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The Role of Well-Being in Coping

Megan Hammes

March 3, 2022

FIRST THURSDAYS

Mental Health
Speaker Series

The role of KINDNESS in Coping



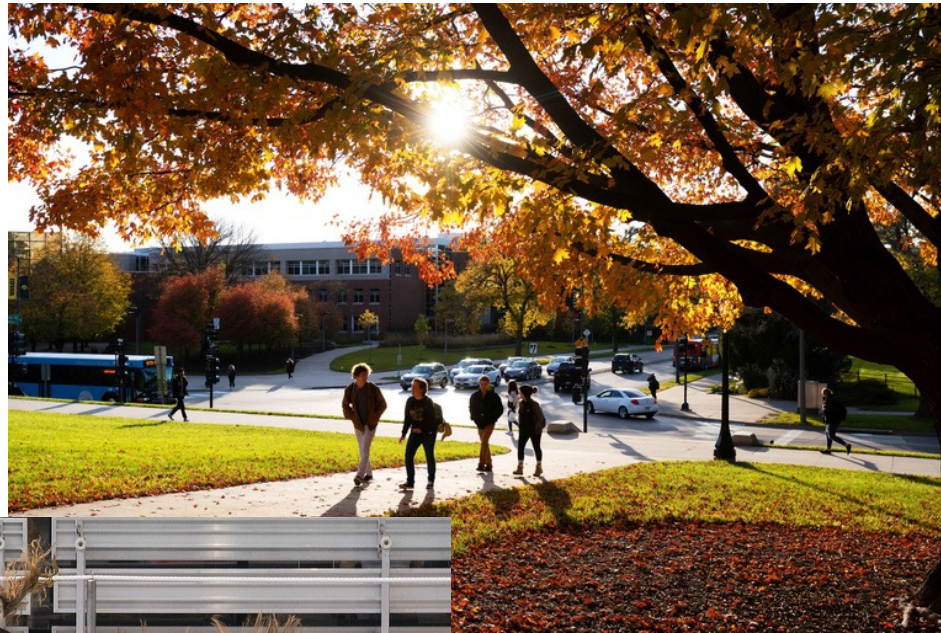
“True belonging doesn’t require us to change who we are; it requires us to be who we are.”

– Brene Brown, Atlas of the Heart

Question

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



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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)



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Grateful **Hawks**

Take time to share your gratitude today!

Find resources and information at:

→ [MENTALHEALTH.UIOWA.EDU/GRATEFUL-HAWKS](https://mentalhealth.uiowa.edu/grateful-hawks)

