
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on August 26, 2021, for our next Recovery & Empowerment Statewide Call for 2021! Our theme this year is "Planting the Seeds of Wellness!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Linking Our Physical and Mental Health".

While we recognize that agencies may not be joining people in a group for this call, please note that you don't have to be in a group to participate. Individuals are welcome to dial in from a personal phone or from home. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

ABOUT THIS MONTH'S CALL:

DATE: August 26, 2021

TIME: 10:00am - 11:00am

TOPIC: Linking Our Physical and Mental Health

OBJECTIVES: Participants will: Define Mental and Physical Wellness; establish the link between our mental and physical health; and recognize ways to keep our mental and physical health in balance.

DIAL-IN NUMBER: 1-844-867-6167

ACCESS CODE: 4360050- enter the code and wait for AT&T to answer

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Tanya Cooley, Tom Troe, and Cammy Duggins

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

HANDOUTS:

The following materials for the 8/26/21 call are attached:

- Linking Our Physical and Mental Health (PowerPoint slides in pdf format, 6-slides-to-a-page)
- Handout: Mind Body Connection
- 3)Evaluation Form
- Sign-In Sheet
- CEU Instructions
- August 26 Flyer

ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: These calls have been held monthly since 2007, and were formerly known as "consumer education and support statewide call-ins."

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

ABOUT STAFF PARTICIPATION:

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.

IDHS/DMH Recovery & Empowerment Statewide Calls



Planting the Seeds of Wellness

Recovery & Empowerment Statewide Call

August 26, 2021

10:00 – 11:00 a.m.

*Linking Our Physical and
Mental Health*

Call-In Number: 1-844-867-6167

Access Code: 4360050



PLANTING THE SEEDS OF WELLNESS

“Linking Our Physical and Mental Health”

2021 Recovery & Empowerment Statewide Call
August 26, 2021, 10:00–11:00 am
Call toll-free (844) 867-6167
Access code: 4360050

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Thank you for joining today’s call!

Fax CEU Sign-In Sheets within seven days to:
Christal Hamm: 309-346-2542 or
Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:
September 23, 2021
We Are the Expert on Ourselves

Email Your Feedback:
Cindy.Mayhew@Illinois.gov

welcome

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GUIDELINES FOR TODAY’S CALL



- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated

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MEET THE PRESENTERS

- Illinois Department of Human Services, Division of Mental Health
- Tanya Cooley, Recovery Support Specialist
- Tom Troe, Recovery Support Specialist
- Community Speaker: Cammy Duggins



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Objectives

▪ Participants will:

- 1) Define Mental and Physical Wellness.
- 2) Establish the link between our mental and physical health.
- 3) Recognize ways to keep our mental and physical health in balance.

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COMMUNITY SPEAKER

▪ **CAMMY DUGGINS, ARROWLEAF**

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WHAT IS THE IMPACT OF PHYSICAL AND MENTAL HEALTH?

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PHYSICAL WELLNESS



- What do we mean by physical wellness?
- Cultivating our physical wellness:
 - Sleep
 - Exercise
 - Nutrition
 - Incorporate wellness techniques

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MENTAL WELLNESS



- What do we mean by mental wellness?
- Cultivating our mental wellness:
 - Sunlight
 - Manage stress
 - Have fun
 - Connecting
 - Ask for help

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SELF-CARE



- What is self-care?
- What are the benefits of self-care?
- How does self-care relate to whole health wellness?
- The importance of taking time to practice self-care

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SOCIAL WELLNESS



- Developing a sense of connection, belonging, and a well-developed support system
- Connectedness – developed by a social network
- Healing power in loving relationships
- Healing power in knowing that we are not alone

