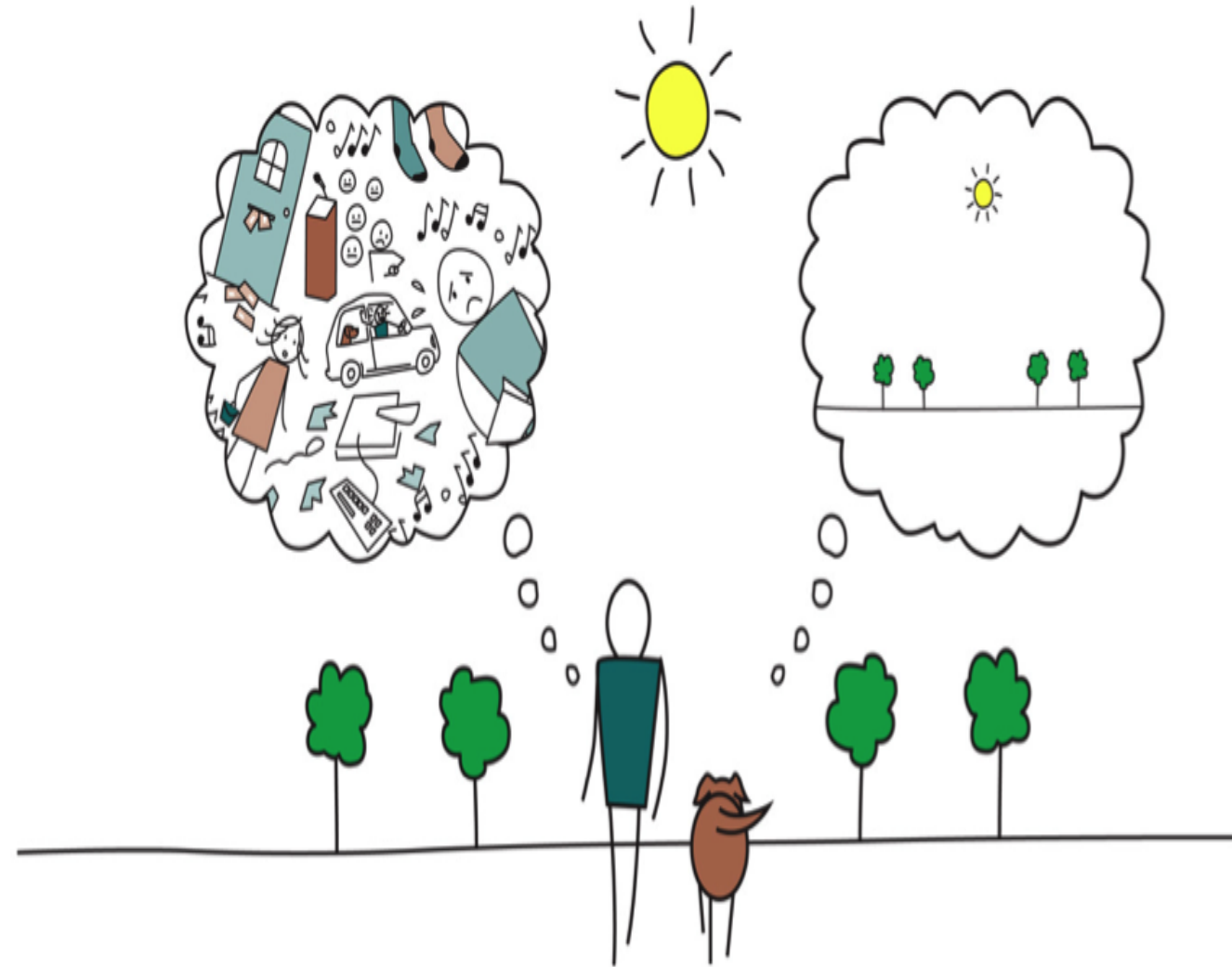


# Building Better Beings

PsychU Supporting Organizations Share  
Wellness Strategies



Mind Full, or Mindful?

