

Wellness Routines for Uncertain Times

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Friday, March 27, 2020

2:15 pm ET / 11:15 am PT

Daily practices and pursuing meaningful goals are major parts of wellbeing for many people. In times of crisis, however, these practices may fall to the wayside or fail to serve us. With many individuals limited in their ability to spend time with other people or even leave their homes and apartments, some of us are finding that our favorite coping strategies are no longer possible.

This webinar is designed to create space for participants to explore reaching their new or reimagined wellness goals. In this webinar, participants will:

- Learn the impact of goal setting and routines on wellbeing;
- Explore a model for achieving and sustaining wellness goals; and
- Explore the importance of self-compassion in times of crisis and uncertainty

Presenters:

Patrick Hendry, NCPS is the Vice President of Peer Advocacy, Supports, and Services at Mental Health America. He has worked as a mental health advocate for the past twenty-nine years. His areas of expertise include peer provided services, self-directed care, recovery-based trainings, organizational development, and management and sustainability. He is the former Executive Director of the Florida Peer Network and has assisted in the development of numerous peer-run programs and organizations. Patrick is a strong supporter of the inclusion of mental health consumers in all aspects of the behavioral health system.

Kelly Davis is the Director of Peer Advocacy, Supports, and Services at Mental Health America (MHA) where she works to promote the expansion of peer support throughout health care. She also leads MHA's Collegiate Mental Health Innovation Council, which is dedicated to highlighting and expanding student-led programs that fill gaps in traditional services and supports on campus. Kelly is passionate about empowerment, civil rights, positive psychology, peer support, and trauma-informed

care. In 2019, Kelly was awarded the Disruptive Innovator Award by the International Association of Peer Supporters, an award given to a young person making positive change in mental health through positive disruption.

First Name

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