

State Office of Rural Health
 SORH Regional Partnership Meeting / Region B Pre-Meeting
 Final Agenda – All Times Eastern

Topic: Working Well - A Premeeting to Deepen Calm, Connection & Resilience in the Body and Brain

Tuesday, May 17th, 2022

9:00 – 9:50 AM	<p>Mindful Part One: Connecting Inward <i>Introductions & centering word experiential</i> <i>Gentle stretching experiential</i> <i>Burnout tool: responding to your individualized stress cycle</i></p> <ul style="list-style-type: none"> - Stress is the biological response to anything the brain perceives as a threat. Like all biological processes, it has a beginning, a middle, and an end. If we can move all the way through the stress response cycle, we feel better. But most of us tend to get stuck somewhere in the cycle. We'll talk about the 6 evidence-based strategies for completing our body's stress cycle and get specific about how we can care for ourselves in the midst of the stress. <p><i>Self-compassion breathing experiential</i></p>	<p style="text-align: right;">Amy Rodquist-Kodet <i>Wellness Specialist-Holistic Coach</i></p> <p style="text-align: right;">Jacqueline Carroll <i>Wellness Specialist-Holistic Coach</i> University of Kentucky Health and Wellness Program</p>
9:50– 10:20 AM	BREAK	
10:20 – 11:20 AM	<p>Mindful Part Two: Mindful Responding <i>Discovering Core Needs tool</i></p> <ul style="list-style-type: none"> - Identifying our most pressing human needs and developing strategies to meet those needs moves us towards more satisfaction and alignment. When we are disconnected and distracted from our needs, we may seek fulfillment in other ways (overeating/drinking/spending/scrolling/ruminating) in hopes of finding comfort but continuously missing the mark. When we're investing in meeting our needs, we're better able to give to people and work we care about with less resentment. <p><i>Mindful walking experiential</i> <i>Circle of Control tool</i></p> <ul style="list-style-type: none"> - Our brains are wired to be predictor machines. So when things don't happen as planned, our brains stress and clamor for some semblance of control. This tool can help our brain keep focused on the areas of our life we actually have some control, we reduce frenzy, increase calm and spend our energy on things we can actually dig into and change. <p><i>Body scan experiential</i></p>	<p style="text-align: right;">Amy Rodquist-Kodet <i>Wellness Specialist-Holistic Coach</i></p> <p style="text-align: right;">Jacqueline Carroll <i>Wellness Specialist-Holistic Coach</i> University of Kentucky Health and Wellness Program</p>
11:20 – 11:50 PM	<p>Mindful Part Three: Pulling it all Together and Wrap up <i>Morning & evening habit anchors</i> <i>Closing: check in; takeaways</i></p>	<p style="text-align: right;">Amy Rodquist-Kodet <i>Wellness Specialist-Holistic Coach</i></p> <p style="text-align: right;">Jacqueline Carroll <i>Wellness Specialist-Holistic Coach</i> University of Kentucky Health and Wellness Program</p>
11:50 PM	Adjourn	