# Our Featured Speakers



**Elizabeth Crane, M.Ed., MBA**  
Founder & Chief Vision Officer of It's All Good Here



**Sandra Jain, MA, PsyD, LPC**  
Adjunct Clinical Affiliate, University of Texas at Austin School of Nursing  
Co-founder of WILD-5 Wellness®



**Hannah Zeller, MSW**  
Program Manager for the Depression & Bipolar Support Alliance (DBSA)



**Jennifer Rothman, MA**  
Senior Manager for Youth & Young Adults at the National Alliance on Mental Illness (NAMI)



**Gaurava Agarwal, MD**  
Associate Professor for the Departments of Psychiatry and the Behavioral Sciences & Medical Education, Northwestern University Feinberg School of Medicine  
Director of Physician Well-being for Northwestern Medicine's Medical Groups  
PsychU MDD Section Advisor



**Marjorie Morrison, LMFT, LPC**  
CEO & Co-founder of Psych Hub™



**Rakesh Jain, MD, MPH**  
Clinical Professor in the Department of Psychiatry for Texas Tech University School of Medicine  
Co-founder of WILD-5 Wellness®

This program is paid for by Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC) and Lundbeck, LLC.

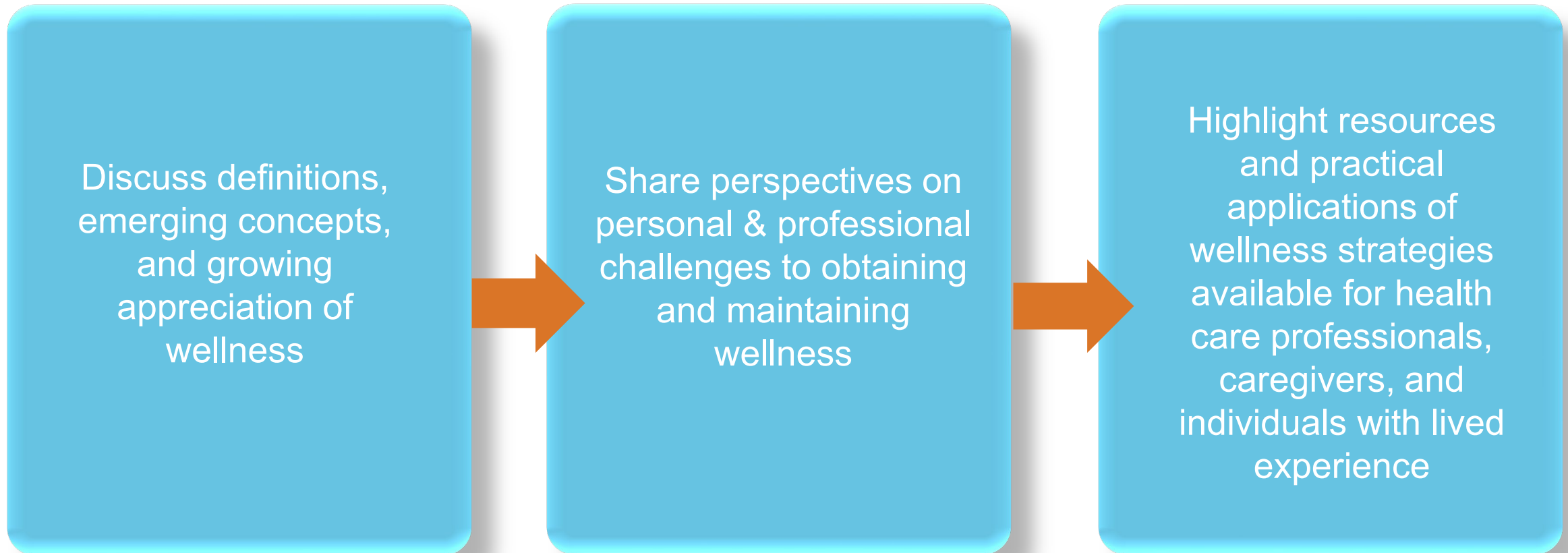
Speakers are employees and/or paid consultants for Otsuka Pharmaceutical Development & Commercialization, Inc.

