



# HOLISTIC WELLNESS PRACTICES

**Dr. Ryan Beeken**

Wichita State University

**Dr. Elizabeth Hogan**

Washington University in  
St. Louis

Build and Maintain a THRIVING Choral Program

SWACDA 2020

1.

On October 19, 2021, American Academy of Pediatrics, American Academy of Child and Adolescent Psychology and the Children's Hospital Association declare a **national state of emergency in children's mental health**

2.

As of August 2020, the World Health Organization reported that **1 Billion people in our world are living with mental disorder**

4.

Prior to covid, 25% of adolescents and at least 18% of adults are diagnosed with anxiety disorder.

National Institute of Mental Health

5.

Before 2020, 43% of North Americans take mood altering prescription medication

National Institute of Mental Health

6.

Prior to 2020, half of all college students have sought help for anxiety related issues.

National Institute of Mental Health

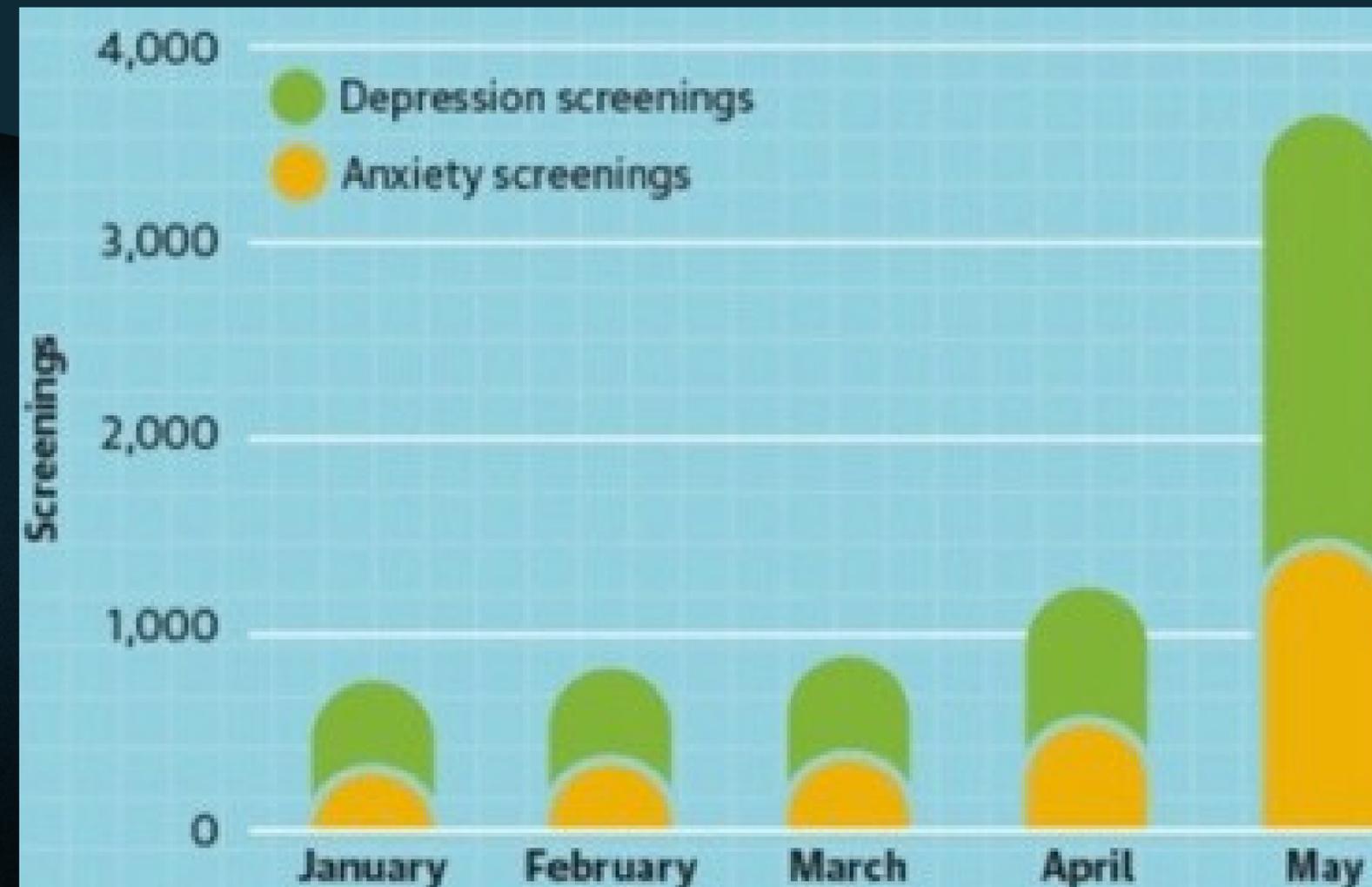
7.

