REMINDERS

Make time for yourself and take breaks.

It's okay to have bad and unproductive days.

Your deserve love, care and support.

Allow yourself to feel.

Don't ignore and hide
your feelings, try to hear
and accept them.

Trust yourself, the journey you are on, and that things will get better.

It's okay to have days where the only thing you do is survive.

The same good you see in others is in you too.

Listen to your emotions and what they are trying to tell you.

THINGS TO SAY WHEN WORDS ARE HARD

I see how hard this is for you.

I don't have advice, but I'm here to listen.

You're not alone.

We'll get through this together.

I am here for you.

I believe you.

It's okay if you don't feel like being strong today.

You have my support.

I wish I could take this pain away.

NOTE TO SELF



You're doing the best you can.



It's okay to ask for help.



You are worthy and enough.



its okay to be not okay.



Your boundaries are important



You are capable of amazing things.



Your feelings are valid.



It is okay to be a work in progress.



It's okay to allow yourself to heal.

RESTORATIVE QUESTIONS TO RESPOND TO CHALLENGING BEHAVIOR

What happened?

What were you thinking at the time?

Who have you thought about since?

Who has been affected by your actions? In what way?

How could things have been done differently?

What do you think you need to do to make things right?

WAYS TO CHALLENGE NEGATIVE THOUGHTS AND FEELINGS

Am i jumping to negative conclusions?

What is a more helpful thought?

What can I do that will help solve the problem?

What would I say to a friend?

Will this matter in a few months or years?

What are other possible outcomes?

What would be another way to look at it?

Asking for help

My choices

My boundaires

My behavior

THINGS I CAN CONTROL

How i express myself My
thoughts
and actions

Other people's mistakes

What happens around me

Other people's opinions

THINGS I CAN'T CONTROL

Other people's happiness

What other people think or do

The past and the future

DAILY AFFIRMATIONS

I can do this

I am proud of myself and all that I have accomplished

I love and respect my body

I will treat myself with kindness I am getting stronger every day

I will search for the good in bad situations

I will use my failures as stepping stones

I am worthy of love and joy

Other people's happiness

It's okay to make mistakes. It's okay to try again. I believe in my skills and abilities

My voice matters

WHAT DOES OUR COUNSELOR

DO?

Understand,
acknowledge,
manage and accept
your feelings
emotions

Equip you with tools to manage your anxiety and stress Elaborate a plan and set milestones towards a goal

Build a more positive mindset and behavior

Learn about coping skills, conflict resolution skills and self-awareness

Improve your relationship with other's and yourself

Evaluate your
abilities and
interests to develop
academic
careers/goals

Learn how to
process your
emotions and
confront different
situations

Connect you with external resources (people too, when needed)

CHALLENGING NEGATIVE THOUGHTS

Am I making an assumption?

What is a more helpful thought?

What can I do that will help me solve the problem?

What would I say to a friend?

Will this matter in a few months or years?

What are other possible outcomes?

What evidence shows that this is true?

How is this thought serving me?

What is the best thing that could happen?

GROWTH MINDSET SUCCESS BEGINS WITH BELIEVING YOU CAN

INSTEAD OF THINKING...

I can't do it.

I am not good at this

I'm afraid of making a mistake

This is too hard

I give up

I don't know how

They are better at it than I am

THINK THIS...

I'm still learning. I'll keep trying!

What can I learn to get better at this?

Mistakes are how I learn and get better at this

With more practice, this will get easier

I will try a different way

I can learn how

What can I learn from them?

CHECK IN how are you feeling?

BREATH

Take a moment to breath in and out and ground yourself

FEEL

Check in with your mind and body. How are you feeling today?

THANK

What things can I name that I am grateful for today

WANT

Is there something you want to accomplish today?

NEED

What are your needs today?

AFFIRM

Take a moment and pat yourself on the back. Celebrate your accomplishments or name what you like about yourself.

ITS OK TO ...

NOT KNOW EVERYTHING

MAKE MISTAKES

BE YOURSELF

ASK FOR HELP

HAVE BAD DAYS

START OVER

NOT BE OKAY

I CAN'T CONTROL anyone else BUT I CAN CONTROL

myself

My boundaries

My actions

My honesty

My goals

My values and beliefs

My thoughts

How I treat others

How I treat myself

THINGS THAT HELP DEPRESSION

Being kind to yourself

Writing or drawing

Crying it out

Asking for help

Calming music

Taking a bath

Talking to a friend

Going to therapy

Moving your body

Cleaning your space

Reading a book

Making a happy jar

YOU KNOW YOU ARE healing

WHEN YOU

Your know you are worthy and the past doesn't define you

You search for wholeness within yourself

You are able to identify and manage triggers

You are able to validate and soothe yourself

You take control of the narrative

You know that healing is a process. It is not linear

ou surround yourself with supportive people You know that communicating your needs isn't selfish

You know you are resilient and powerful

HAPPINESS CHEMICALS

how to create them...