Please Note: Otsuka does not endorse any single strategy for wellness

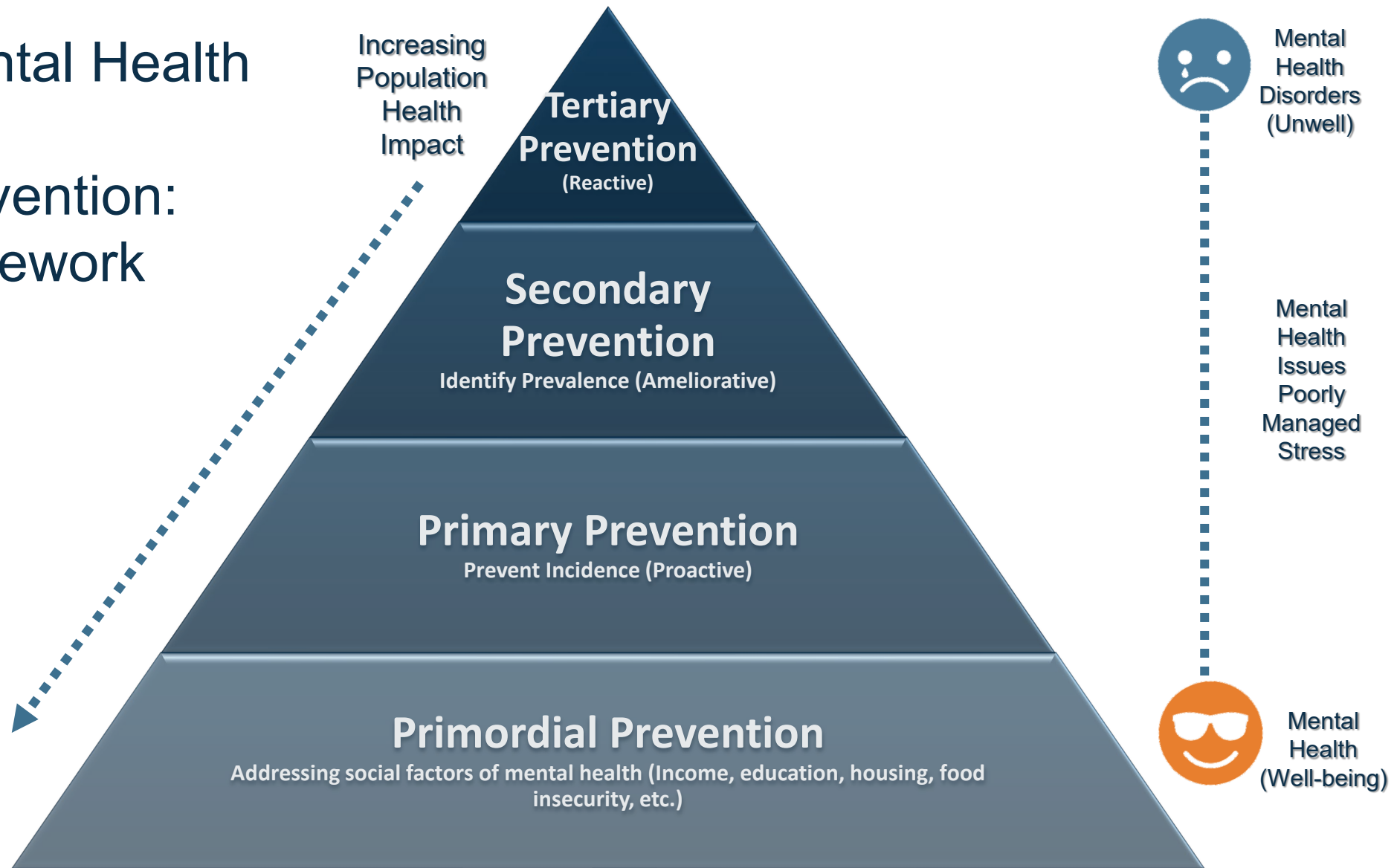
# PsychU Webinar Rules Of Engagement

- Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC) and Lundbeck, LLC. have entered into collaboration with *OPEN MINDS*, to explore new ways of bringing/increasing awareness around serious mental illness.
- OPDC/Lundbeck's interaction with *OPEN MINDS* is through PsychU, an online, non-branded portal dedicated to providing information and resources on important disease state and care delivery topics related to mental illness. One of the methods employed for the sharing of information will be the hosting of webinars. Webinars conducted by OPDC/Lundbeck are based on the following parameters:
- When conducting medical dialogue, whether by presentation or debate, OPDC/Lundbeck and/or its paid consultants aim to provide the viewer with information that is accurate, not misleading, scientifically rigorous, and does not promote OPDC/Lundbeck products. No continuing medical education (CME) credits are available for any PsychU program.
- OPDC/Lundbeck and/or their paid consultants do not expect to be able to answer every question or comment during a PsychU webinar; however, they will do their best to address important topics and themes that arise.
