



Promoting Student-Athlete Wellness  
and Substance Misuse Prevention

[APPLE Model](#)

[Training  
Institute](#)

[DII Institute](#)

[Resources](#)

[About](#)

For the APPLE Training Institute staff, December is typically an incredibly busy month... finalizing Institute materials, making hotel room assignments, scoring Baseline Assessments, etc. With the postponement of the January 2021 Institutes due to the pandemic, we are taking time to reflect and express our appreciation to all the colleges in our APPLE family.

We know every school and student-athlete made significant sacrifices this year to provide a safe environment for education and athletic competition. We heard from so many January 2020 APPLE attendees who still found ways to address alcohol issues on campus - in spite of COVID challenges - and made a positive impact on campus culture.

We hope that the COVID-specific mindfulness resource linked below will be useful to you and your student-athletes. **FACE COVID: How to respond effectively to the Corona crisis** is based on the principles of Acceptance and Commitment Therapy (ACT). The author, Dr. Russ Harris, is the creator of 'The Happiness Trap' program as well as FREE, short videos that focus on mindful, values-based living.

We are so grateful for EACH ONE OF YOU and look forward to when we can safely gather again at APPLE!



**F**ocus on what is under your control  
**A**cknowledge your thoughts and feelings  
**C**ome back into your body  
**E**ngage in what you are doing

**C**ommitted to action  
**O**pening up  
**V**alues  
**I**dentify Resources  
**D**isinfect and distance



*Happy  
Holidays!*

THE APPLE STAFF  
SUSIE, HOLLY, DEBRA & JOE



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