DOPAMINE - THE LOVE CHEMICAL

- eating food
- achieving a goal
- completing a task
- self-care activities

OXYTOCIN - THE LOVE HOROMONE

- socializing
- physical touch
- petting animals
- helping others

ENDORPHIN - THE PAIN KILLER

- exercising
- listening to music
- watching a movie
- laughter

SEROTONIN - THE MOOD STABILIZER

- sun exposure
- mindfullness
- being with nature
- meditation

MENTAL HEALTH.

check-in.

How am I feeling today mentally and physically?

What is taking up most of my headspace?

What am I looking forward to?

How do I feel about myself right now? What am I grateful for?

What is something I can do today that is good for me?

What can I forgive myself for?

What can I let go of that is affecting my wellbeing? What is one small victory or progress I had today?

I CANNOT CONTROL

the weather

whether people like or dislike me

what other people think

I CAN CONTROL

so I will focus on these

what other people think

my attitude

where I put my energy

my words

how I respond

my boundaries

the way I treat other people

how other people act

choices I make loving myself

my beliefs and opinions

the past

the future

how other people treat me

what other people do

the circumstances I am dealt what other people say

how other people feel

cycle of self-love

self-care reminders

Build positive affirmations.
You are capable of great things.

Take care of your mind and body

Thank yourself and celebrate what you have accomplished.

Let go of negative comparisons. Be kind to yourself.

Set
boundaries.
You are
allowed to
say no.

Focus on yourself and your feelings.
Your feelings are valid.

5-4-3-2-1 GROUNDING TECHNIQUE



5 things you can see



4 things you can feel



(F))) 3 things you can hear



2 things you can smell



1 thing you can taste



implement feedback **Embrace** change challenges Be persistent Be flexible

Growth Mindset

Success begins with changing your thoughts



I already know it all



I want to learn

I give up easily

I learn from others

I ignore useful feedback

I can't change how smart I was born

I don't need to practice

I'll never be good at this

I weld from the state of the st

I welcome and learn from feedback

I can train my brain

I will keep trying

Mistakes are bad

so I avoid them

I avoid things that require effort

I can work hard to get better at something

Mistakes are learning opportunities

I want to be challenged

YOUR DAILY CUP OF

Positivi-TEA



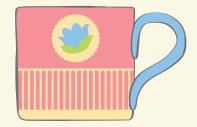
COURAGE TO MOVE OF GREAT THINGS. FORWARD.



YOU HAVE THE YOU ARE WORTHY



YOU CAN ACHIEVE WANT.



YOU ARE IN ANYTHING YOU CHARGE OF WHAT HAPPENS NEXT.





YOU LEARN FROM YOU ARE LOVED YOUR MISTAKES. AND APPRECIATED.

YOUR DAILY CUP OF

COFFEErmations



I am worthy of love and happiness.



e My feelings are valid and important.



I deserve to be kind to myself.



on what I can control.



I choose to focus I am surrounded by peace and positivity.



I am more than enough just as I am.



I am more than enough just as I am.



My mental health is a priority to me.



1 am capable of overcoming my challenges.

Quick 10 Minute Self-Care Ideas



do some journaling

listen to music or meditate



take a quick 10 minute walk



burn some essential oils

call or text a friend









AM I EATING REGULARLY AND HEALTHY?

WHAT AM I GRATEFUL FOR?

MENTAL HEALTH



CHECKLIST

AM I GETTING ENOUGH SLEEP?

AM I FEELING OKAY?

AM I HAVING ENOUGH ME-TIME?

> AM I BEING KIND TO ME AND OTHERS?

AM I GETTING ENOUGH FRESH AIR?

SELF-CARE IDEAS

FOR YOUR MENTAL HEALTH

























SELF-CARE IDEAS

CHOOSE YOUR FAVORITE OF THE DAY









Spend time outdoors



Do yoga or gentle stretching



Enjoy a warm beverage



Take a nap



Watch a favorite movie or series



Reach out to a supportive friend



Read a book



Be creative, i.e. paint, knit, crochet



Meditate

DAILY REMINDER



It's ok to ask for help.

It's ok to say "no".





It's ok to make mistakes.

It's ok to express emotions.





It's ok to set boundaries.







It's ok to start over.

It's ok to seek therapy.