- OPDC/Lundbeck and/or their paid consultants are not able to provide clinical advice or answer questions relating to specific patient's condition.
- Otsuka and Lundbeck employees and contractors should not participate in this program (e.g., submit questions or comments) unless they have received express approval to do so from Otsuka Legal Affairs.
- OPDC/Lundbeck operate in a highly regulated and scrutinized industry. Therefore, we may not be able to discuss every issue or topic that you are interested in, but we will do our best to communicate openly and directly. The lack of response to certain questions or comments should not be taken as an agreement with the view posed or an admission of any kind.

# Objectives



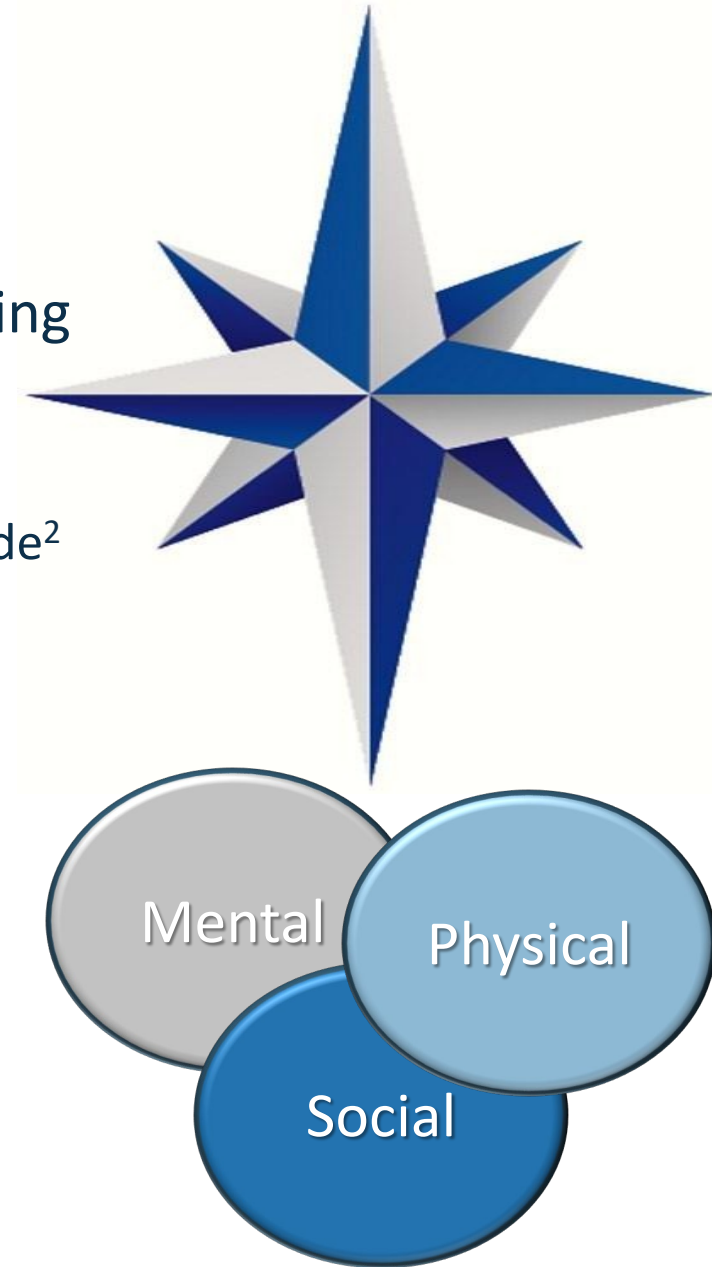
# Continuum of Mental Health & Levels of Intervention: Current Framework



1. Adapted from National Academies of Sciences, Engineering, and Medicine 2017. Countering Violent Extremism Through Public Health Practice: Proceedings of a Workshop. Washington, DC: The National Academies Press. <https://doi.org/10.17226/24638> (p 65)