Sean Hesler, University Human Resources, Organizational Effectiveness

Productivity and Focus

Reducing Overwhelm



**Mental
Health
Affects
Productivity**

Staying on target

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.**

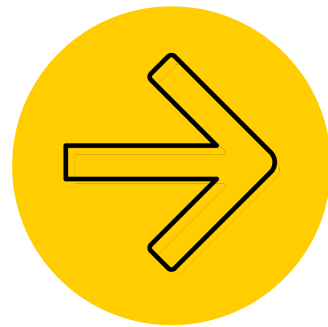
Strategies that can Boost Productivity



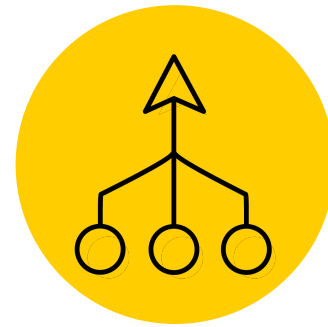
**Reduce
distractions**



**Reduce or
simplify
redundant
work**



**Just get
started**



Simplify



**Mix it up – to
do or think
differently**

Light Therapy

Patrick Rossman

Behavioral Health Consultant in Student Wellness

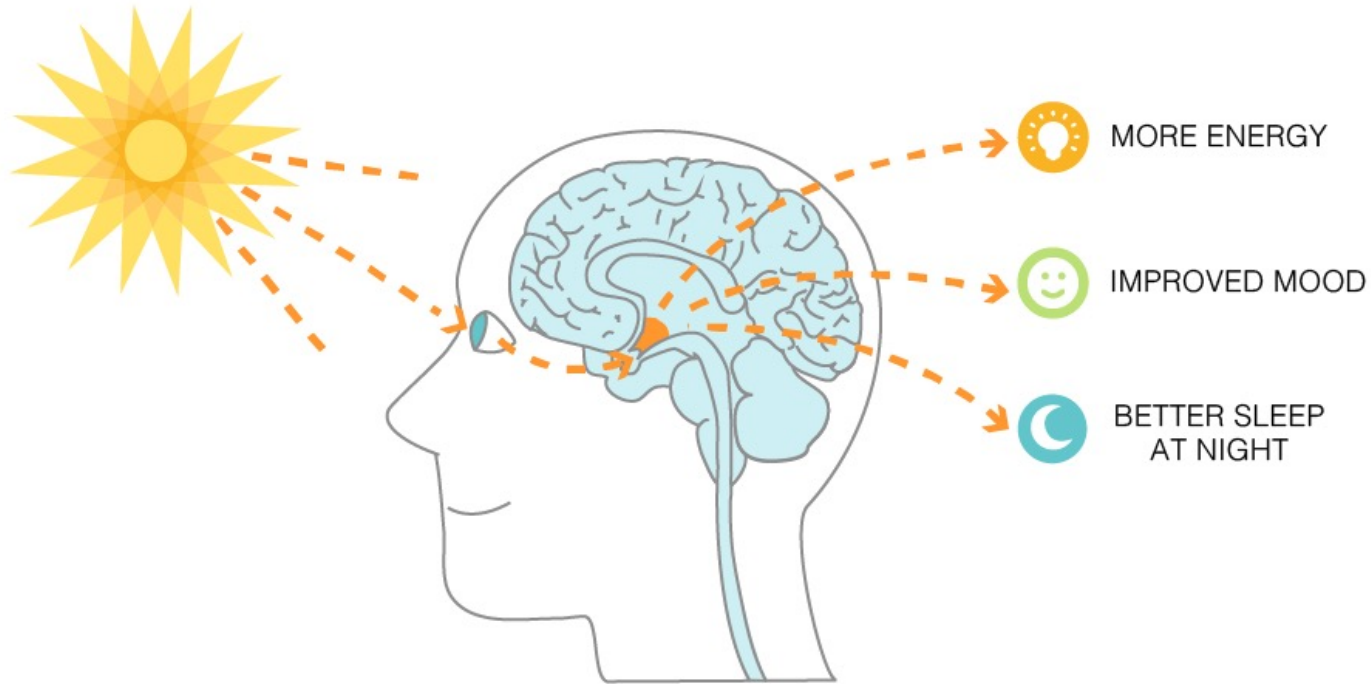
Started and oversee the light therapy program at Iowa



