

APPLE Model

Training Institute

DII Institute

Resources

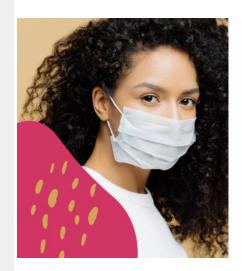
About

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!



Focus on what is under your control
Acknowledge your thoughts and feelings
Come back into your body
Engage in what you are doing

Committed to action
Opening up
Values
Identify Resources
Disinfect and distance