# Wellness As Our “North Star”

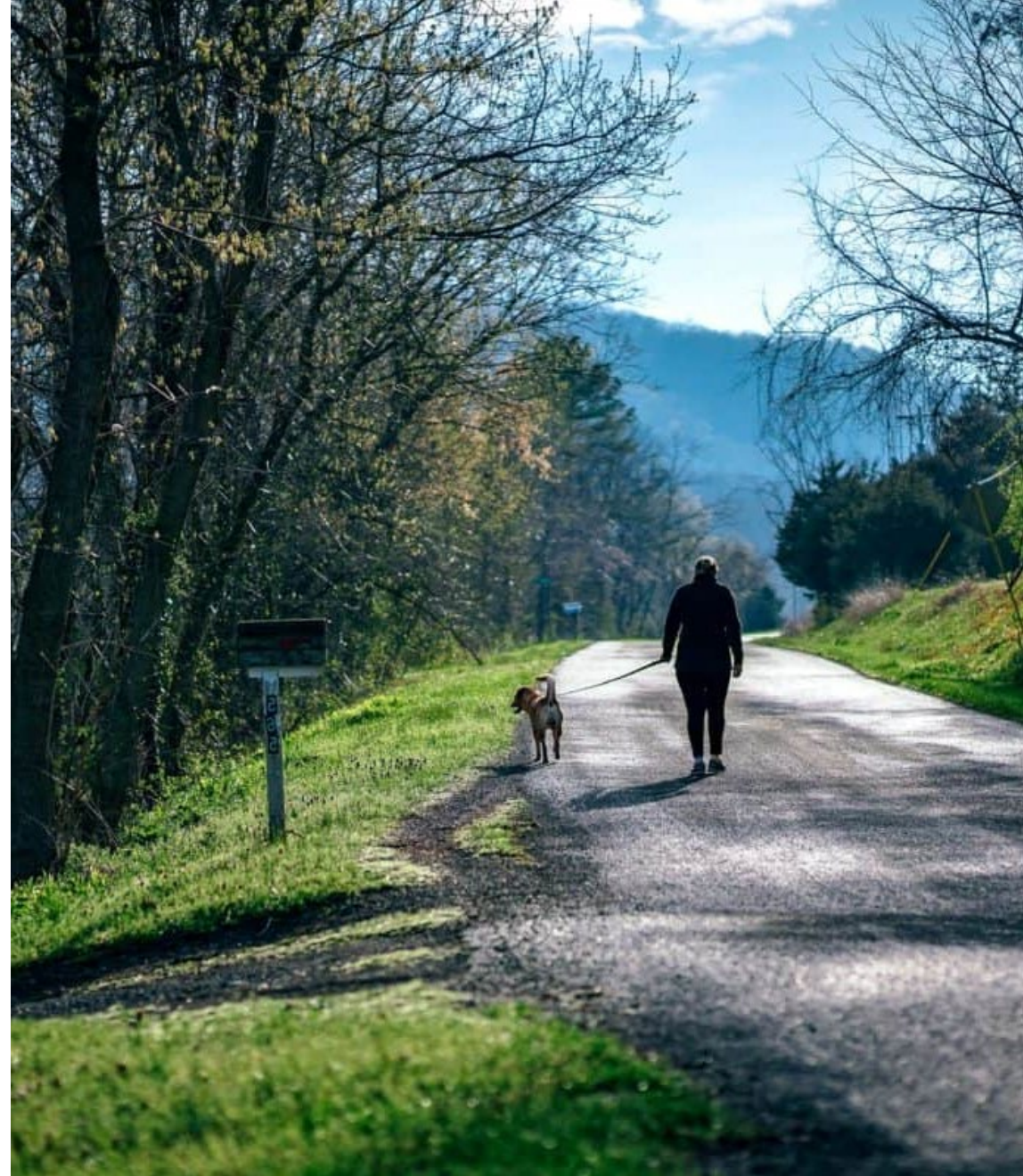
- Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity<sup>1</sup>
- Another pandemic???
- American wellness has been consistently on the decline for nearly a decade<sup>2</sup>
- Wellness Deficit Disorder (WDD): Does it exist?<sup>2</sup>
- Wellness should be reconsidered as an *ACTIVE* intervention<sup>2</sup>
- Wellness Scales/tools for assessment
  - HERO Wellness Scale: Happiness, Enthusiasm, Resilience, Optimism<sup>2</sup>
  - Warwick-Edinburgh Mental Well-being Scale
  - Psychological Wellbeing Scale
  - Life Satisfaction Index
  - General Health Questionnaire
  - Hundreds exist.....