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

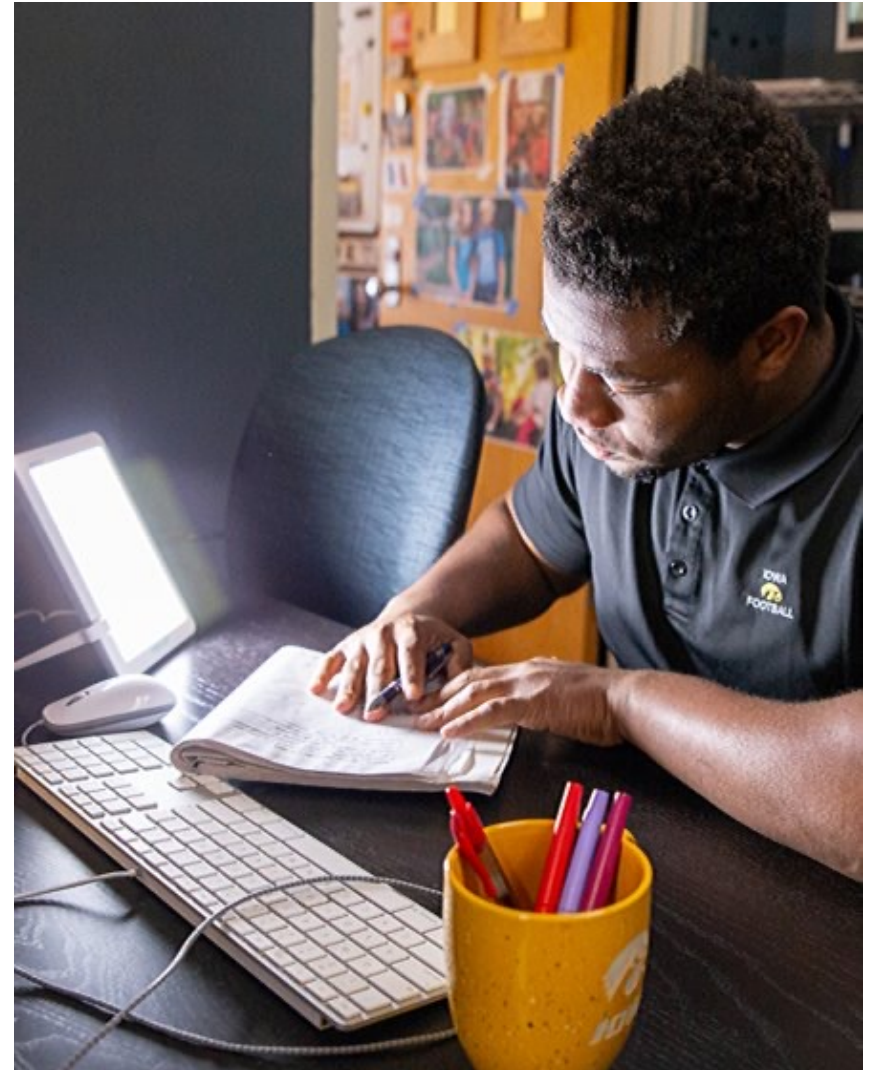
How Light Therapy Works



Sunlight enters through your eyes. >>>

Acting through the hypothalamus, sunlight regulates our circadian rhythm through complex pathways that include melatonin, serotonin and body temperature. >>>

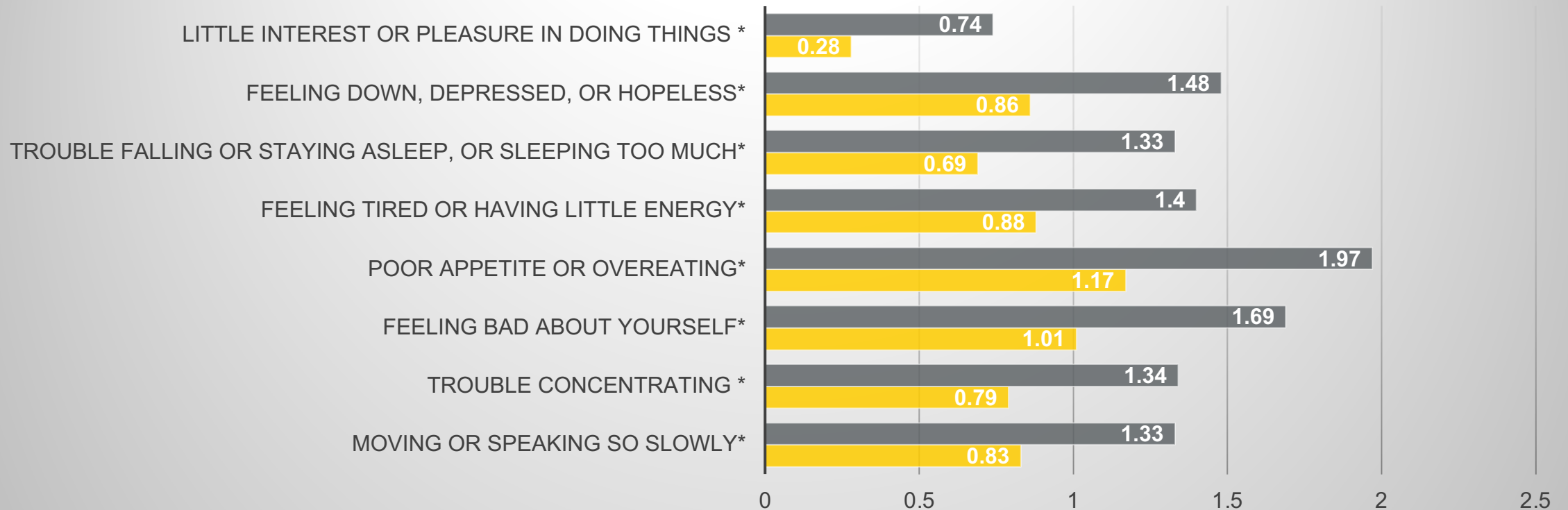
Improving your circadian rhythm has dramatically positive effects on your body and mood.