Small steps are also a success



You are enough



You are loved and appreciated



It's important to set boundaries



Kindness is always free



To ask for help is healthy



You cannot change the past



Rain and storm are followed by sunshine



It is okay to say "no"



You don't have to be perfect



Humans make mistakes - it's okay



Beauty comes from within



It is okay to have a bad day

Small steps are also a success

You are enough

You are loved and appreciated

It is important to set boundaries

Kindness is always free

Tomorrow is a new day

AFFIRMATIONS FOR MENTAL HEALTH

To ask for help is healthy

You cannot change the past

Rain and storm are followed by sunshine

It's okay to say "no"

You don't have to be perfect

It's okay to have a bad day

Humans make mistakes – that's ok Beauty comes from within



HOW TO SELF-CARE MENTAL HEALTH

There are many ways to practice self-care for your mental health. It's important to prioritize taking care of yourself and seeking help when needed.

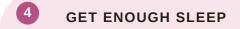














5 SPEND TIME DOING THINGS
THAT MAKE YOU HAPPY



6 EAT HEALTHY AND REGULARLY





Self-Care Check-in

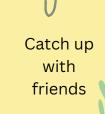
Remember to take care of yourself on a daily basis.

















food







I AM SMART *





I AM ENOUGH

I AM CAPABLE





* I AM BRAYE I AM LOYED







FIND MORE TIME TO MEDITATE

LOVE LIFE

FEEL THE MOMENTS



SPEND MORE TIME WITH FAMILY



2024 GOALS



FIND MORE TIME TO READ



EAT MORE GREENS

EAT LESS MEAT

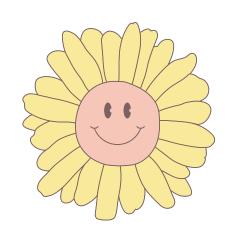
REDUCE SCREEN TIME

BE CURIOUS

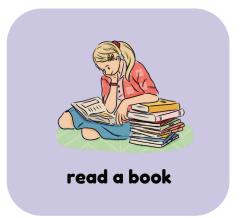
SPEND MORE TIME OUTSIDE

BE MORE SELF-AWARE

CALM DOWN CHART





















STOPTECHNIQUE

Interrupt anxious thoughts and feelings

S

STOP.

When you notice yourself feeling anxious or overwhelmed, stop what you're doing or thinking for a moment.

TAKE A DEEP BREATH.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.

0

OBSERVE.

Notice what is happening in your body and mind. Acknowledge the feelings and thoughts are you experiencing.

P

PROCEED.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.

Calming STRATEGY



5 THINGS YOU CAN SEE



Ц THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



7 THINGS YOU CAN SMELL



1 THINGS YOU CAN TASTE

FEELINGS

It's true, feelings can be complex. At times it's difficult to articulate how we feel. To begin, let's start by identifying whether we feel good or bad.



When you feel good, you might also say, I feel:





When you feel bad, you might also say, I feel:



ALL YOUR FEELINGS ARE OKAY!

TIPS FOR A HEALTHIER LIFESTYLE



Well-balanced and include plenty of fruits, vegetables, whole grains, lean protein, and healthy fats.

GET ENOUGH SLEEP

Aim for 7-8 hours of sleep each night to help your body repair and recharge.

MANAGE STRESS

Find healthy ways to manage stress, such as meditation, deep breathing, or yoga.

EXERCISE REGULARLY

Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

PRACTICE GOOD HYGIENE

Take care of your body and environment in ways that prevent the spread of germs and bacteria.



BENEFITS OF BEING OPEN-MINDED



You'll see more and learn more

You won't be burdened by stress

You will have a more positive outlook on life

You'll learn from your mistakes

You'll be more confident

You'll be genuinely happy







4-7-8 Breathing Technique

If you're having trouble unwinding or getting enough restful sleep, this breathing technique may help you.

Find a comfortable seated or lying position to begin.

Breathe in through your nose

4

Seconds

Breathe out through your mouth

8

Seconds

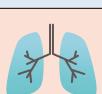
Hold your breath

7

Seconds

Repeat 4 times.

TIPS FOR A HEALTHY MIND



Take deep breaths

Practice 4-7-8 breathing technique: Inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds.



Count to 10 slowly

Organizing your thoughts is crucial, so take your time and focus on your breathing while counting.



Well-balanced meals

Savor each bite of your meal with mindfulness and intention.



Stop trying to control everything

Thinking about something you can't control also means you harm your brain.



Talk to someone

Talk about your anxiety to someone you trust the most. This helps to clear your mind.



Search for professional help

If you can't bear the anxiety any longer and don't have a place to talk to, go to a therapist.



MENTAL HEALTH MATTERS



Cognitive behavioral therapy (CBT) is a treatment approach that helps you recognize negative or unhelpful thought and behavior patterns. CBT aims to help you identify and explore the ways your emotions

and thoughts can affect your actions. Once you notice these patterns,

you can begin learning how to change your behaviors and develop

new coping strategies.