1 person dies every 40 seconds  
by suicide worldwide

WHO August 2020

# 8.

From January to May 2020 in the United States, depression screenings increased by 394% and anxiety screenings increased by 370%



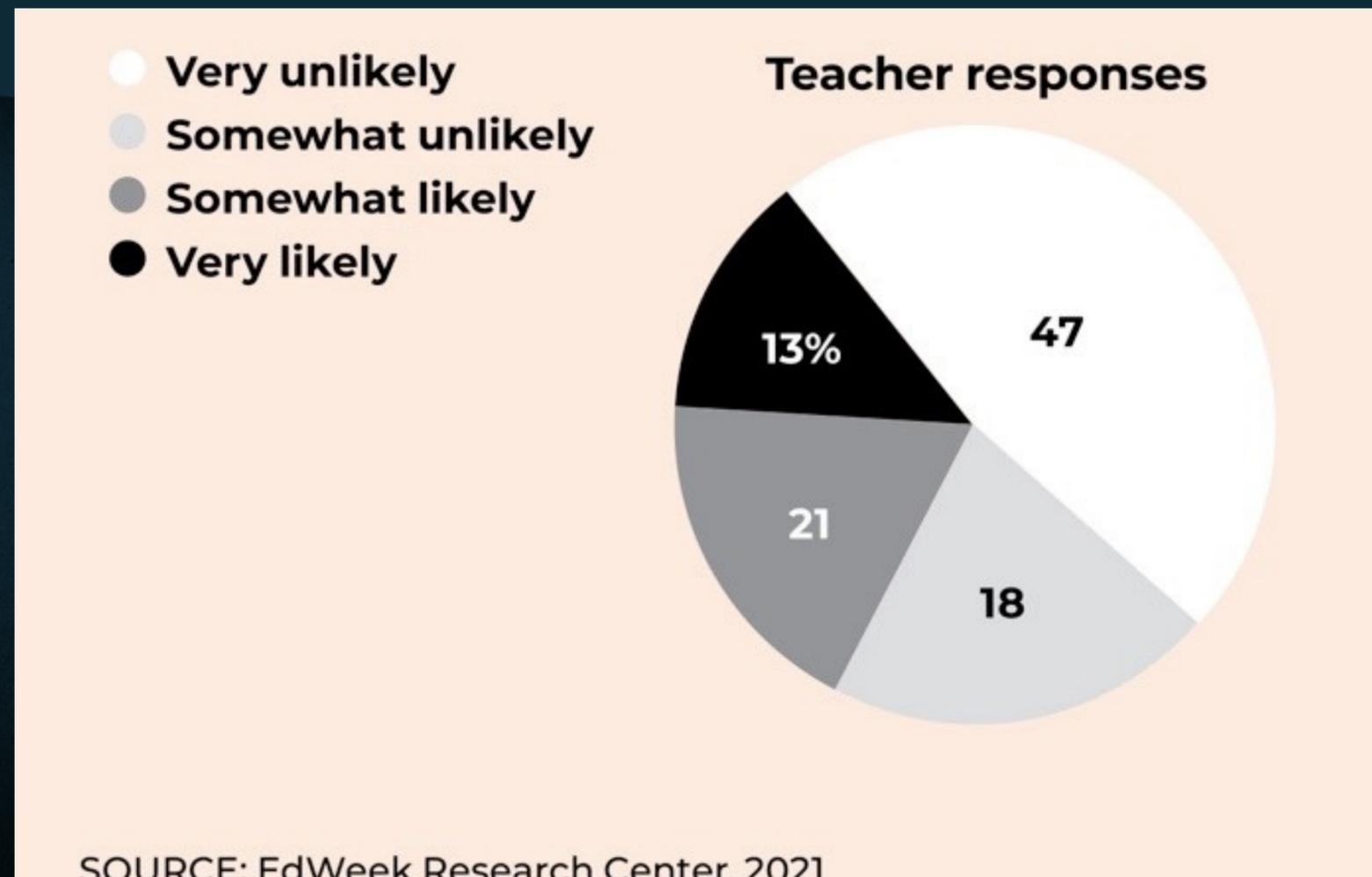
# 9.

