



Doors to Wellbeing Quarterly

Newsletter

COPING WITH STRESS AND ANXIETY

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

(Excerpt from the article "I'm So Stressed Out!" from the National Institute of Mental Health. You can download the article, [here](#).)

HOW TO LIVE AND WORK WITH DIFFERING PERSPECTIVES BY: BEAJAE NORTH

January 31, 2023 2pm ET/1pm CT/12pm MT/11am PT

As peer supporters, we strive to support people to start where they are at and from their own experience. It is our role and responsibility to not overtly or subtly put our perspectives over others.

Wellness and recovery are self-directed and can take many different paths.

However, as peer supporters, we may feel conflicts with those perspectives.

This webinar will explore strategies and skills to help us navigate differing perspectives, our own judgments, and support us to meet people where they are at.

**REGISTER FOR
THIS WEBINAR
HERE**



DOORS TO
WELLBEING

WHAT IS DEI?

DEI stands for diversity, equity, and inclusion. "**Diversity** is the practice or quality of creating a community comprising people of different ages, cultural backgrounds, geographies, physical abilities and disabilities, religions, sexes, gender identities, sexual orientations, etc. **Equity** means that resources are distributed based on the tailored needs of a specific audience. Equity recognizes that some communities will need more—or different—access compared to other communities. **Inclusion** is the act or practice of behaviors and social norms that ensure people feel welcome. In the workplace, inclusion is the achievement of a work environment in which all individuals are treated fairly and respectfully, have equal access to opportunities and resources, and can contribute fully to the organization's success."

(Definition of diversity, equity, and inclusion are taken from SAMHSA's "DEI Terms" and can be found, [here](#).)

How Peers Can Support DEI



Peers should have a seat at the table when DEI is being addressed – “Nothing for us... without us!!”

Peers can shed light on the dark spots that others may not see

Peers are motivators and change agents – able to champion organizational initiatives

Peers are open-minded and practice active listening

Peers are advocates

Peers are collaborators – a necessary ingredient for DEI efforts

Peers value the whole person and respect differences

Peers are empathetic

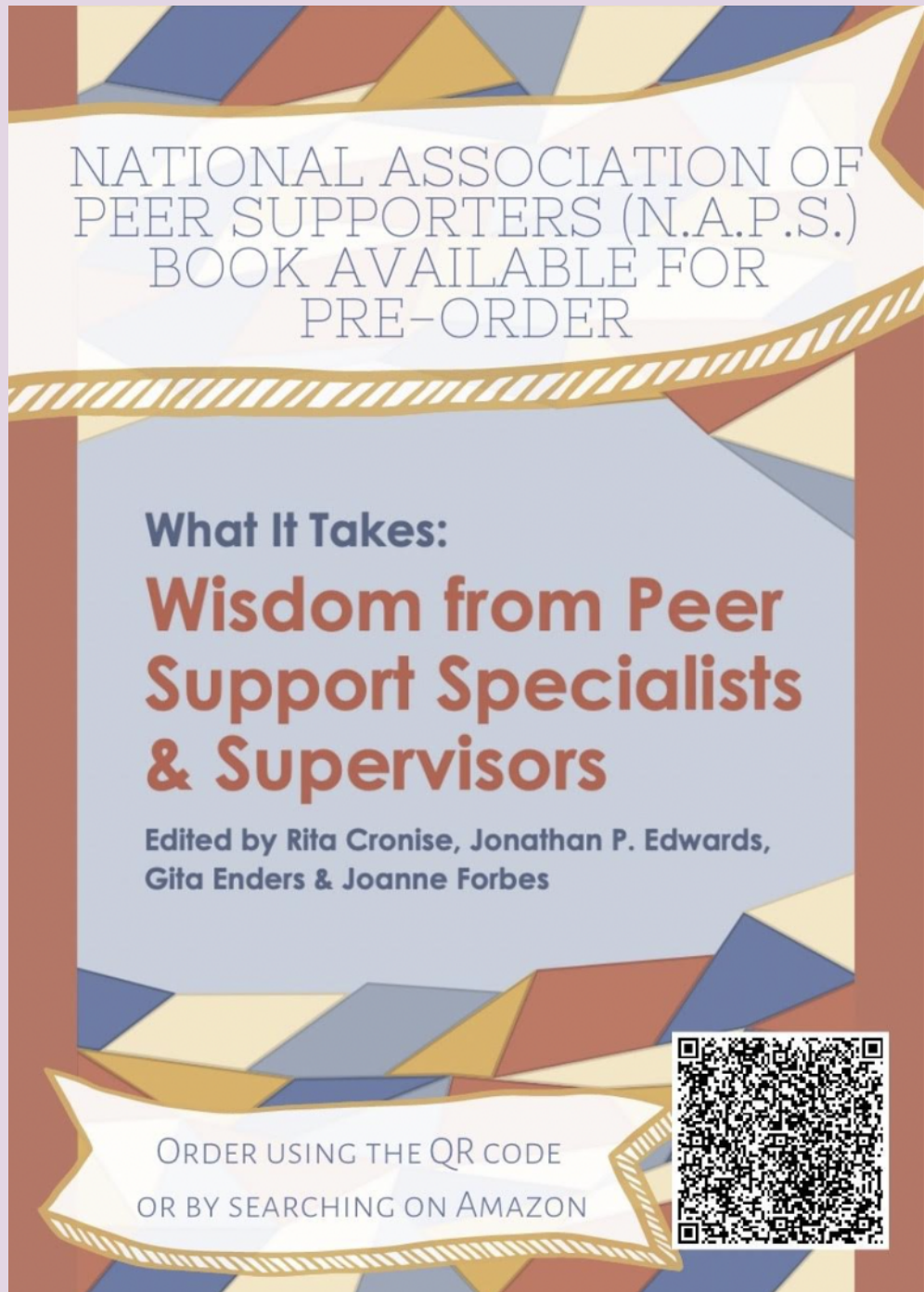
To learn more about DEI initiatives, check out our webinar titled "How DEI Initiatives Can Be Leveraged to Advance Peer Support Work" presented by Vanessa Williams, Elevate Recovery, [here](#).