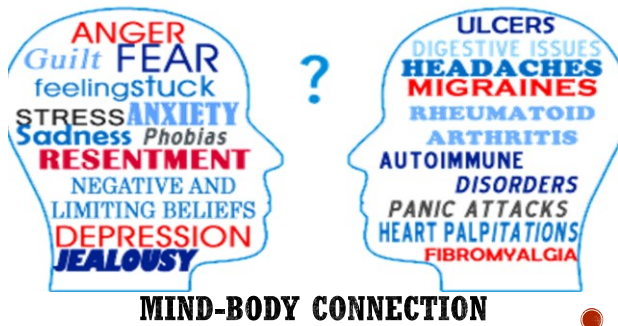
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SOCIAL WELLNESS



- Sense of connection
- Being empowered
- Social networks and giving back to the community
- Overcoming obstacles to getting out into the community

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STRESS AND ITS IMPACT ON OUR WHOLE HEALTH

- Depression
- Weight challenges
- High blood pressure
- Weakens the immune system



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COMMON SIGNALS OF STRESS

- Headache
- Muscle tension or pain
- Change in sex drive
- Stomach upset
- Sleep problems
- Chest pain
- Fatigue
- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression



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FIRST STEP IN OUR PERSONAL HEALTH INVENTORY



- What REALLY matters to us
- What brings us a sense of joy and happiness?
- Rate ourselves on a scale
 1. Physical well-being
 2. Mental/emotional well-being
 3. Life: day-to-day

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WHOLE HEALTH: WHERE WE ARE AND WHERE WE WANT TO BE

- Work the body
- Recharge
- Food and drink
- Personal development
- Friends, family & co-workers
- Spirit & soul
- Surroundings
- Power of the mind



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WHERE TO FIND MORE INFORMATION

- www.samsha.com – search for “Eight Dimensions of Wellness” or “Whole Health Action Management” (WHAM)
- **7 Most Common Stress-Related Health Problems**
www.activebeat.com
- Wellness Matters
<https://www.conehealth.com/services/behavioral>

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WHERE TO FIND SUPPORT

- **Call the Warm Line**
- 866-359-7953
- Monday – Saturday
8:00 a.m. – 8:00 p.m.
- **Crisis Text Line**
- Text 741-741 when in a crisis.
- Anywhere, anytime. Anonymously.

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DMH REGIONAL RECOVERY SUPPORT SPECIALISTS

- Denise Lawrence,
Denise.Lawrence@illinois.gov
▪ Region 1-Metropolitan Chicago
- Tom Troe, 309.264.0291
Thomas.troe@illinois.gov
▪ Region 3 – Peoria

NANETTE LARSON
Deputy Director,
Bureau of Wellness
and Recovery
Services, IDHS/DMH

Nanette.Larson@illinois.gov

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DMH REGIONAL RECOVERY SUPPORT SPECIALISTS CONTINUED

- Tanya Cooley, 217.785.0043
tanya.e.cooley@illinois.gov
▪ Region 4 – Springfield
- Cindy Mayhew, 618.474.3813
cindy.mayhew@illinois.gov
▪ Region 5-Metro East



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GUIDELINES FOR QUESTIONS AND COMMENTS

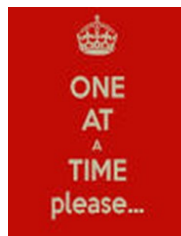
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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GUIDELINES CONTINUED

- Limit to One Comment or Question per Person, then Pass to the Next Person
- Reduce or Eliminate Any Background Noise So Your Question or Comment Can Be Heard
- Saying "Thank You" Indicates You Are Finished With Your Question



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- Statewide call evaluation forms
- Email to: DHS.DMHRecoveryServices@illinois.gov
- Fax: (309) 346-2542
- Sign-in sheets must be received within 7 days after the call to receive CEUS. Sign-in sheets will not be accepted before the call.
- Comments, questions, feedback, suggestions:
▪ Email to: DHS.DMHRecoveryServices@illinois.gov

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MIND BODY CONNECTION: STRATEGIES TO REDUCE PHYSICAL AND MENTAL TENSION