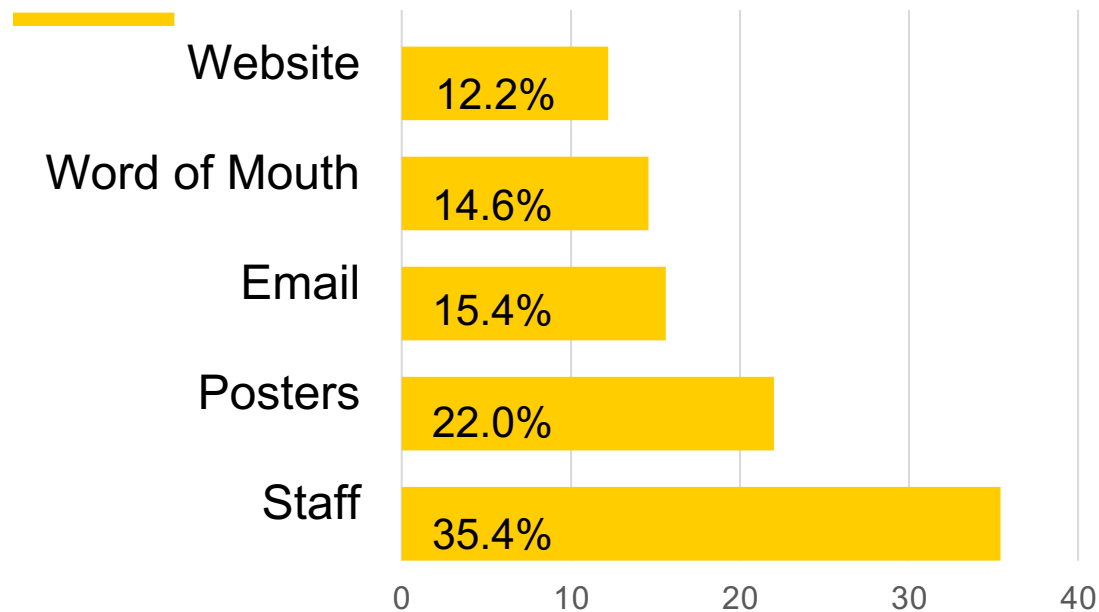
SAD Symptoms & Assessing Iowa's Light Therapy Program

