MENTAL HEALTH

SELF-CARE BOOKLET

JOURNALING - COLORING - COPING

THIS BOOKLET BELONGS TO :

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TABLE OF CONTENTS

EMOTIONS CHART

MOOD TRACKER

HOW I FEEL

COPING SKILLS

PROGRESSIVE MUSCLE RELAXATION

BUTTERFLY HUG

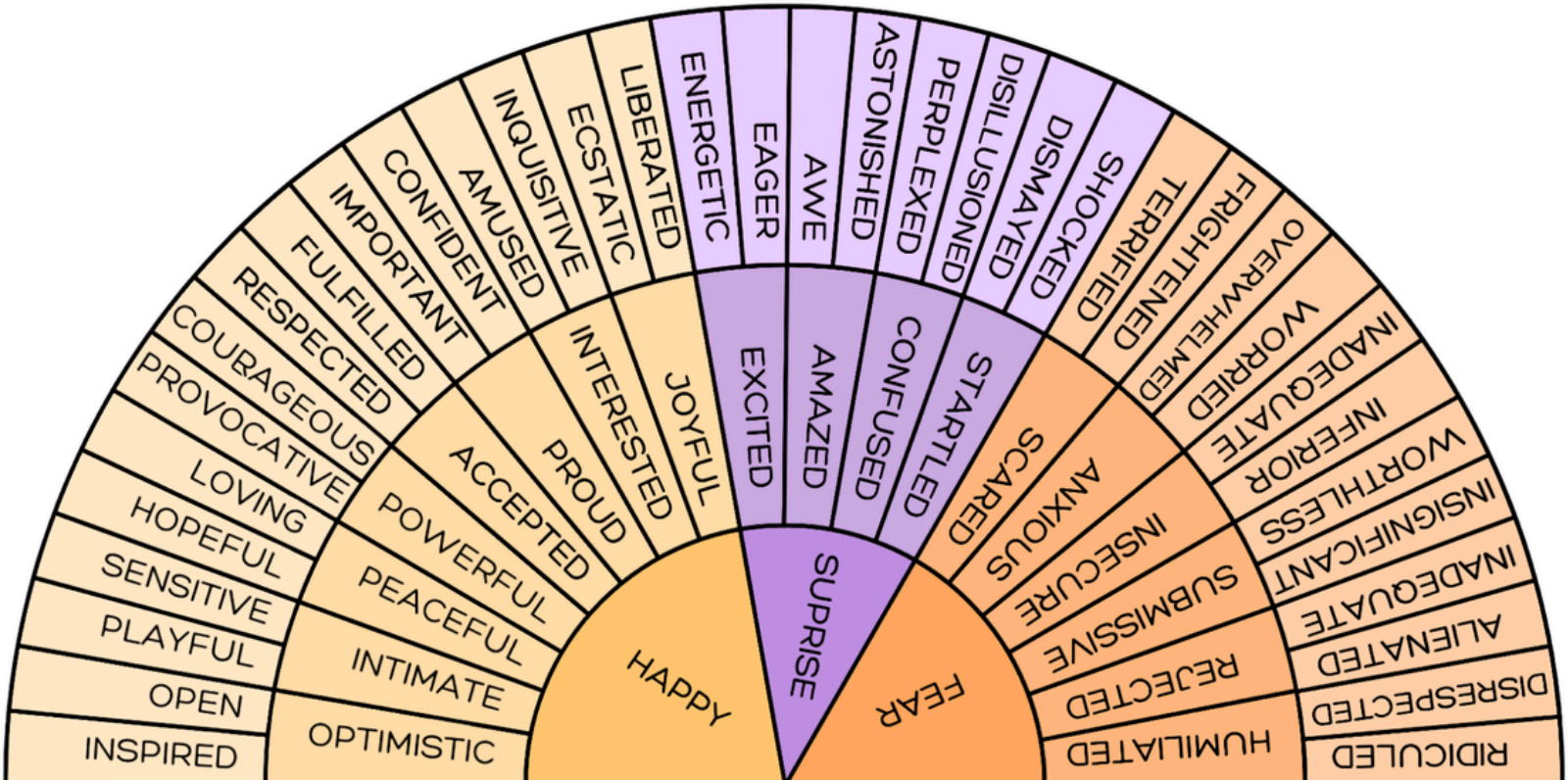
BOX & INFINITY BREATHING

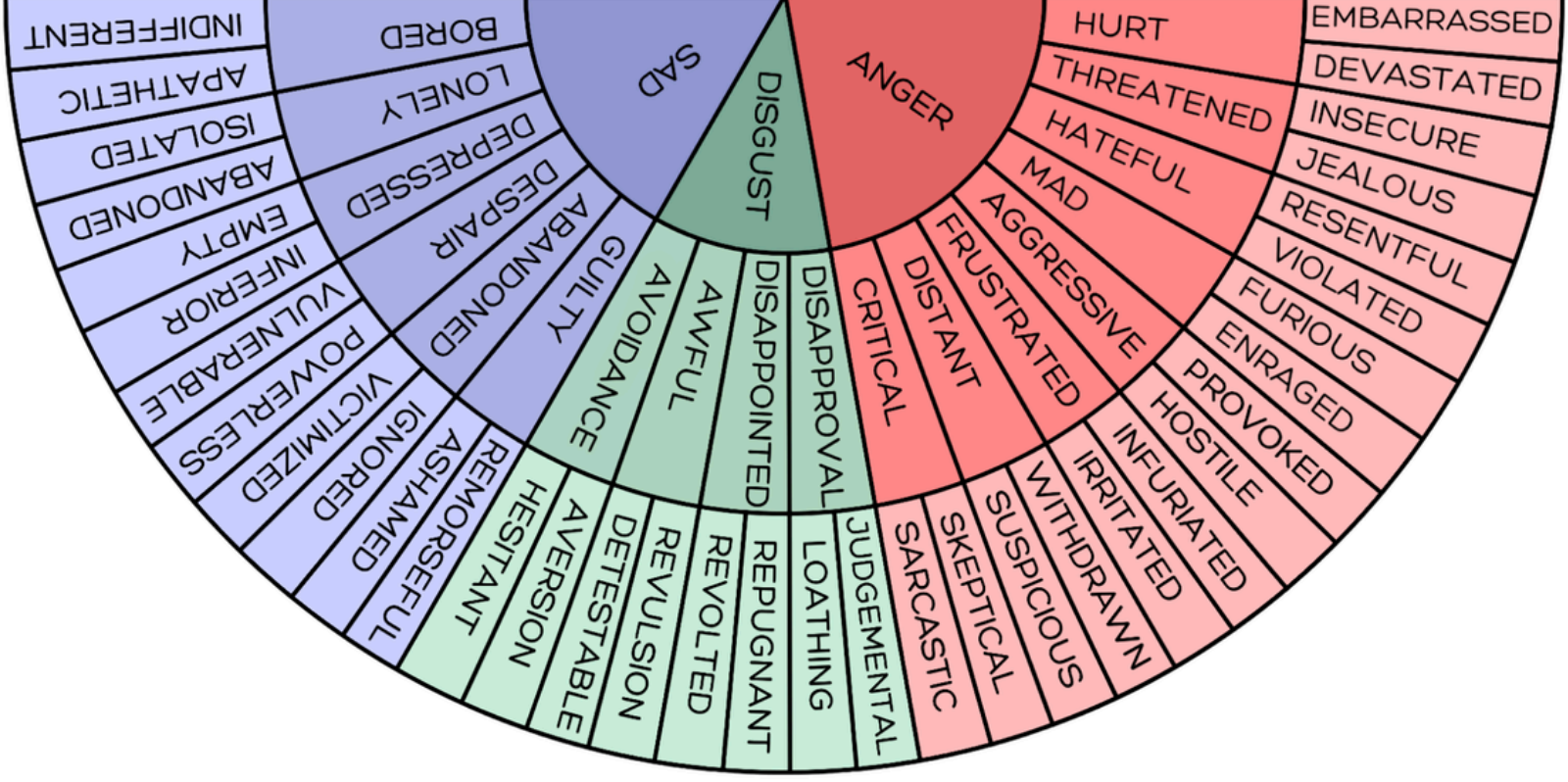
5-4-3-2-1 & RAINBOW GROUNDING

COPING SKILLS & SELF CARE TOOLKIT

JOURNAL & COLORING PAGES

MENTAL HEALTH RESOURCES


HAPPY
SUPRISE
FEAR
JOYFUL
INTERESTED
PROUD
ACCEPTED
POWERFUL
PEACEFUL
INTIMATE
OPTIMISTIC
EXCITED
AMAZED
CONFUSED
STARTLED
SCARED
ANXIOUS
INSECURE
SUBMISSIVE
REJECTED
HUMILIATED
LIBERATED
ENERGETIC
EAGER
AWE
ASTONISHED
PERPLEXED
DISILLUSIONED
DISMAYED
SHOCKED
TERRIFIED
ECSTATIC
INQUISITIVE
AMUSED
CONFIDENT
IMPORTANT
FULFILLED
RESPECTED
COURAGEOUS
PROVOCATIVE
LOVING
HOPEFUL
SENSITIVE
PLAYFUL
OPEN
INSPIRED
FRIGHTENED
OVERWHELMED
WORRIED
INADEQUATE
INFERIOR
WORTHLESS
INSIGNIFICANT
INADEQUATE
ALIENATED
DISRESPECTED
RIDICULED