A RESOURCE FOR VETERANS, SERVICE MEMBERS, AND THEIR FAMILIES

UNDERSTANDING EMOTIONAL HEALTH

Good emotional health is important for everyone. When we have good emotional health, we are aware of our thoughts, feelings, and behaviors. People with good emotional health have learned healthy ways to cope with the stress and problems that are a normal part of life. They feel good about themselves and have healthy relationships. Many things that happen in your life can disrupt your emotional health and lead to strong feelings of sadness, stress, or anxiety. These things might include being laid off from your job, having a child leave or return home, or dealing with the death of a loved one. For service members, there are additional burdens related to the military experience such as a health concern or problem related to deployment, loss of comrades in combat, or the possibility of being re-deployed. For some people, "good" changes can be just as stressful as "bad" changes. So, getting a promotion at work or having a new baby might also negatively impact your emotional health. For service members, readjustment to civilian life can be a "good" change that also presents many difficulties and stresses such as the challenge of finding work as a civilian and reuniting with family members, children, and friends after being away for awhile.

HOW CAN MY EMOTIONS AFFECT MY HEALTH?

Your body responds to the way you think, feel, and act. This is often called the "mind/body connection." When you are stressed, anxious, or upset, your body tries to tell you that something isn't right. For example, high blood pressure or a stomach ulcer might develop after a particularly stressful event, such as the death of a loved one or friend. Physical signs that your emotional health is out of balance include: change in appetite, headaches, high blood pressure, upset stomach, and many others.

Poor emotional health can weaken your body's immune system, making you more likely to get colds and other

infections during emotionally difficult times. Also, when you are feeling stressed, anxious, or upset, you may not take care of your health as well as you should. You may not feel like exercising, eating nutritious foods, or taking medicine that your doctor prescribes. Abuse of alcohol, tobacco, or other drugs may also be a sign of poor emotional health.

HOW CAN I IMPROVE MY EMOTIONAL HEALTH?

There are several ways to improve emotional health. The following section goes into detail about three strategies you can try on your own at home to calm your mind and your body: diaphragmatic breathing, progressive muscle relaxation, and guided imagery.

Diaphragmatic breathing technique*

1. Sit comfortably, with your knees bent and your shoulders, head, and neck relaxed.



2. OR Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs.



3. Place one hand on your upper chest and the other just below your rib cage. This will help you feel your diaphragm move as you breathe.





4. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should be as still as possible.
5. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Note: At first, you may get tired while doing this exercise because extra effort will be needed to use the diaphragm correctly. With continued practice, diaphragmatic breathing will become easy and automatic.

How often should I practice this exercise?

Practice this exercise 5-10 minutes about 3-4 times per day.

*From the Cleveland Clinic Foundation.

PROGRESSIVE MUSCLE RELAXATION (PMR)

There are two steps in Progressive Muscle Relaxation (PMR): (a) deliberately tensing muscle groups; and then (b) releasing that muscle tension.

Tension-Relaxation

STEP ONE: TENSION.

Tense your muscle by first focusing your mind on the muscle group; for example, your right hand. Then inhale and simply squeeze the muscles as hard as you can for about 8 seconds. For example, make a tight fist with your hand. Feel a slight pull or burn in your fist.

STEP TWO: RELEASING THE TENSION.

After the 8 seconds, just let the muscle go. Let all the tightness flow out of the muscles as you simultaneously exhale. In the example of your hand, imagine tension flowing out of your hand through your fingertips as you exhale. Feel the muscles relax and become loose and limp, tension flowing away like water out of a faucet. Stay relaxed for about 15 seconds. Focus on and notice the difference between tension and relaxation. Repeat the tension-relaxation cycle with the same muscle. You'll probably notice more sensations the second time.