N.A.P.S. IS LAUNCHING A NEW BOOK

This book is about the practice of peer support from its origins in self-help to its continuing evolution as a profession. It provides some history, research, values, and guidelines of peer support brought together from conference presentations from real-world practitioners. Written by the National Association of Peer Supporters (N.A.P.S.) for fellow N.A.P.S. members, allies, and others, it aligns with foundational memes: "Nothing about us without us" and "Each one Teach one". Each chapter contains information from front-line practitioners and peer support allies who are crafting the profession on a daily basis. The purpose of this edition is to provide one of the first guides to peer support work from a peer-led authoritative source. The field has grown rapidly with a need to provide the basic information for those entering its ranks. The book is intended to provide the latest information on a philosophy and profession that is at the forefront of the transformation of behavioral health services from a medical model satisfied with symptom relief and stability to a recovery model determined to inform those with a mental health diagnosis that a quality life and goal attainment are possible and doable.

N.A.P.S. is accepting pre-orders of the e-book through Amazon. Paperback pre-order will follow soon with both versions due to be released on or around **February 14, 2023**.

To pre-order your e-book, click [here](#) or use the QR code below.



ARE YOU WORKING WITH PSYCHIATRIC ADVANCE DIRECTIVES?

Painted Brain hosts a National Psychiatric Advance Directives Peer Support Network. Meetings are monthly and are hosted every 4th Thursday of the month, at 9am Pacific Time. The next meeting is scheduled for January 26, 2023.

To register for the meetings, [click here](#).

If you require additional support you can send an email to princess.kosinski@paintedbrain.org and rayshell.chambers@paintedbrain.org.



LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...APRIL 2023

INFORMATION ON PADS

"The Federal Patient Self Determination Act (enacted in 1990) addresses the rights of health (including mental health) care users to stipulate in advance how they would like to be treated by health care providers when they are incapacitated. These wishes can be articulated by consumers in a specific document (an advance directive) or by appointing someone as a health care agent to speak for them."

(excerpt taken from *The Federal Law on Advance Directives* and can be found, [here](#). *The Federal Law on Advance Directives* is a document that was prepared by the National Resource Center on Psychiatric Advance Directives, or NRC PAD.)

Peer Specialist Webinar Series

Join us for our monthly webinars - last Tuesday of each month!

[Click here to view our webinars](#)

*Doors to To Wellbeing is a Program of
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Copeland Center
FOR WELLNESS AND RECOVERY



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