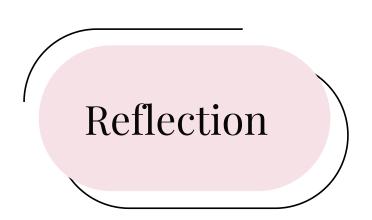
It is okay that there are aspects of your life you cannot control.

However, continuing to worry about the things that you cannot control is like constantly holding an umbrella and waiting for it to rain. That "umbrella" will weigh you down eventually,

Let's practice writing down things you can vs. cannot control.

Through CBT, these thoughts are identified, challenged, and replaced with more objective, realistic thoughts.



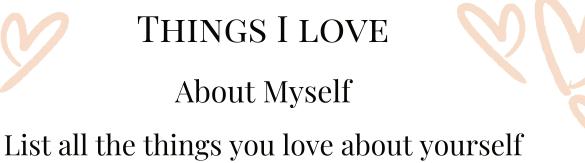


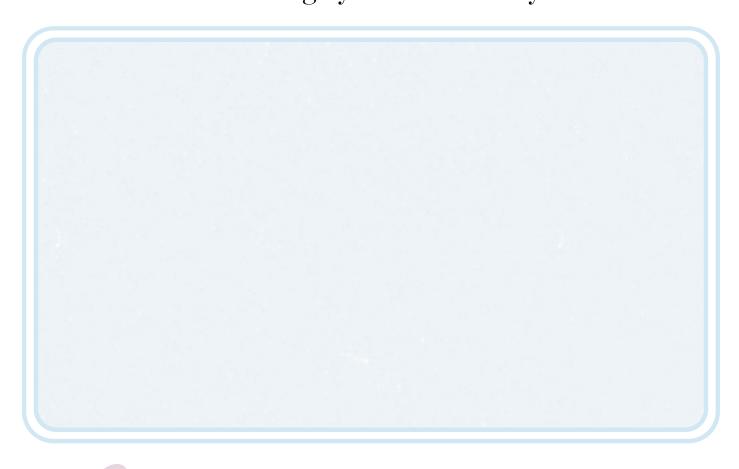
For the worries that you can control, what can you do to mitigate these concerns? Can you make a to- do list or add these tasks on your calendar to stay more organized? In the upcoming pages, you can find materials that will help you do just that!

For the worries that you cannot control, try to imagine putting them away in a box, and take things one day at a time. In the upcoming pages, you can find coping techniques to help you feel calmer when thinking about these worries.











Rewire Your Thought Patterns





I'm fearful	I am the overcomer & despite walking on my path feeling fearful, there's no challenge I'll face that I cannot surmount.					
I can't stop worrying	There are two words I no longer recognize. I can stop worrying & will start living life to the fullest & enjoy every moment of it					
I'm going to fail at this	I'm feeling the toughness building up inside me that will enable me to conquer the defeated state I'm currently in; I'm bouncing back stronger than ever.					

STAY GROUNDED

SMELL

I'm smelling...

HEAR

I'm hearing...

TOUCH

I'm touching...

TASTE

I'm tasting... SEE

I'm

seeing....

FEEL

I'm feeling....

I'm Safe In My Body

F

FOCUS ON YOUR BREATH When you start to feel anxious, take deep breaths in and out

- Inhale for 4
- Hold for 4
- Exhale for 4
- Hold for 4
- Repeat

B

BE IN THE PRESENT MOMENT Re-connect with your physical body. If you're sitting:

- Feel your feet against the ground
- Sit up straight
- Press your palms together
- What are you smelling, hearing,
- touching, sensing...



ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

Recognize and acknowledge all thoughts and feelings that are surfacing up at the current moment

- Emotions
- Memories
- Sensation
- Pain patterns

TENSION CHECK-IN

WEEK OF:	DATE:	
	What Big Events Have Happened This Week?	
	WHENE DO I FREE THE TENGLONS	
	WHERE DO I FEEL THE TENSION?	

