

RLMI Programs



- **10 CMEs**
- Medically-facilitated 2-week "Esselstyn-Style" nutritional intervention to prevent and reverse chronic disease.
- 7 facilitated Zoom sessions, interactive Google Classroom forum, and daily emails provide unique personal support.
- Orientation, 3 primary sessions, cooking demo, and 2 mid-week check-ins (7 meetings total)



**Rochester Lifestyle
Medicine Institute**



- Improves mood using the latest findings from positive psychology, lifestyle medicine, and neuroscience.
- Overall lifestyle medicine course, combining mental and physical aspects.
- 10 facilitated Zoom sessions, 1 hour/week
- Private online Classroom

Jumpstart and The Lift Project
Programs are ACLM-Certified!



- Group programs and individual coaching sessions
- Aligns with clients' values to promote health and wellness to enhance one's well-being
- Main focus on a plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections

See website for details:
rochesterlifestylemedicine.org

WHAT IS THE LIFT PROJECT?

- ✓ **10 lessons** that explore scientifically proven ways to increase your wellbeing from the exciting fields of Neuroscience, Lifestyle Medicine and Positive Psychology.
- ✓ **Presented** in a fun and practical way by internationally recognised wellbeing expert, Dr Darren Morton.
- ✓ **Studies** show that it works!
- ✓ **Online** access for deeper learning!



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Stress Is Universal

When stress becomes chronic, it can contribute to:

- Inflammation
- Cardiovascular disease
- Anxiety and depression
- Sleep disruption
- Weakened immunity
- Difficulty maintaining healthy habits





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Small Moments Matter

Simple tools may include:

- Breathwork
- Mindfulness
- Grounding exercises
- Movement
- Gratitude
- Moments of social connection





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Resilience Is Built Daily

You don't have to completely change your life overnight to improve your wellbeing

Resilience is often built through small daily choices repeated over time





Mental Health and Self Care

Melinda DuBois, MHA executive director

**mental
health
is
health**

WHAT IS MENTAL HEALTH?



A state of wellbeing in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.

Why yes, I am a bit stressed.

“Stress is the neurological and physiological shift that happens in your body when you encounter a threat.”

**Burnout – Emily and Amelia Nagoski*

Why do you ask?