Use the above approach for most of the major muscle groups in your body. We recommend using the following sequence:

1. Hands and Arms
2. Head, Face, and Neck
3. Torso
4. Legs and Feet

HANDS

Inhale and tighten both hands into fists. Hold (8 seconds). Feel it spread up the arms towards the elbows. Exhale and relax, letting your fingers spread out naturally. (15 seconds)

WRISTS AND FOREARMS

Inhale and bend your right hand back at the wrist and briefly hold the tension. Hold (8 seconds) feeling the tension. Exhale and relax. (15 seconds)

Now do the same thing with the left hand. Inhale and bend your left hand back at the wrist and briefly hold the tension. Hold. Exhale and relax.

ARMS

Inhale and bend both arms at the elbows and raise your hands up towards your shoulders. Tighten up the muscles in the biceps. Hold. Exhale and relax, letting your arms drop down comfortably by your side.

FOREHEAD

Inhale and raise your eyebrows up as far as you can. Hold the tension. Exhale and relax. Now inhale and make a frown with your eyebrows. Try to pull your eyebrows down and close together. Hold the tension in your forehead. Exhale and relax.

EYES

Inhale and squeeze your eyelids tightly together. Hold. Exhale and relax.

JAW

Inhale and bite down and clamp your teeth together. Feel the tension along the jaw. Hold. Exhale and relax.





Now open your mouth and jaw as wide as you can. Hold. Exhale and relax.

NECK

Inhale and bend your head forward as if trying to touch your chin to your chest. Hold. Feel the tension along the back of the neck. Exhale and relax by bringing your head upright.

SHOULDERS

Inhale and raise your shoulders up as high as you can and notice the tension. Hold. Exhale and relax by letting your shoulders drop.

CHEST

Inhale and try to touch your shoulder blades together by pulling your arms and shoulders back. Hold. Exhale and relax.

STOMACH

Inhale and pull your stomach in as if trying to touch your backbone with stomach. Hold. Exhale and relax.

BACK

Inhale and arch your back out and away from the chair. Hold. Feel the tension along the spine. Exhale and relax.

FEET

Inhale and curl your toes under your feet. Feel the tension in your toes and through the bottom of your foot. Hold. Exhale and relax.

LOWER LEGS AND FEET

Inhale and bend your toes up as if pointing towards the ceiling. Hold. Feel the tension around the feet and ankles. Exhale and relax.

THIGHS

Inhale and raise your leg up on front of you and feel the tension build. Hold. Exhale and relax. (Most people lift one thigh at a time. Do not raise both legs if you feel a lot of tension in your back.)

BUTTOCKS

Inhale and squeeze the muscles in your buttocks. Hold. Exhale and relax.

ENTIRE LEGS

With your feet flat on the floor, inhale and press down and feel the tension spread up the back of the legs. Hold. Exhale and relax.

FINAL STEP

In your mind, scan your body for signs of tension or muscle discomfort. Tense and relax those areas. (Hold for 8 seconds, relax for 15 seconds). When you are finished, slowly open your eyes and try to maintain this more relaxed physical posture.

GUIDED IMAGERY



Vividly imagining yourself in a state of relaxation can help you to achieve that goal. One way to do this is by picturing yourself in a place where you are completely relaxed and at ease. Create an image in your mind that is as detailed as possible—this will make it feel more real. Picture yourself in your favored place completely relaxed. Conjure up sights and smells, sounds and feelings, tastes, and touch. The more senses you can involve in your imagining, the more clear the picture will be and this will help you achieve the same state of relaxation that you are remembering. Sometimes when you are trying to use this approach, thoughts from your day will intrude. Perhaps you will start thinking about





WRIISC

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Office of Public Health

Department of Veterans Affairs

errands you have to do or phone calls you are supposed to make. Allow these thoughts to come up and then calmly put them to one side and return your attention to your imagined scene. You can get to these tasks when you have finished the relaxation exercise.

How often should I practice this exercise?

Practice this exercise 5-10 minutes once a day. This is also a nice exercise to do if you are having trouble falling asleep. Even if you don't fall asleep, you will be resting and relaxing in a positive frame of mind.