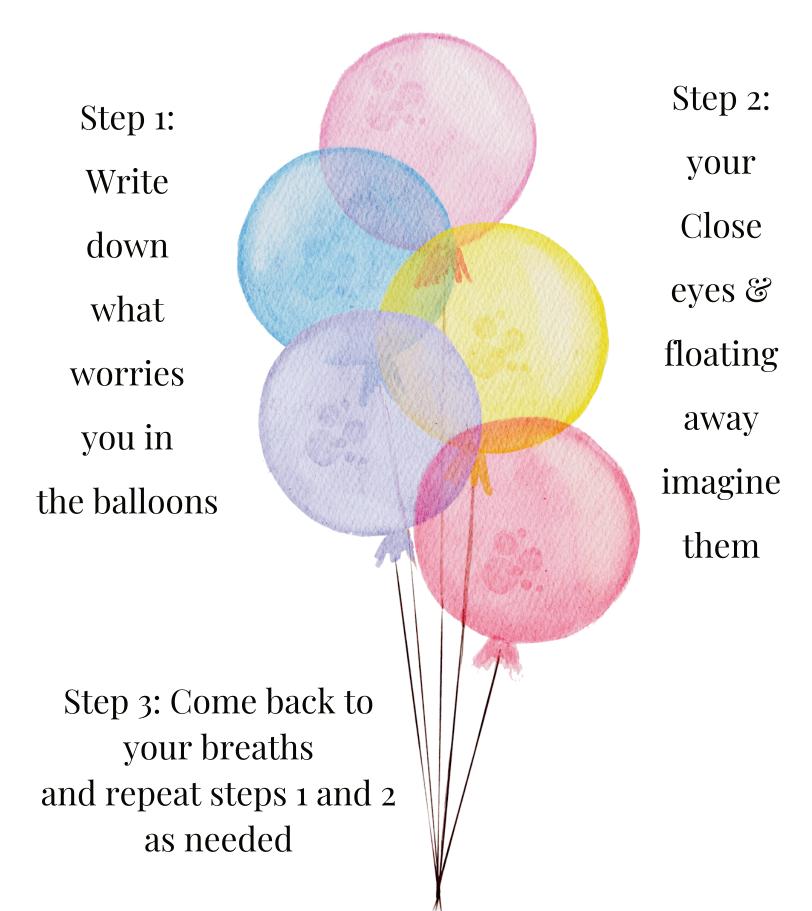




FRONT BACK

THE BALLOON MENTAL EXERCISE

For When You Start to Feel Worried or Anxious



WHAT WORRIES YOU

Let's identify what worries you, list them here in the 2 columns

below: Worries that you can Worries that you cannot control control

I'M AWARE THAT MY THOUGHTS ARE NOT ME

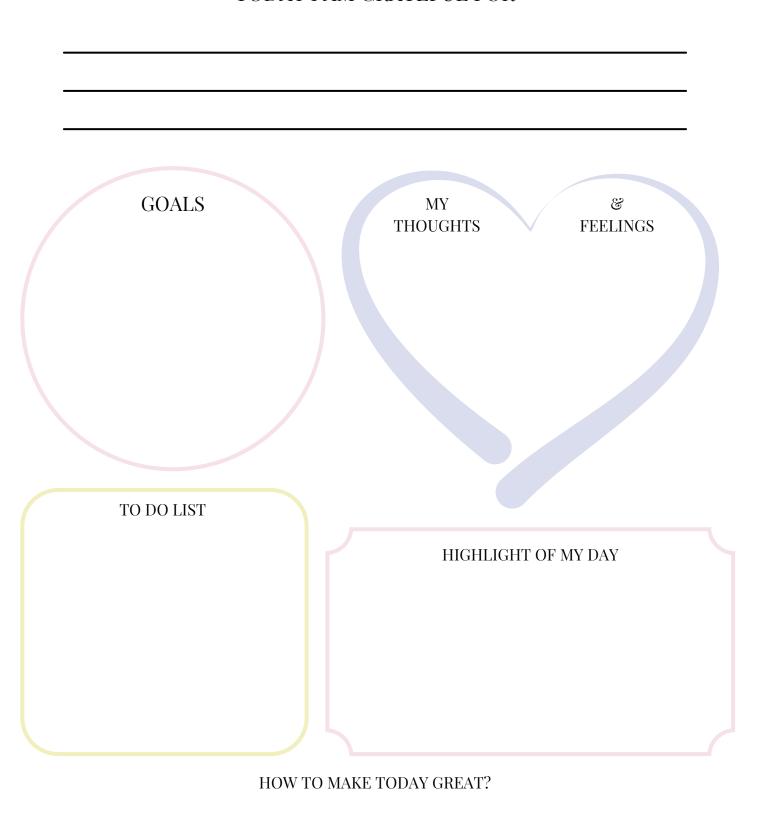
WRITE DOWN WHAT MAKES YOU FEEL WORRIED, KEEPS YOU UP AT NIGHT OR GIVES YOU ANXIETY

Use the questions below to examine and break down the thought. Ask yourself:

Is my thought based on a feeling or an actual fact?
is it possible for my thought to come true?
What's the worst that can happen if it does come true?
Will it still matter to me tomorrow or in the future?
What can I do to handle the situation in a positive way?

WHAT WILL MAKE TODAY GREAT?