mindset



ANXIETY STARTS IN THE BODY



MIND BODY CONNECTION

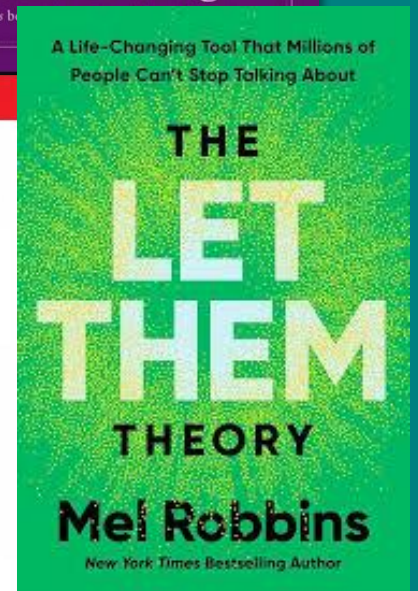
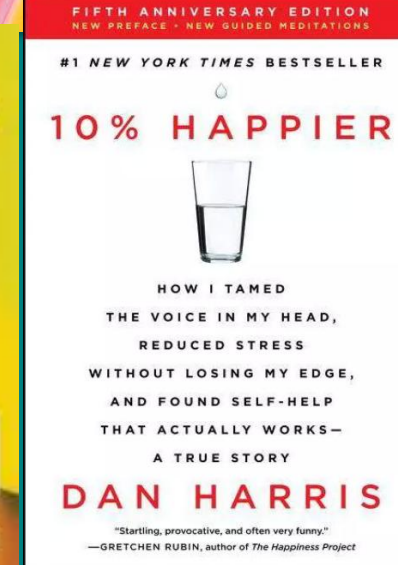
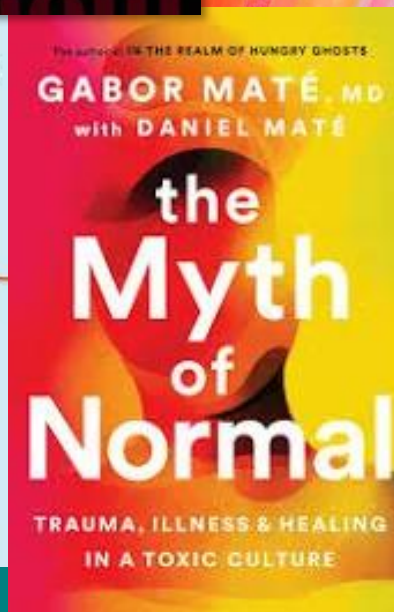
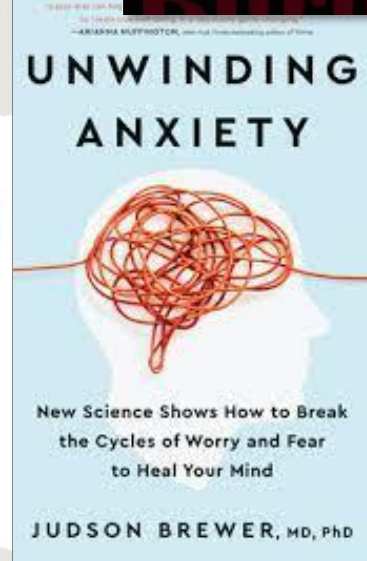
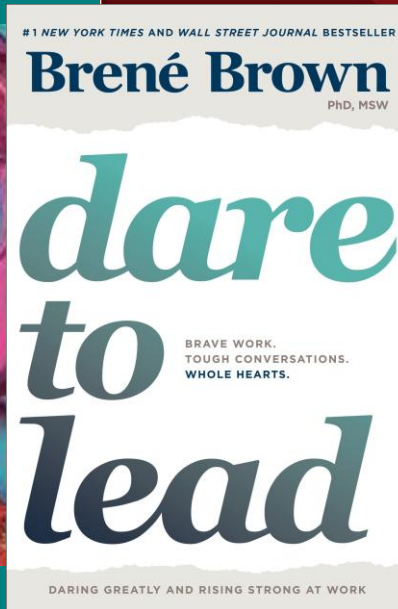
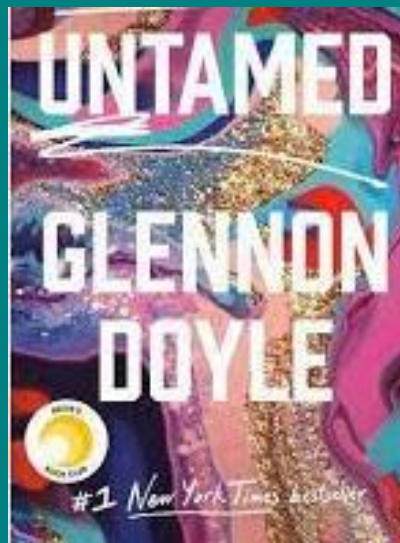
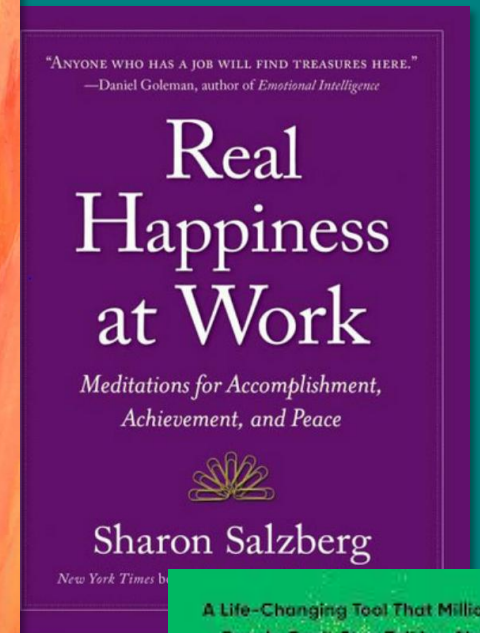
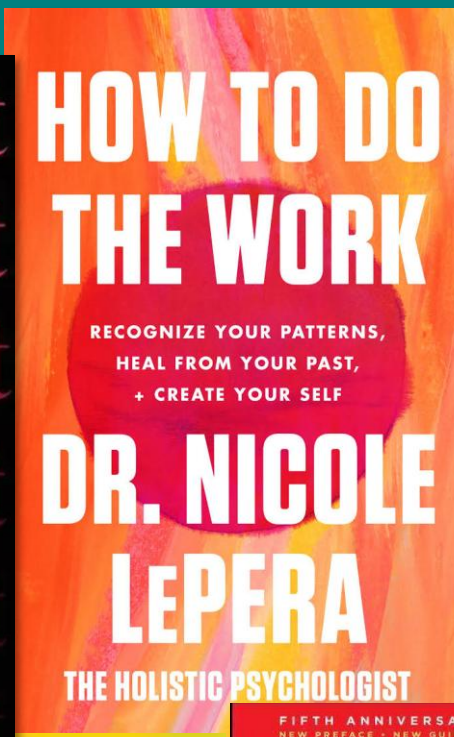
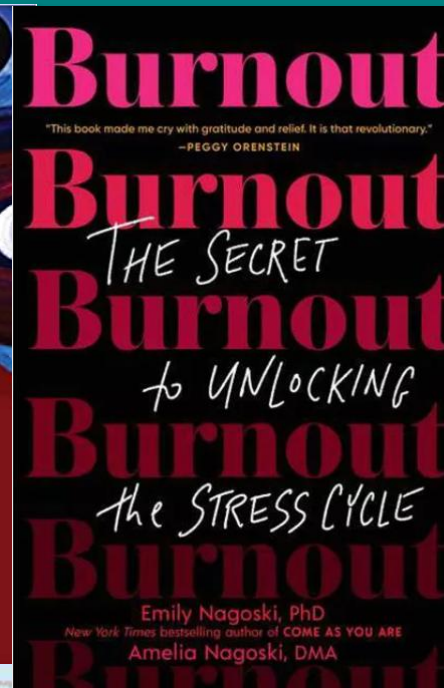
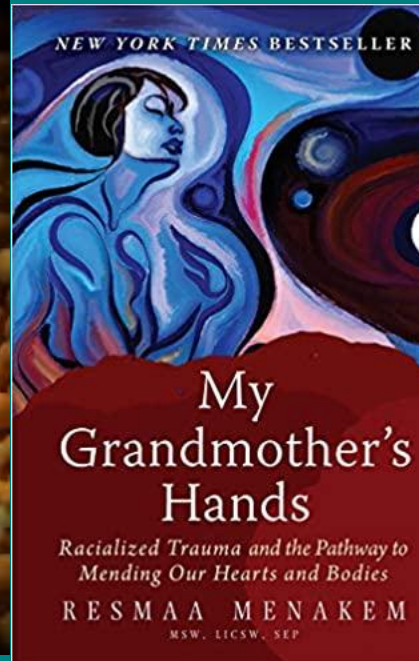
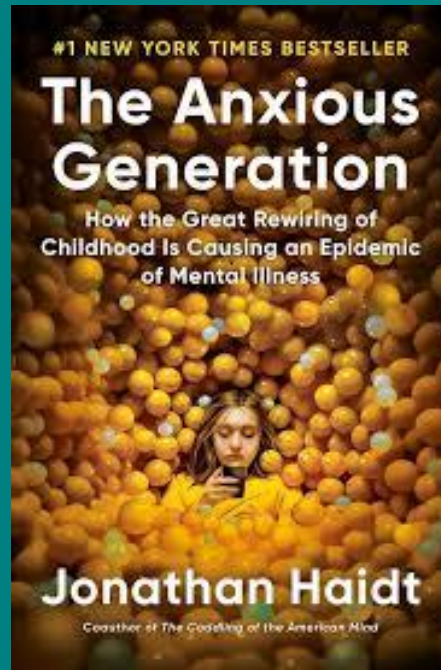
WAYS TO COMPLETE THE STRESS CYCLE