Note: Combinations of these exercises are also possible. For example, you could imagine being

at the beach and breathing the cool air—use diaphragmatic breathing while maintaining this image. Or you could picture pushing your heels into the warm, grainy sand—push down with your heels and feel the tension as you stretch the back of your legs and then the relaxation as you let go.

Regardless of what is challenging your emotional health, the techniques above may be helpful in improving how you feel when you are feeling stressed and upset. Although practicing these techniques will not be a cure to your problem or stress, they can help in managing the impact negative emotions have on your health and help you to feel better.

This document was developed by the War Related Illness & Injury Study Center (WRIISC)
Office of Public Health (OPH)
Department of Veterans Affairs (VA)
Last Updated: March 2014





Recovery & Empowerment Statewide Call Evaluation

Title: Linking Our Physical and Mental Health

Date: August 26, 2021

Thank you for participating in the Recovery & Empowerment Statewide Call. We would appreciate you completing the following brief evaluation to let us know about your experience as a participant.

Please rate the following by checking the appropriate box indicating that you "very much" agree, you "somewhat" agree, you're "undecided", you don't really agree ("not really") or you don't agree at all ("not at all").

Very Much	Somewhat	Undecided	Not Really	Not At All
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- | | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. The educational content was relevant to my situation. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. The presentation was respectful of the diverse experiences of participants. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. The education and support provided will help me cope better with challenges. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. The education and support provided will help me find my own ideas for staying well or improving my life. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. The education and support provided will help me to be involved in or take charge of my own mental health and wellness. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Overall, I was satisfied with the call. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I would recommend these statewide calls to others. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

COMMENTS:

For Comments or Questions: email DHS.DMHRRecoveryServices@illinois.gov
 Submit Evaluation to: Fax: Christal Hamm at (309) 346-2542 OR email at DHS.DMHRRecoveryServices@illinois.gov OR mail to 200 S. 2nd Street, Suite 20, Pekin, IL 61554

Program Name: Recovery & Empowerment Statewide Call
 Title: Linking Our Physical and Mental Health
 Location: Teleconference
 Instructors: Tanya Cooley, CRSS and Tom Troe, CRSS

Program Number: 15505
 Date: 8-26-21
 Time: 10:00 am – 11:00 am
 CEUs Available: 1.0 hour

Name (Please Print) If we cannot read your name, your certificate will be wrong or not sent. <u>Please print legibly!</u>	I have my CRSS (yes/no)	I'm working toward my CRSS (yes/no)	I have another credential or license (please list)

RETURN COMPLETED CERTIFICATES TO (Print Name): _____ Phone: _____
 RETURN COMPLETED CERTIFICATES TO: (Address): _____

 RETURN COMPLETED CERTIFICATES TO: (Email): _____

AFTER THE CALL, please submit the form:
 Fax: Christal Hamm at (309) 346-2542 OR email at
DHS.DMHRRecoveryServices@illinois.gov OR mail to DHS/DMH 200 S. 2nd Street, Suite 20, Pekin, IL 61554

(Sign-In Sheets received before the Call will not be accepted. If a person's name is not on the sign-in sheet, the name cannot be read and a phone number is not offered on this form, a certificate will not be issued. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.)

CEU Instructions for Recovery & Empowerment

Statewide Calls

1. Allow anyone who attends to sign in and receive a Certificate if they so choose.
2. Print your name. If a name is not legible, no certificate will be issued.
3. Include the name and address where to send the certificate(s); be sure it is legible.
4. Your name must be on the sign-in sheet. If a person's name is not on the sign-in sheet, the person cannot be issued a certificate.
5. Send your sign-in sheet by email, FAX or postal mail after the call. Information for where to send the sign-in sheet is included on the form.
6. Sign-in sheets must be received within 7 business days after the call. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.
7. Expect to receive your CEU Certificate within 30 days.