TODAY I AM GRATEFUL FOR



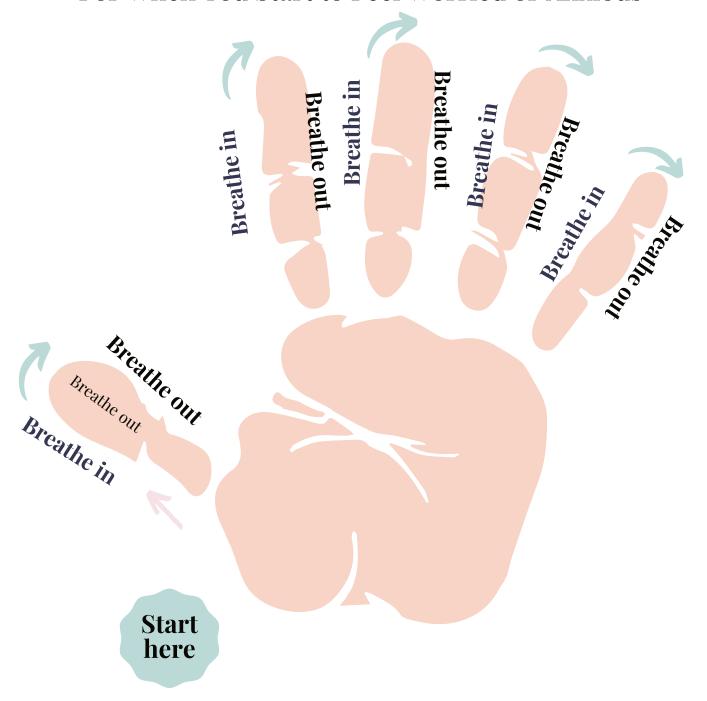
GRATITUDE BUCKET

FILL YOUR BUCKET WITH NOTES AND PROMPTS OF ALL THE THINGS YOU ARE GRATEFUL FOR



THE FINGER TRACING EXERCISE

For When You Start to Feel Worried or Anxious



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.

BEDTIME REFLECTION

MY ACCOMPLISHMENTS TODAY

I FELT SO PROUD FOR...

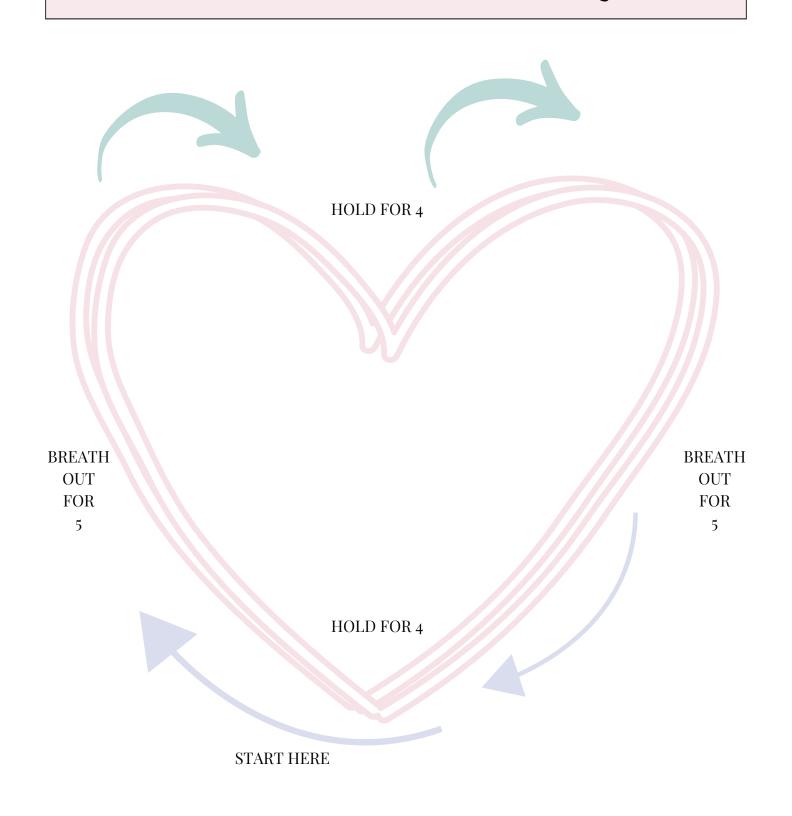
I FELT HAPPY WHEN...

A POSITIVE THING I WITNESSED TODAY...