SAD
DISGUST
ANGER
BORED
LONELY
DEPRESSED
DESPAIR
ABANDONED
GUILTY
HURT
THREATENED
HATEFUL
MAD
AGGRESSIVE
FRUSTRATED
DISTANT
CRITICAL
DISAPPROVAL
DISAPPOINTED
AWFUL
AVOIDANCE
EMBARRASSED
DEVASTATED
INSECURE
JEALOUS
RESENTFUL
VIOLATED
FURIOUS
ENRAGED
PROVOKED
HOSTILE
INFURIATED
IRRITATED
WITHDRAWN
SUSPICIOUS
SKEPTICAL
SARCASTIC
JUDGEMENTAL
LOATHING
REPUGNANT
REVOLTED
REVULSION
DETESTABLE
AVERSION
HESITANT
REMORSEFUL
ASHAMED
IGNORED
VICTIMIZED
POWERLESS
VULNERABLE
INFERIOR
EMPTY
ABANDONED
ISOLATED
APATHETIC
INDIFFERENT

MOOD TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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MOOD TRACKER COLOR KEY

CREATE A KEY OF EMOTIONS AND THE COLORS THAT REPRESENT THOSE EMOTIONS. EVERYDAY, COLOR IN THE BOX OF THE DAY WITH WHAT EMOTIONS YOU ARE FEELING! THIS CAN HELP YOU SEE PATTERNS IN YOUR MOOD, AND CHECK IN WITH YOURSELF AND YOUR EMOTIONS.

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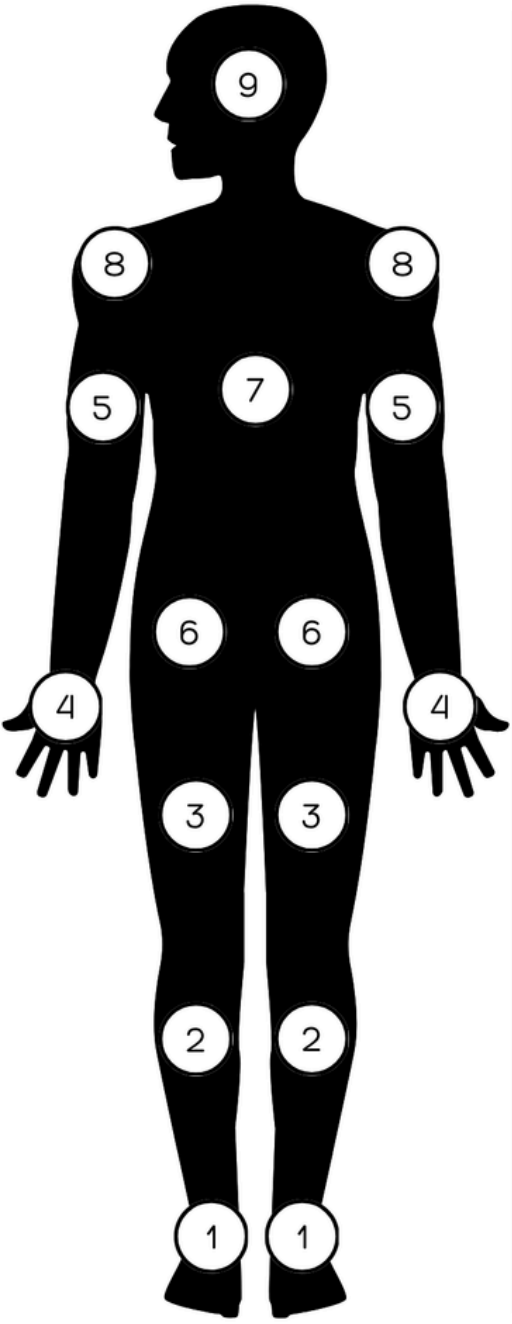
☐	☐ .....

PROGRESSIVE
MUSCLE RELAXATION

This is a relaxation exercise that helps you release tension. Tense each muscle group for 5 seconds, then relax and breath for 10-20 seconds before moving to the next group.



10	Do all steps at the same time, then let go.
9	Scrunch your face together, then let go.
8	Raise shoulders to ears. Pause, then let go.
7	Take a deep breath. Hold, then exhale.
6	Squeeze buttocks. Pause, then let go.
5	Tense arms. Hold, then let go.
4	Clench hands. Pause, then let go.
3	Squeeze thigh muscles. Hold, then let go.
2	Tense calf muscles, then let go
1	Lift toes upward. Hold, then let go. Pull toes down. Hold, then let go.

