

Mindweather 101

MOVING TOWARDS DEEP, MEANINGFUL
RECOVERY IN MENTAL HEALTH





Like **WEATHER PATTERNS** in the sky, thoughts and feelings naturally come and go – from easy, ‘sunny’ moments to virtual tornadoes in the **BODY AND MIND**. When we experience turbulence like this, our first assumption is often “**SOMETHING MUST BE WRONG WITH ME.**” After all, what else could it be?

In the last two decades, researchers have discovered literally hundreds of factors in the world around us that can play a role in our emotional well-being. Knowing this, what kind of adjustments in our day-to-day lives might better protect us or our loved ones against mental or emotional storms?

When something like depression or anxiety does hit us, is there a way to work with distressing thoughts and emotions so they can pass sooner? Are there ways to move in the direction of a more lasting, sustainable recovery from mental illness?

These are the questions at the heart of [Mindweather 101](#) -

[All of Life's](#) online class designed to set people loose on their own unique path towards vibrant mental health.



Mindweather 101, All of Life's online class, was designed to set people loose on their own unique path towards vibrant mental health.

GET STARTED WITH MINDWEATHER 101 [HERE](#)

Class Features

TARGET AUDIENCE: Those facing serious mental or emotional challenges, as well as family and professional caregivers.



15 LESSONS

broken up into 35 short videos with nearly 7 hours of instruction.



ONLINE VIDEOS

available to watch anytime, with a coach ready to answer questions that come up.



INTERVIEWS

with 35 different researchers, professionals and patients.



RESOURCE LIBRARY

for quick access to additional research and practical supports.

QUESTIONS EXPLORED IN THE CLASS

[LESSONS 1-4]

- What does the latest science on brain changeability mean for those facing serious mental and emotional distress?
- In what ways can this discovery help instill hope for patients towards meaningful recovery?

[LESSON 5 - [SEE LESSON EXCERPT HERE](#)]

- How can family and friends support someone who is distressed in a way that is truly helpful?

[LESSON 6 - [SEE LESSON EXCERPT HERE](#)]

- Is sustainable recovery from serious mental or emotional disorder even possible? If so, what does that entail?

[LESSONS 7-8]

- Are there consequences for trying to fight against what hurts or trying to avoid pain?

[LESSONS 9-11]

- What would it mean to make room for what hurts, stopping long enough to learn how to work with painful emotions more skillfully?

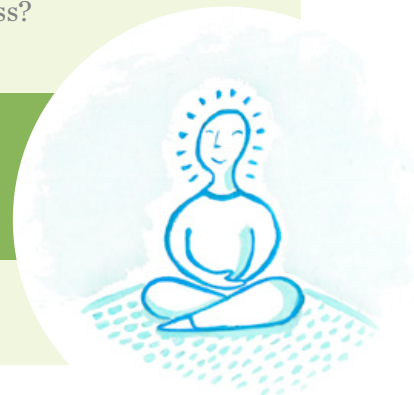
[LESSONS 12-13 - [SEE LESSON EXCERPT HERE](#)]

- How can we work with repetitive, negative thoughts in a way that helps decrease their power over us?

[LESSONS 14-15]

- In what ways might we begin to “get at the roots” of mental & emotional problems by taking risk factors seriously in our approach to mental distress?

**TRY OUT THE
COURSE [HERE](#)**



What People are Saying



“As a Primary Care physician, many of my patients are dealing with emotional pain which affects both their mental and physical health. Mindweather 101 has taught me new perspectives I can share with my patients to help them make sense of their experiences, cope with overwhelming feelings, and find relief. I plan on continuing to refer motivated patients to All of Life to learn more about their emotional health on

their own timetable and in the convenience of their own home.”

- DR. ANGEL KIRKHAM

“Thanks so much for posting this information. I am a [religious leader supervising members of the community] with mental health issues we are all a bit afraid of. Watching just part of the online class has helped calm my fears about facing these issues with love, compassion, and charity.” - **RELIGIOUS LEADER**

“As I watched Mindweather, it renewed a hope in me not only that I personally could recover from my anxiety and PTSD, but that I could help others do that as a mental health professional.”

- NURSE PRACTITIONER STUDENT

“I love this class... Just watching the first video, I seriously got goose bumps. Like, full on goose bumps.” - **STUDENT**

BIOS OF FOUNDERS



DR. JACOB HESS is a Co-Founder of All of Life, a public health non-profit that creates online, mindfulness-based classes for depression, anxiety and ADHD. Jacob holds a Ph.D. in clinical-community psychology from the University of Illinois, Urbana-Champaign and has trained with the Center for Mindfulness at the University of Massachusetts to teach Mindfulness-based Stress Reduction. He has also authored 13 peer-reviewed articles on long-term depression treatment outcomes and clashing narratives of socio-political and mental health issues. Jacob lives in Farmington, Utah, with his wife, Monique, and two boys who make sure their daddy smiles at least 12 times per day. *Jacob is available at jacob@alloflife.org or 801-712-1346.*



THOMAS MCCONKIE is a Co-Founder of All of Life. Before returning to his native Utah in 2011, he spent several years in China consulting with multinational corporations on promoting decent work and alleviating sweatshop labor. He is fluent in Mandarin Chinese, Spanish & all things mindfulness. With 16 years of experience in various forms of meditation and attentional skills training (did you know that attention is a skill?), he is currently leading All of Life's efforts to incorporate mindfulness into mental health education. Complementary to his efforts at All of Life, he hosts numerous mindfulness communities in Salt Lake City and is on faculty at Pacific Integral in Seattle, Washington. *Thomas is available at tom@alloflife.org.*