MY THOUGHTS AND FEELINGS

HEART BREATHING

THINK OF SOMEONE OR SOMETHING YOU LOVE WHILE PRACTICING THIS BREATHING TECHNIQUE



MOOD TRACKER

DATE	MY MOOD
TIME	
DATE	MY MOOD
TIME	
DATE	MY MOOD
TIME	
DATE	MY MOOD
TIME	

DECATASTROPHIZING

WORKSHEET

What '	'catastrophe'	' is	both	ering	vou?
V V II CC C	cataba opiic				y ou.

What is the likelihood of the catastrophe occurring?

In the past, has this ever happened before?

How frequently does this occur in real life?

How terrible would it be if your catastrophe really

occurred?

What would the worst possible outcomes look like?

If the worst happens, what will you do?

Who or what could help you?

What could you do in advance to prepare you?

What skills do you already have that can help you through it?



WEEKLY DREAM JOURNAL



MONDAY	
TUESDAY	
WEDNESDAY	
	1
THURSDAY	
FRIDAY	1
FIGDAT	
SATURDAY	
	,
SUNDAY	





Positive Affirmation



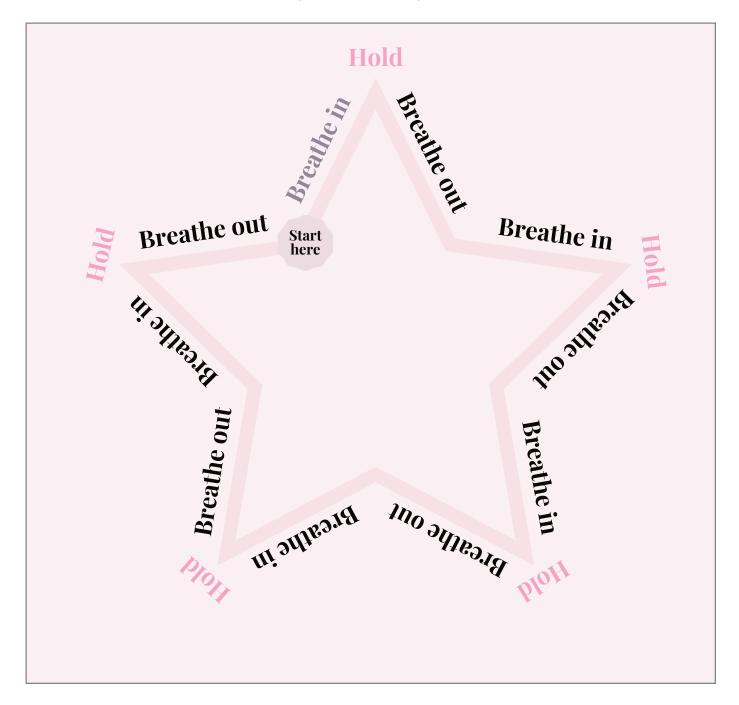
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
THOUGHAI	
FRIDAY	
SATURDAY	
SUNDAY	
SUNDAI	

WEEKLY SELF-CARE PLAN

Week:				
Affirmations	Schedule			
	Sunday:			
	Monday:			
	Tuesday:			
To Do List	Wednesday:			
	Thursday:			
	Friday:			
	Saturday:			

STAR BREATHING

BRAIN BREAK



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

SELF CARE GOALS



I mark

Who gives me comfort?

What keeps me grounded?

When am I at my best?

Where do I feel safest?

MY SELF-CARE CHECKLIST

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
Wake up at 8am	V						
Drink water 8 glasses							
Do yoga							
Get some fresh air							
Eat healthy breakfast							
Make a plan for the day							
Take a hot shower							
Walking 30 minutes							
Workout 30 minutes							
Play some music							
Read a book							
Smile and laugh							
Unplug for a while							
Get a good night sleep							

VISION BOARD

DATE: _____

PHYSICAL	INTELECTUAL
EMOTIONAL	SPIRITUAL
FINANCIAL	OCCUPATIONAL
ENVIROMENTAL	SOCIAL



PLANNER



D	Pate:				
			Mind Goals		
					_
					_
					_
			Body Goals		
					_
					_
					_
		_		-	
			Work Goals		
_					_
_					_
_					_

MONTHLY GOAL PLANNER

GOALS What Do I Want to Accomplish?	REWARDS FOR ACHIEVING MY GOALS
START DATE: ACHIEVED BY:	
WHY IS ACHIEVING THESE (GOALS IMPORTANT TO ME?
WHAT STEPS DO I NEED TO TAK	E TO ACCOMPLISH MY GOALS?