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

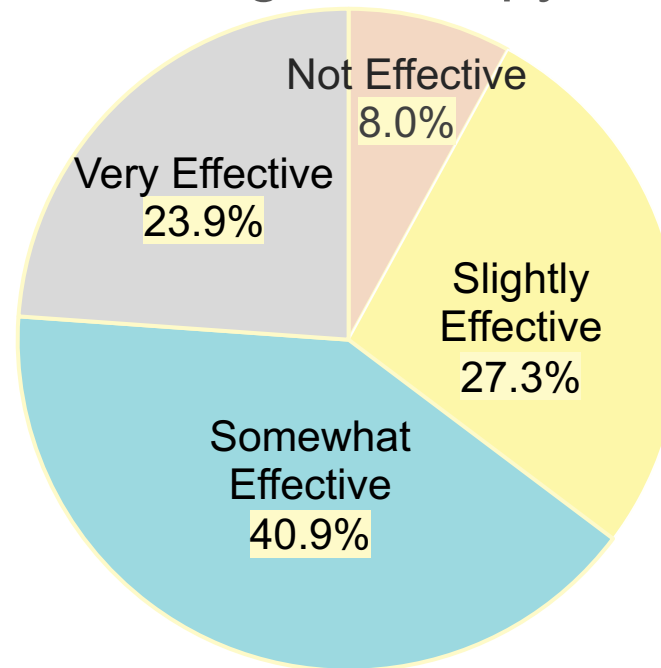
0=Not at all 1=Several days 2=More than half the days 3=Nearly every day



How did you hear about this program?



How effective did you find light therapy?



Student Voice

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

Student Wellness

Nutrition for Mental Well-being

JoAnn Daehler-Miller, Dietitian

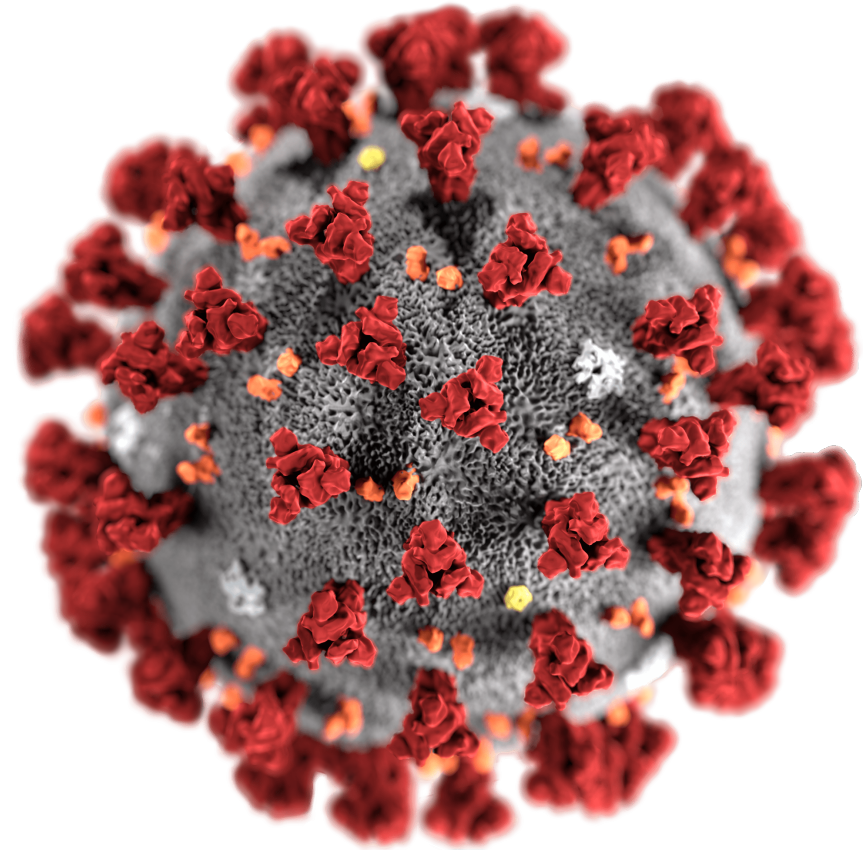
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Covid-19 Impacts