1. World Health Organization (WHO) Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948  
2. Jain Uplift website accessed June 2021 WELLNESS (jainuplift.com)

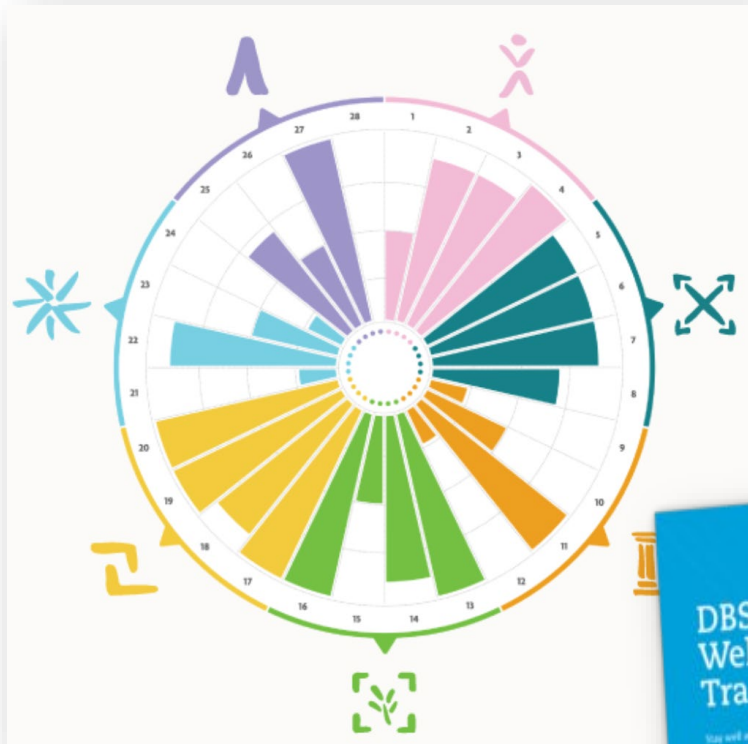


# The Wellness Journey: Challenges & Perspectives





# DBSA Wellness Wheel & I'm Living Proof



Easy-to-use tool that gives a complete picture of the progress made along the wellness journey across 7 domains of wellness:

- Physical, Financial, Environmental, Intellectual, Occupational, Social, & Spiritual



1. Depression Bipolar Support Alliance website accessed March 2021 <https://www.dbsalliance.org/wellness/wellness-toolbox/dbsa-wellness-wheel/>



# It's All Good Here

Boost your mood, increase your overall happiness, and be your best self!



Lessen Your Stress



Uplift the World  
While Uplifting Yourself  
PREMIUM  
Pay What You Can!  
\$3 \$6 \$9



Flip Your Mood



Send Gratitude and Greetings



Train Your Brain For Positivity



Transcend the Tough Stuff

It's All Good Here® is a movement to uplift ourselves, our loved ones and the world.

- Uplift the World
- Lessen Your Stress
- Flip Your Mood
- Send Gratitude and Greetings
- Train Your Brain For Positivity
- Transcend the Tough Stuff

### Positive Brain Trainers



The COVID Quarantine Challenge! ♥

Learn More



Positive Emotions to Remain Optimistic during COVID-19 Challenge ♥

Learn More



Gratitude Letters Challenge ♥

Learn More



Thanks Bank Challenge ♥



neuronetRESET Challenge ♥



The "I'm Good" Challenge ♥

96% Positive Approval Ratings with 67% Rating Highest 5-Star Score

“Built my Self Esteem”

“Changed My Focus and Changed My Life”

“It’s made me feel like a new person”

”I had gotten really depressed for focusing on the wrong things. Doing this challenge made me feel good about my situation and me”

