

Mindful Movement: Enhancing Mental Health Through Fitness

Presenters:

Robyn H. Whitehead, Psy.D., EP, AFAA

Assistant Professor, Stephen F. Austin State University

Travis Weisbrod, MS, CSCS, EP-C

Health and Wellness Program Director, St. Christopher's Addiction Wellness Center

Key Takeaways

Mental Health Disorders Overview

- 1 in 5 adults' lives with a mental health condition.
- Common disorders: Depression, anxiety, substance use, eating disorders.

Benefits of Exercise

- Boosts mood, self-esteem, and cognitive function.
- Reduces symptoms of depression, anxiety, and cravings.
- Enhances sleep and stress resilience.

Scope of Practice

- **DO:** Educate, refer, follow evidence-based guidelines.
- **DON'T:** Diagnose, treat, or counsel.

Building a Referral Network

- Partner with local therapists, dieticians, and psychiatrists.
- Use resources like Psychology Today and NAMI.org.

Motivational Interviewing Basics

- Ask open-ended questions, listen empathetically, and foster autonomy.
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Interactive Practice – Please fill in the blanks to make the MI your own.

Mock Motivational Interview

Scenario: Partner up for a role-play.

Steps:

1. Ask open-ended/probing questions.
2. Discuss unwanted/unhealth behavior
3. Show empathy
4. Give Autonomy
5. Discuss goals/action plan to help move forward
6. Identify actionable steps.

Scenario Script:

HP: Hi _____, how are you today?

C: Ok, how are you?

HP: Doing well. Thank you for coming in to see me. I wanted to take a few minutes to talk to you about _____ (unwanted/unhealthy behavior).

C: OK!

HP: Do you mind sharing with me the reason you have been engaging in _____ (behavior)?

C: Well.... Things have been tough right now and I just have not had the time to focus on this.

HP: I am so sorry to hear that! (Empathy) Do you mind sharing why time has been a factor?

C: Sure....I am really stressed at work and my family has so much to do right now. Making time for _____ has really been the last thing on my mind.

HP: Thank you for sharing that with me, I know that can be hard! (Empathy)

HP: Is continuing with _____ something you would like to resume doing?

C: Yes....I would really like to.

HP: Great! I am glad to hear that. Do you have an idea you feel would help you stay on track? (Autonomy)

C: Well.... I was thinking about _____

HP: Your idea sounds like it could really work. We can give that a try and if you feel that is not working, I am happy to give more suggestions if that is something you are opening to.

C: Yes....I am open to that.

HP: How would you feel about set up a new action plan with your suggestion? (Autonomy)

C: That would be great!

HP: Awesome! What days and times work best for you to give this new action plan a try?

C: With my schedule maybe, I can do _____ (new suggestion) on _____ and _____ at _____ (time).

HP: I think that will work. How would you feel about checking back in with me to see how this new action plan is going?

C: That would be fine.

HP: Great! I like to give the people I work with about 4 weeks to get used to a new action plan. Would checking back in in 4 weeks be doable for you?

C: Yes... I think we can do that.

HP: That sound good! Just to recap, you will start _____ (new suggestion) on _____ (days and time) and we will check back in to see if this is working for you in about 4 weeks. This is all sounds correct?

C: Yes!

HP: Great! The front desk will get you schedule for a good day in about 4 weeks to check in on this. If you have any questions about your plan, please do not hesitate to reach out and we can make any adjustments.

C: Ok! Thank you for all your help!

HP: My pleasure! See you on our next appointment