The Role of Well-Being in Coping

Megan Hammes
March 3, 2022
The role of KINDNESS in Coping

“True belonging doesn’t require us to change who we are; it requires us to be who we are.”

– Brene Brown, Atlas of the Heart
If you could take a pill to reduce anxiety and low mood and simultaneously improve self esteem and social withdrawal, would you?
The role of PHYSICAL ACTIVITY in Coping
Vitamins G and D

Gratitude (Vitamin G)
• Cope with stress and foster resilience
• Build stronger interpersonal relationships
• Sleep better
• Improve your physical and psychological health
• Be more empathetic and patient
• Improve self-care and self-esteem

Benefits of Nature (Vitamin D / Sunshine)

Take time to share your gratitude today!

Find resources and information at:
MENTALHEALTH.UIOWA.EDU/GRATEFUL-HAWKS
Productivity and Focus

Reducing Overwhelm
Mental Health Affects Productivity
Prioritizing mental health can improve productivity AND productivity strategies can reduce stress and anxiety that contribute to poorer mental health

One size doesn’t fit all; know yourself

Achieving stress-free productivity is less about how much stuff you need to do or how much time you have; it’s more about how you engage with all the stuff coming at you.

• Is this the right thing for me to be working on right now?
• Can I negotiate/re-negotiate any of my commitments?

It’s fine to ‘decide not to decide’ about something. You just need a decide-not-to-decide system to get the issue off your mind. This is the power of deliberately ‘incubating’ items.
Mind the filters

- **Context** – Where you are
- **Time available** – What you can do in the time you have
- **Energy** – What effort (mental and/or physical) you need to put into the action
- **Priority** – How important it is
It's a waste of time and energy to keep thinking about something that you make no progress on.
Strategies that can Boost Productivity

1. Reduce distractions
2. Reduce or simplify redundant work
3. Just get started
4. Simplify
5. Mix it up – to do or think differently
Light Therapy

Patrick Rossman
Behavioral Health Consultant in Student Wellness
Started and oversee the light therapy program at Iowa
Light Therapy at Iowa

→ Began in the fall of 2018 to help combat the effects of SAD
→ Partnership with USG, University Counseling Service, Student Health, and Student Wellness
→ Developed our program based on research and best practices
→ Students can check out a light for FREE for one month to use on their own time and in their own space
How Light Therapy Works

- Sunlight enters through your eyes.
- Acting through the hypothalamus, sunlight regulates our circadian rhythm through complex pathways that include melatonin, serotonin and body temperature.
- Improving your circadian rhythm has dramatically positive effects on your body and mood.
SAD Symptoms & Assessing Iowa’s Light Therapy Program

**Over the past two weeks, how often have you been bothered by any of the following problems?**

0=Not at all 1=Several days 2=More than half the days 3=Nearly every day

- LITTLE INTEREST OR PLEASURE IN DOING THINGS*
  - 0.28
  - 0.74
  - 1.48

- FEELING DOWN, DEPRESSED, OR HOPELESS*
  -
  - 0.86
  - 1.33

- TROUBLE FALLING OR STAYING ASLEEP, OR SLEEPING TOO MUCH*
  -
  - 0.69
  - 1.33

- FEELING TIRED OR HAVING LITTLE ENERGY*
  -
  - 0.88
  - 1.4

- POOR APPETITE OR OVEREATING*
  -
  - 1.17
  - 1.97

- FEELING BAD ABOUT YOURSELF*
  -
  - 1.01
  - 1.69

- TROUBLE CONCENTRATING *
  -
  - 0.79
  - 1.34

- MOVING OR SPEAKING SO SLOWLY*
  -
  - 0.83
  - 1.33
I found light therapy extremely helpful. I see a psychiatrist at the student health center who recommend I try light therapy and it was really nice to be able to go directly from my appointment to the front desk and receive a light box. I found that the light box really helped regulate my sleeping schedule. I liked the light box so much I actually went out a purchased the same box for myself.
Trying Light Therapy

For current students:

→ CRWC Wellness Suite is primary location, but offer through University Counseling Service and Student Health
→ Free to check out for one month

For anyone:

→ In selecting a light box, based it in guidelines from Mayo Clinic
  • Provide 10,000 lux of light
  • Does not emit UV light
→ We use Verilux HappyLight
  • Can find them on Amazon for under $40
Nutrition for Mental Well-being

JoAnn Daehler-Miller, Dietitian
March 3, 2022
Covid-19 Impacts

→ Increased food insecurity

→ Increased eating disorders
  • Isolation
  • Decline in mental health
  • Social media
General Principles

→ Nutrition is Key in Mental Health!
  • Balance
  • Variety

→ Enough food
  • Eat regularly
  • More fruit & vegetables

→ Reduce stress around obtaining food
  • Educate
  • Support

Choose MyPlate.gov
How to Help

➔ Take care of yourself
  • Eat for wellness, energy, foods you enjoy

➔ Support others
  • Those you know
  • Community

➔ Advocate for more equitable policies
Resources - Campus

→ Food Pantry at Iowa  https://imu.uiowa.edu/food/food-pantry/
  • Location: IMU & Pride Alliance Center

→ Student Wellness  https://studentwellness.uiowa.edu/
  • Consults (nutrition, stress, fitness, wellness coaching)
  • Intuitive Eating workshops
  • Mindfulness workshops, retreat, Midday Mindfulness

→ liveWELL  https://hr.uiowa.edu/employee-well-being/livewell

→ Eating Disorder Network  https://studentwellness.uiowa.edu/eating-disorder-network
Resources - Community

→ Food
   • Food Pantry (Iowa City, Coralville, North Liberty)
   • Free Lunch
   • Agape Café (breakfast on Wed)
   • Salvation Army (dinner M-F)
   • Catholic Worker House (Sat dinner, Sun lunch)

→ Nutrition Services
   • https://mypracticalnutrition.com/ – Sue Clarahan eating disorder dietitian
   • UIHC – dietitians (Sports Med, IRL), In-patient and Partial Hospital programs
   • Eating Disorder Coalition of Iowa https://www.edciowa.com/
Events - liveWELL

→ Meal Planning for Busy People
  • Thursday, March 10, 12:10-12:50 on Zoom
  • https://hr.uiowa.edu/livewell/livewell-trainings

→ 5-2-1-0 Healthy Choices Count
  • 4 Week Wellness Challenge, February 28- March 27
  • https://hr.uiowa.edu/livewell/5-2-1-0-healthy-choices-count
Events – Student Wellness

→ Cooking Workshop
  • Monday, March 7, 7:00 pm at CRWC Meeting Rm 1A&B
  • https://afterclass.uiowa.edu/events/event/87361

→ Mindfulness Silent Retreat – open to all
  • Sunday, April 24, 1:00 pm, 335 IMU
  • https://student.korumindfulness.org/course-detail.html?course_id=6116

→ 21 Days of Mindful Ways: Happiness Begins with Health
  • April 4-24 online challenge
mentalhealth.uiowa.edu