93% of countries surveyed by the World Health Organization reported disrupted mental health services due to Covid-19

89% of those reported that mental health support was included in their response plan, but **only 17% provide additional mental health funding**

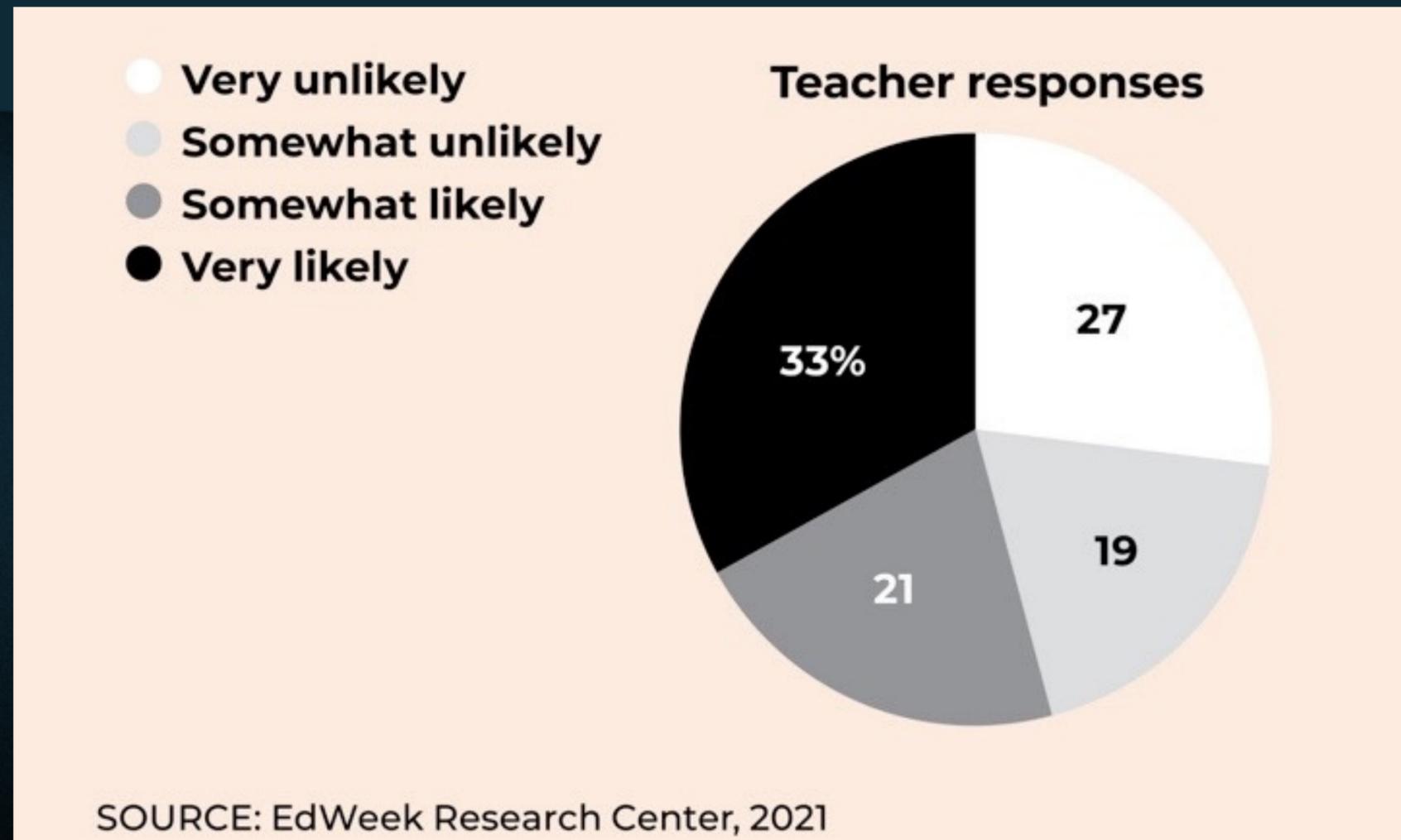
# 10.

