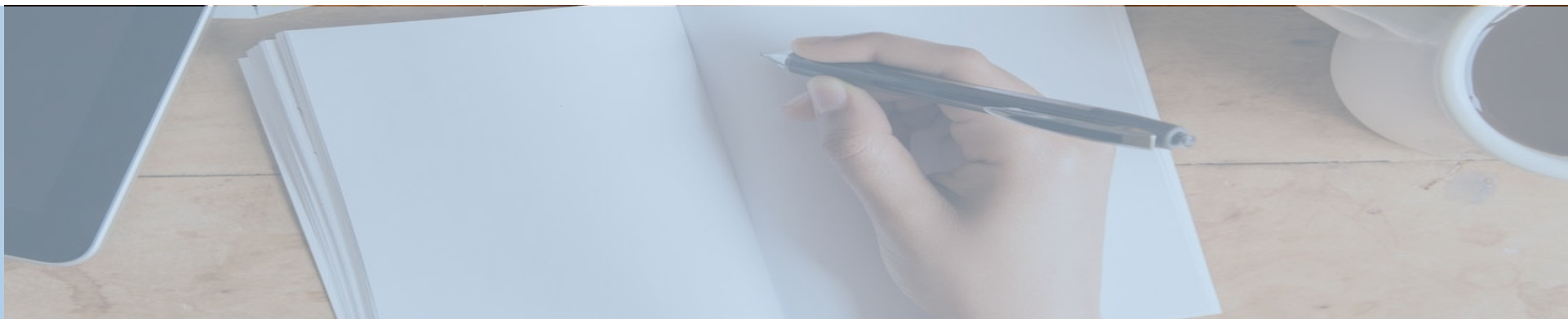
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# Recommendations



- ✓ Complete one activity
- ✓ Identify one of the 3 habits to improve & share
- ✓ Create individual action plan for that habit



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