1. It's All Good Here website accessed June 2021: It's All Good Here (itsallgoodhere.com)



# NAMI Frontline Wellness



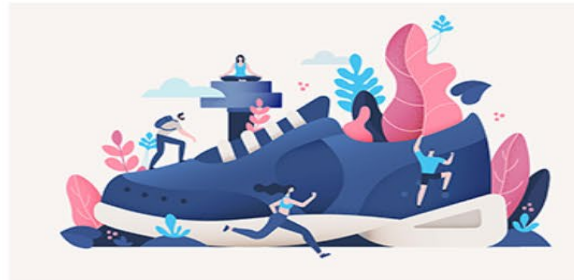
**Resiliency Strengthening Through the Creative Arts**

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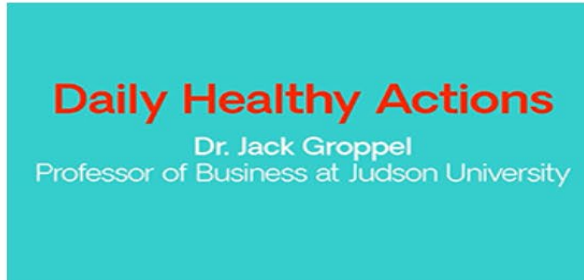
**What the Coronavirus Pandemic Has Taught Us About Physician Burnout**

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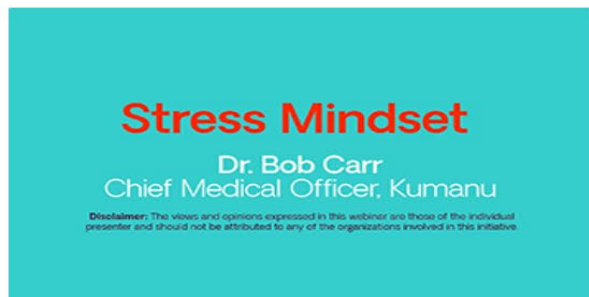


**Daily Healthy Actions**

Dr. Jack Groppe  
Professor of Business at Judson University

**Essential Advice for First Responders: How to Take Intentional Breaks and Reduce Stress**

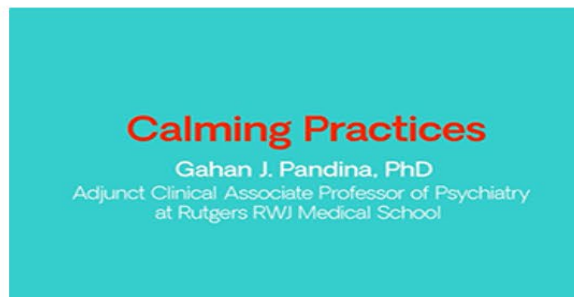
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**Stress Mindset**

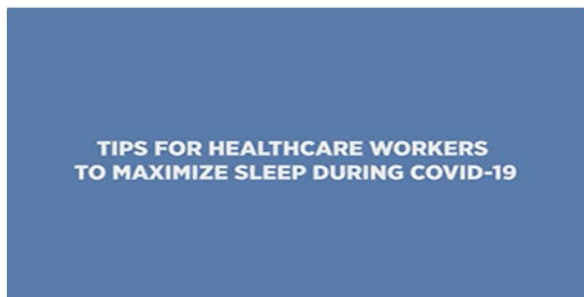
Dr. Bob Carr  
Chief Medical Officer, Kumanu

Disclaimer: The views and opinions expressed in this webinar are those of the individual presenter and should not be attributed to any of the organizations involved in this initiative.



**Calming Practices**

Gahan J. Pandina, PhD  
Adjunct Clinical Associate Professor of Psychiatry  
at Rutgers RWJ Medical School



**TIPS FOR HEALTHCARE WORKERS  
TO MAXIMIZE SLEEP DURING COVID-19**

1. National Alliance on Mental Illness (NAMI) website accessed June 2021: NAMI Frontline Wellness | NAMI: National Alliance on Mental Illness

**COVID-19 Alert:** we are in the midst of a mental health crisis! Be educated on how to navigate these issues.

# The world's most comprehensive platform for behavioral health education



1. Psych Hub website accessed June 2021: [Home - Psych Hub](#); [Blogs](#) | NAMI: National Alliance on Mental Illness



# Wellness



## WILD 5 Wellness Wellness Interventions for Life's Demands



# Mental Wellness Is A Human Right

1. Jain Uplift website accessed June 2021: [WELLNESS \(jainuplift.com\)](https://www.jainuplift.com)





# Questions



Thank you!