Prior to Covid-19, 52% of teachers reported a potential to leave the profession within 2 years



# 11.

in 2021, 73% of teachers report the potential to leave the profession within two years



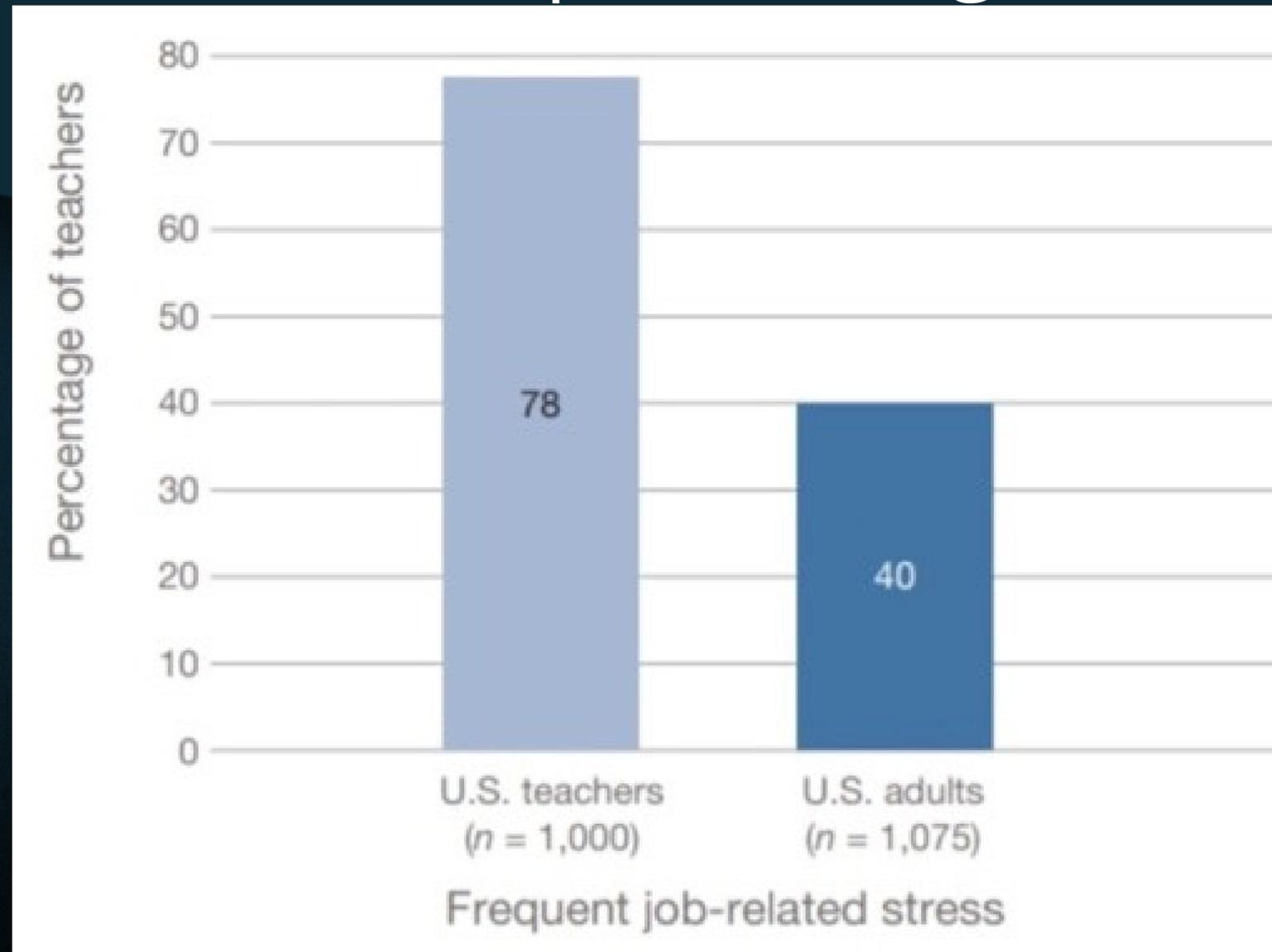
# 12.