WEEKLY TASK PLANNING

TASKS THAT NEED TO GET DONE	TASK DEADLINES
STEPS THAT NEED TO BE TAKEN	REWARDS FOR COMPLETING THE TASKS
PLANS FOR NEXT WEEK	

Monthly Check In

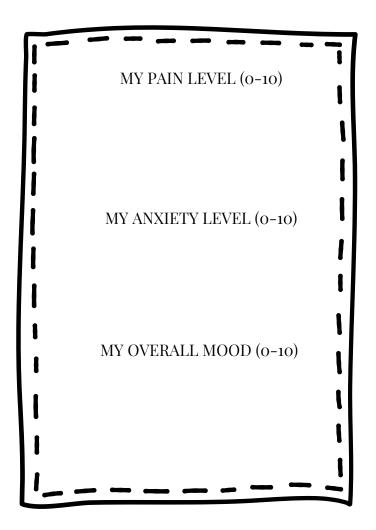
DATE

POSITIVE AFFIRMATION		
TOP 3 THINGS I DID THIS MONTH	IS	MOST REWARDING INTERACTION I HAD THIS MONTH
THIS MONTH FELT THIS MONTH FELT THIS MONTH I WANT TO		
THINGS ACCOMPLISHED THIS MONTHS	ABOU	T WAS THE BEST THING T THIS MONTH?
		IY RANKING OF THE MONTH

Monthly Health Check In

APPOINTMENTS	MEDICATIONS

SIGNS & SYMPTOMS



30 Days Self Care Challenge

/	ACTIVITIES	/	ACTIVITIES
	Write down 5 things you love about yourself		Meditate for about 20 minutes
	Go to your favorite restaurant with a friend or spouse		Lay on the couch, get cozzy and do nothing all day
	Make a vision board		Try some new yoga poses
	Sit in the sunshine for 20 minutes		Practice breath work for 10 minutes
	Eat your favorite dessert for breakfast		Get or give yourself
	guilt-free		spa mani/pedia
	Read 3 inspirational quotes outloud		Spend the day organizing your closet
	Take a nap		Buy yourself flowers
	Read your favorite book for 30 minutes		Cuddle up with a cozy blanket
	Drink a glass of wine		Write down your stressors & burn it
	Light your favorite scented candle		Go for a walk outside
	Repeat affirmations before bedtime		Workout moderately for 20 minutes
	Stretch for 20 minutes		Use a beauty face mask & relax for the rest of the day
	Write down 5 things you're grateful for		Watch your favorite movie with your favorite person
	Take a detox bath with scented candles		Drink plenty of water
	Dress up and go out with a friend or partner		Do an at-home spa night with friends

MONDAY	TUESDAY	WEDNESDAY
WEEKLY AFFIRMATION	Cardio workout Meditation	Tabit Hacker
	Yoga Went for a walk Met a friend Social Media break Medication	
	Cardio workout Meditation Yoga	
	Went for a walk Met a friend Social Media break	
	Medication	

THURSDAY	FRIDAY	SATURDAY
SUNDAY	NOTES	

My Good Habits

GOOD HABITS TO MAINTAIN OR DEVELOP

BAD HABITS TO REDUCE OR ELIMINATE

ACTION PLAN TO MAINTAIN/DEVEL OP MY GOOD HABITS

REWARDS FOR MAINTAINING MY GOOD HABITS

Appointment Tracker

DATE	TIME	PLACE	REASON



Physical Activities Tracker



Activities:	Date:
How did I do?	
Activities:	Date:
How did I do?	
Activities:	Date:
How did I do?	

Medication Tracker

DATE	1	MEDICINE	TIME

MONDAY

MONDAI
Today I am grateful for
What I appreciate most about this moment
One way I am already living the life I want
Someone who makes my life better just by being in it

TUESDAY

Today I am grateful for
What I appreciate most about this moment
One way I am already living the life I want
Someone who makes my life better just by being in it

WEDNESDAY

WEDITEDDITI
Today I am grateful for
What I appreciate most about this moment
One way I am already living the life I want
Someone who makes my life better just by being in it

THURSDAY

Today I am grateful for
What I appreciate most about this moment
One way I am already living the life I want
Someone who makes my life better just by being in it

FRIDAY

Today I am grateful for
What I appreciate most about this moment
One way I am already living the life I want
Someone who makes my life better just by being in it

SATURDAY

Today I am grateful for		
What I appreciate most about this moment		
One way I am already living the life I want		
Someone who makes my life better just by being in it		

SUNDAY

SONDAI		
Today I am grateful for		
What I appreciate most about this moment		
One way I am already living the life I want		
Someone who makes my life better just by being in it		

Self-Care Notes

THINGS I CAN DO WHEN I'M SAD

THINGS I CAN DO WHEN I'M SAD					
тип	NGS I CAN DO WHEN I'M RC)DFD			
THINGS I CAN DO WHEN I'M BORED					
THINGS I'M LOOKING FORWARD TO					
	MY FAVORITES				
favorite movies	favorite books	favorite places			