- MOVE
- BREATHE
- POSITIVE SOCIAL INTERACTION
- LAUGH
- HUG
- CRY
- CREATIVE EXPRESSION



Self-care is not selfish.
You cannot serve from
an empty vessel.





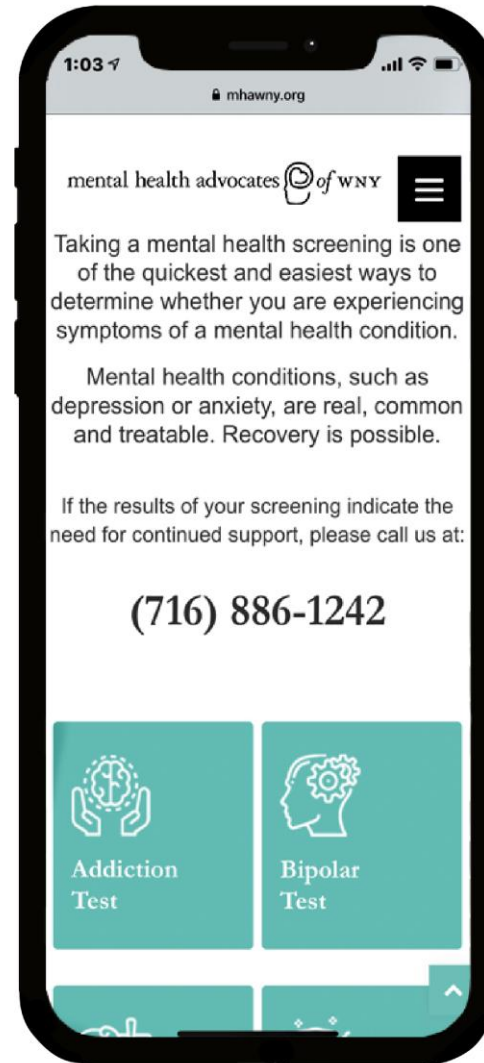
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TAKE A MENTAL HEALTH TEST

Screening is a tool you
can use as you work
on your mental health.

VISIT [MHAWNY.ORG/SCREENING](https://mhawny.org/screening)
TO CHECK YOUR SYMPTOMS.
IT'S FREE, ANONYMOUS,
AND CONFIDENTIAL.



MHA
Mental Health Advocates



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National Alliance on Mental Illness

**Buffalo & Western
New York**

Thank you, BNMC, for having us today.

Sherry Byrnes, Director of Programs

NAMI Buffalo & WNY's beginnings



Peter L. Heggs, 1958 - 1984



NAMI Buffalo & Western New York's Mission

“We foster hope through compassionate support, advocacy, education, and awareness so that all impacted by mental illness are empowered to live their most fulfilling lives.”



Our tools:

- *We educate.*
- *We advocate.*
- *We listen.*
- *We lead.*



Most importantly, we never give up hope!