84% of teacher said teaching is more stressful than before Covid-19



# 13.

Teachers are twice as likely to report a stressful work environment when compared the general population



LITTLE  
ROCK,  
WE HAVE A  
PROBLEM...





# TONGLLEN MEDITATION

**Pema Chödrön teaches us “sending and taking,” an ancient Buddhist practice to awaken compassion.**

With each in-breath, we take in others’ pain. With each out-breath, we send them relief.

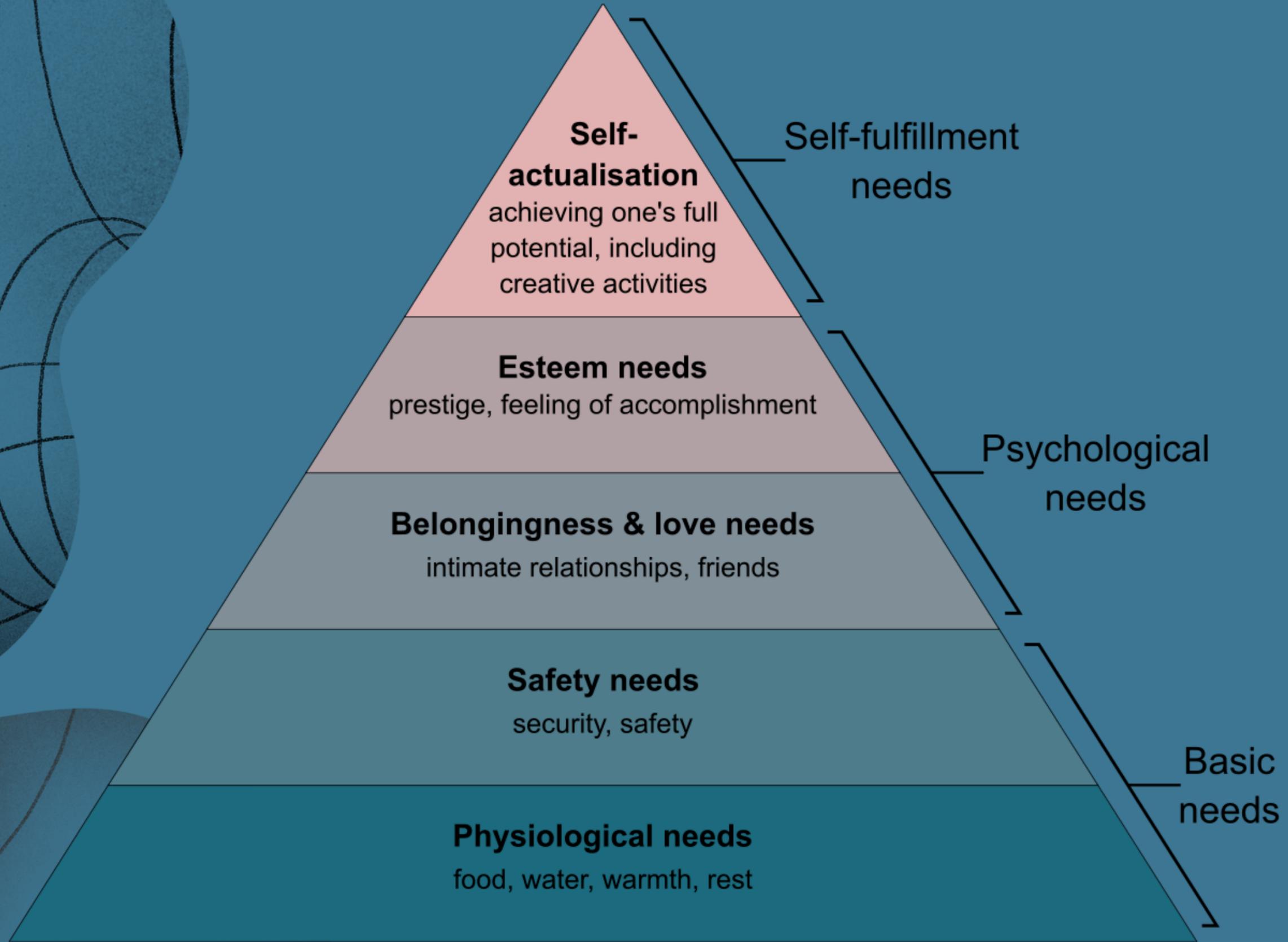




# GOAL SETTING

What do you hope to take away or gain from this session? Why did you chose it over others available to you?





Maslow's Heirarchy of Needs



- 
- Sleep
  - Meditation
  - Exercise/Movement
  - Gratitude
  - Kindness
  - Social Connection
  - Goal Setting
  - Savoring

Lori Santos/Yale University Happiness Lab



Sing, Be, Live, See.  
This dark stormy hour,  
The wind, it stirs.  
The scorched earth  
Cries out in vain:  
O war and power,  
You blind and blur,  
The torn heart  
Cries out in pain.  
**But music and singing  
Have been my refuge,  
And music and singing  
Shall be my light.**  
A light of song  
Shining Strong: Allelulia!  
Through darkness, pain, and strife, I'll  
Sing, Be, Live, See...  
**Peace.**