→ Increased food insecurity

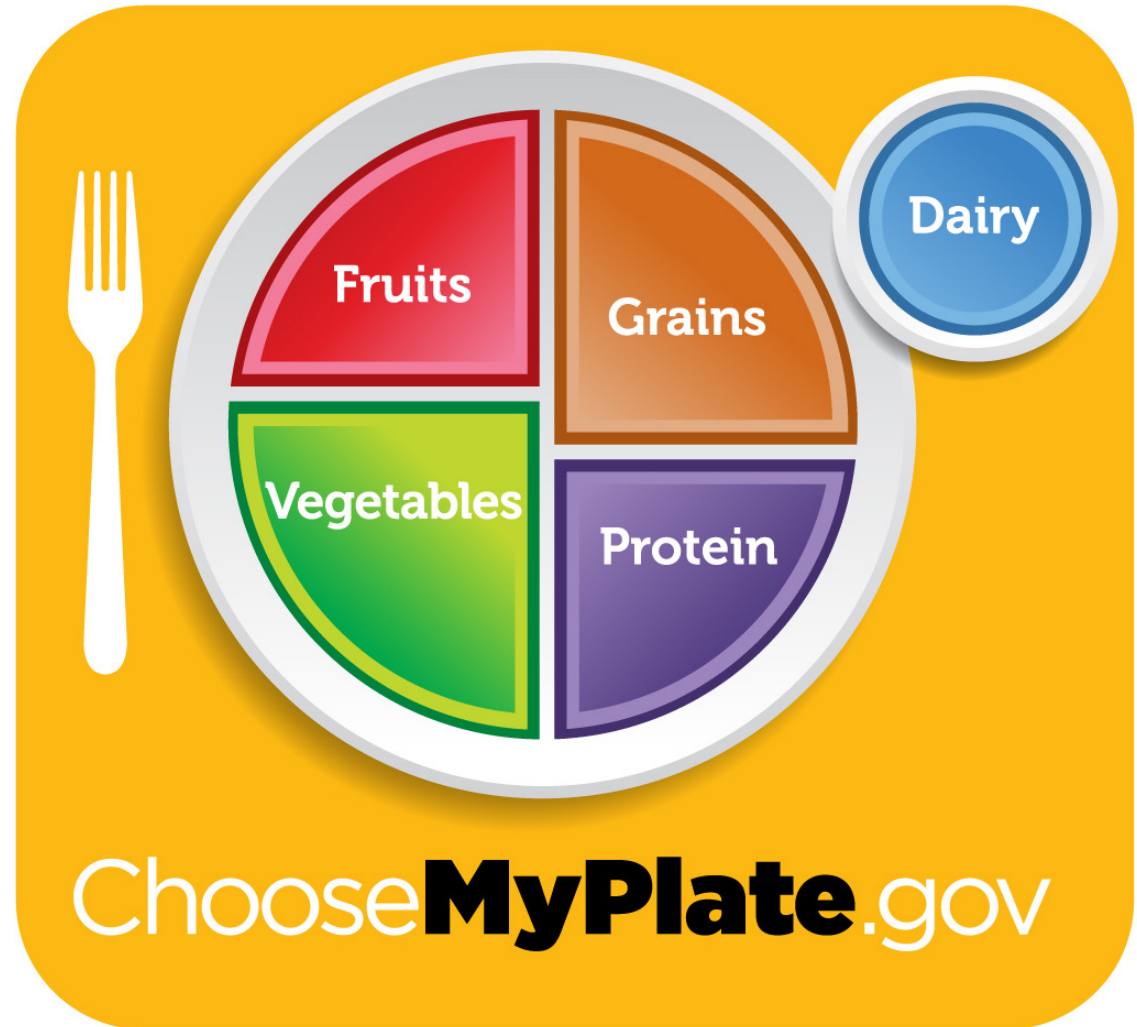
→ Increased eating disorders

- 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



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

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mentalhealth.uiowa.edu



**YOU MATTER
HERE**