For more information or to request a more detailed live presentation on this topic from your local Medical Science Liaison, please visit [www.PsychU.org/events](http://www.PsychU.org/events)

[www.PsychU.org](http://www.PsychU.org)

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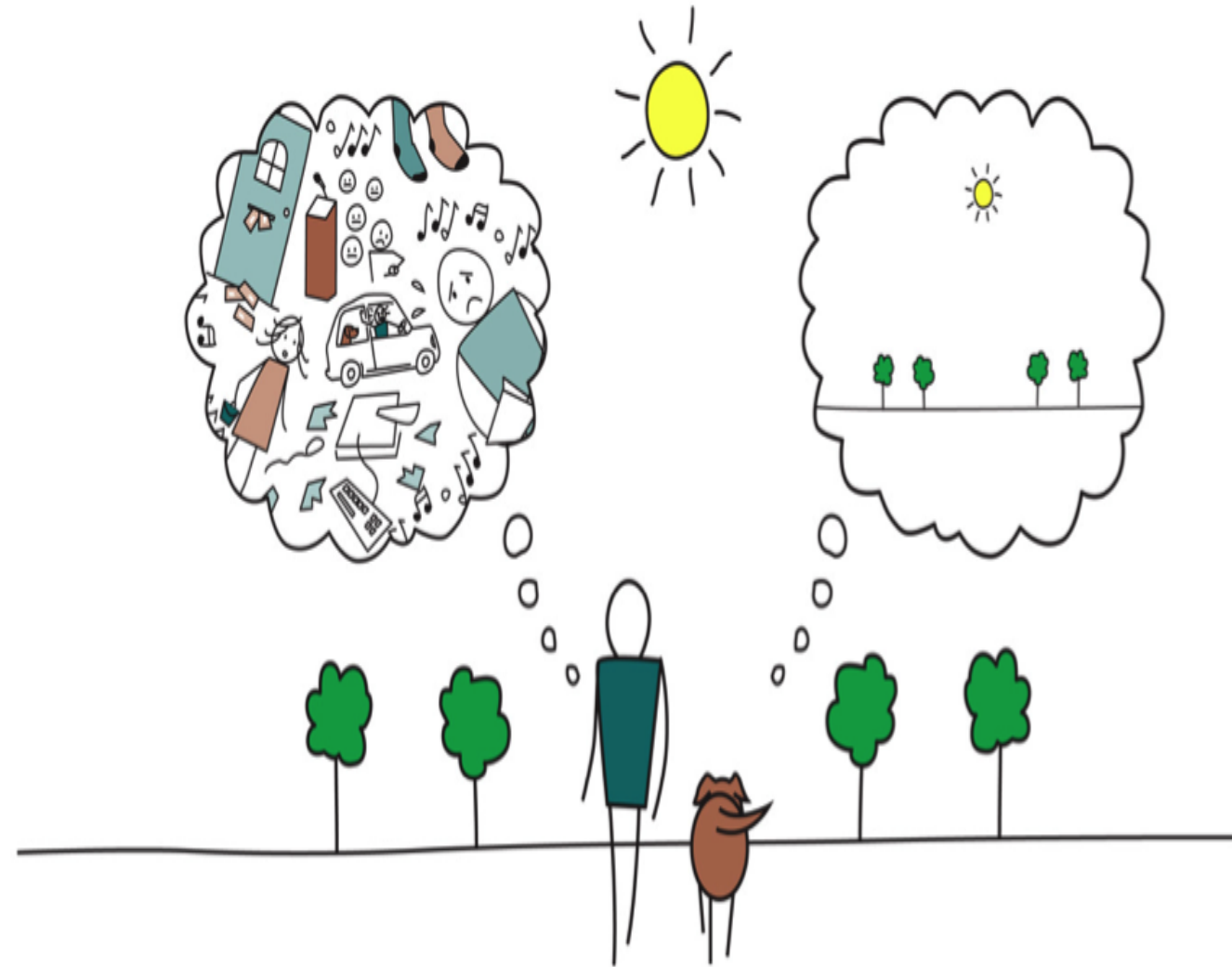


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