# Earth Song

## Frank Ticheli





# REVISIT YOUR GOAL

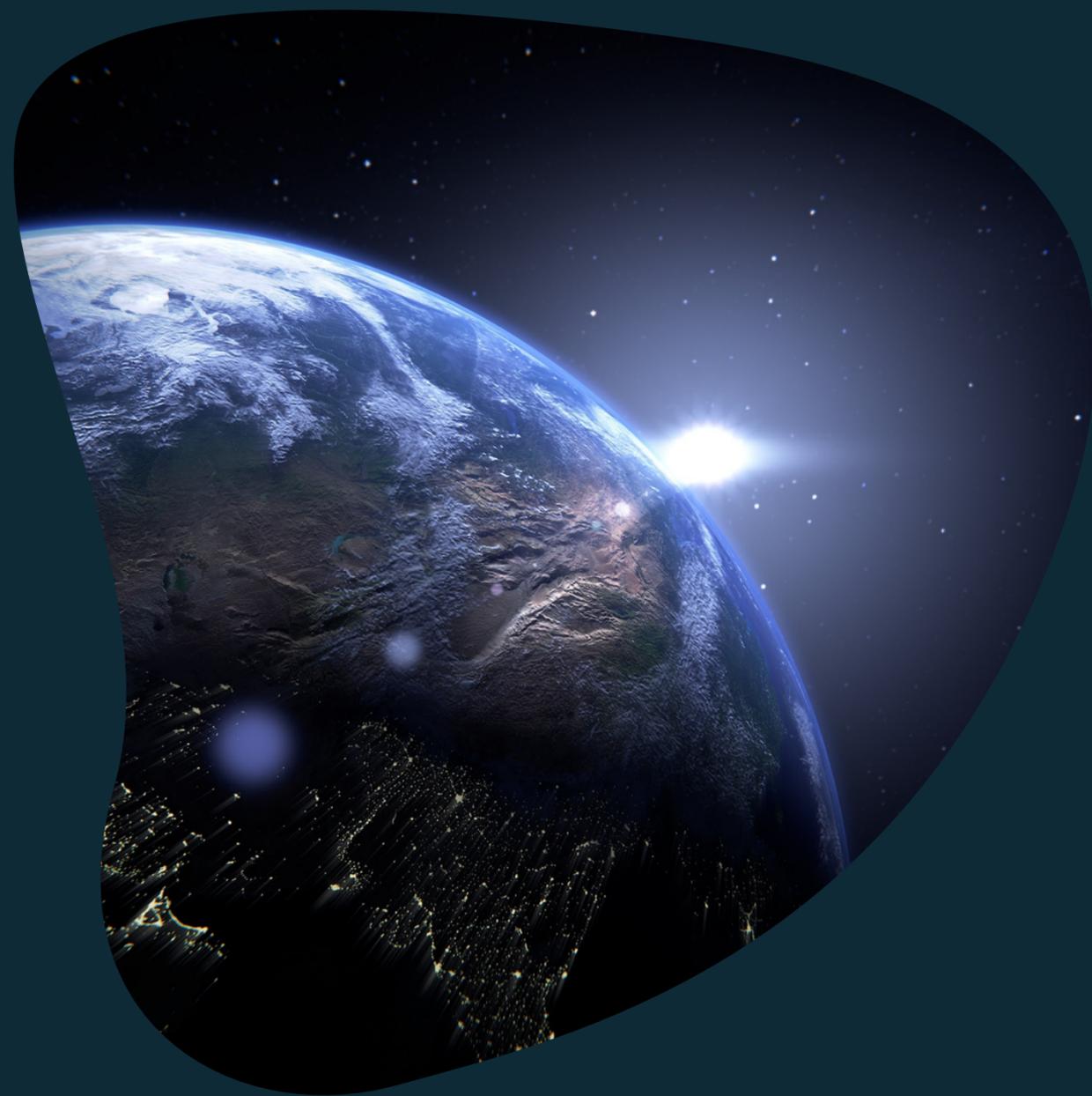
Did you reach your goal set earlier?  
What will you take away from today's session?

Remember our Tonglen technique?  
Sending peace back out into the world...

The background is a solid teal color. On the left side, there are several overlapping circles. One circle contains a pattern of thin, dark lines that form a complex, web-like structure. Another circle is solid dark teal. A large, irregular shape, resembling a stylized letter 'C' or a drop, is also present, filled with a gradient of dark teal. The overall aesthetic is modern and artistic.

# THANK YOU!

You can access our presentation, notes and follow up activities at [www.elevatedharmonics.com](http://www.elevatedharmonics.com)



Life is a game...play it.  
Life is a challenge...meet it.  
Life is a dream...realize it.  
Life is a sacrifice...offer it.  
Life is love...enjoy it.

Sai Baba