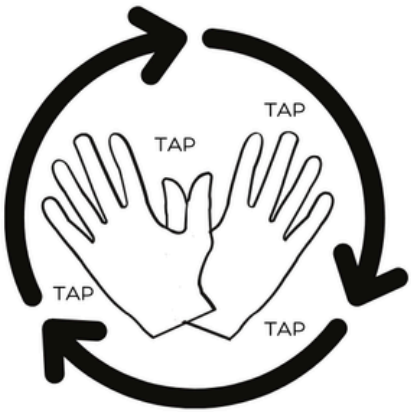
BUTTERFLY HUG
BILATERAL STIMULATION

Step 1:

Cross your hands by the thumbs, making the shape of a butterfly.

Step 2:

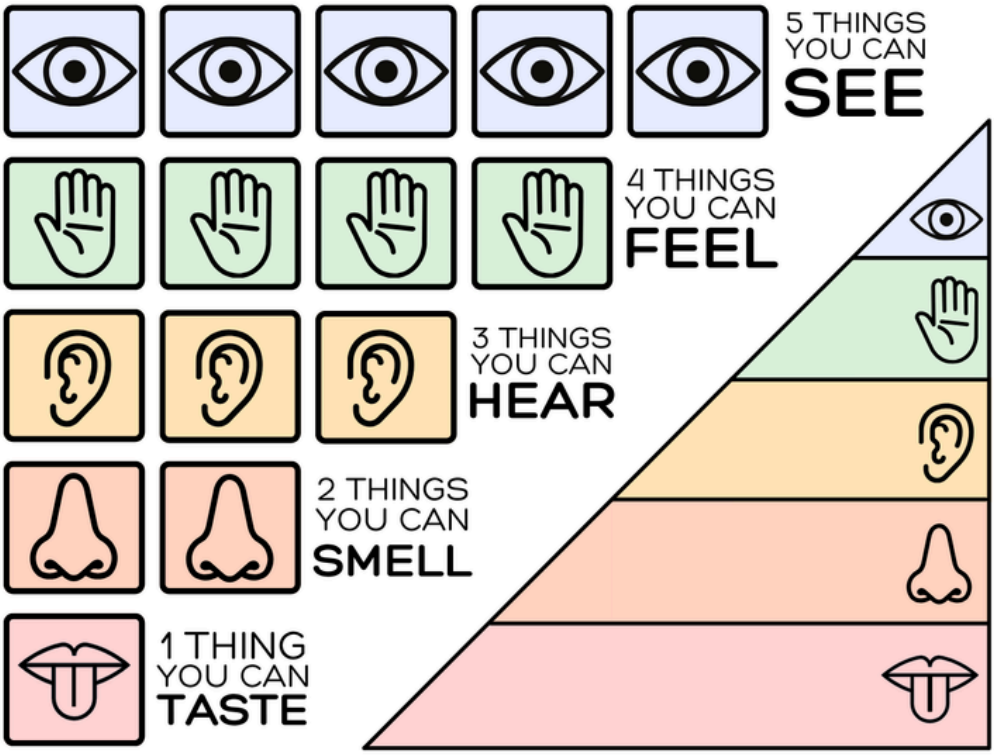
Cross your arms over your chest, resting your hands right under your collarbones.



Step 3:

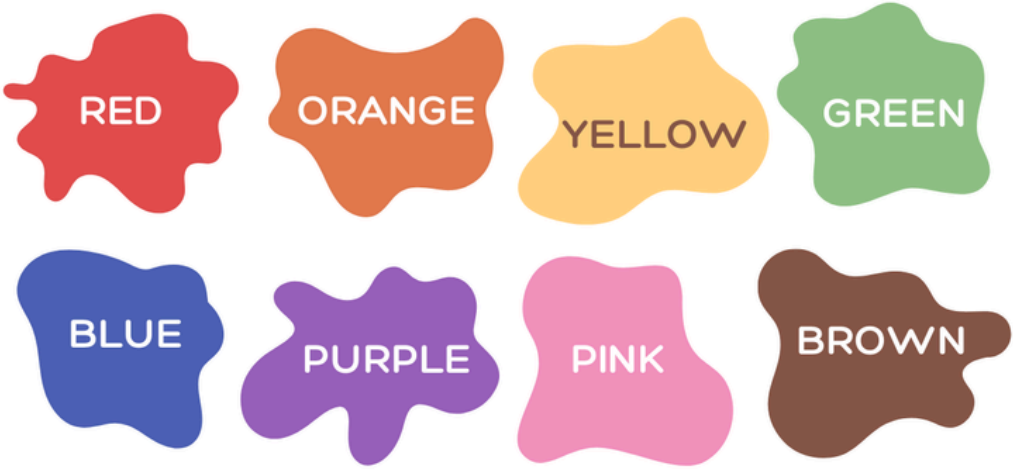
Alternate between tapping each finger of your right and left hand. Take deep breaths and repeat until calmed.

5-4-3-2-1 GROUNDING

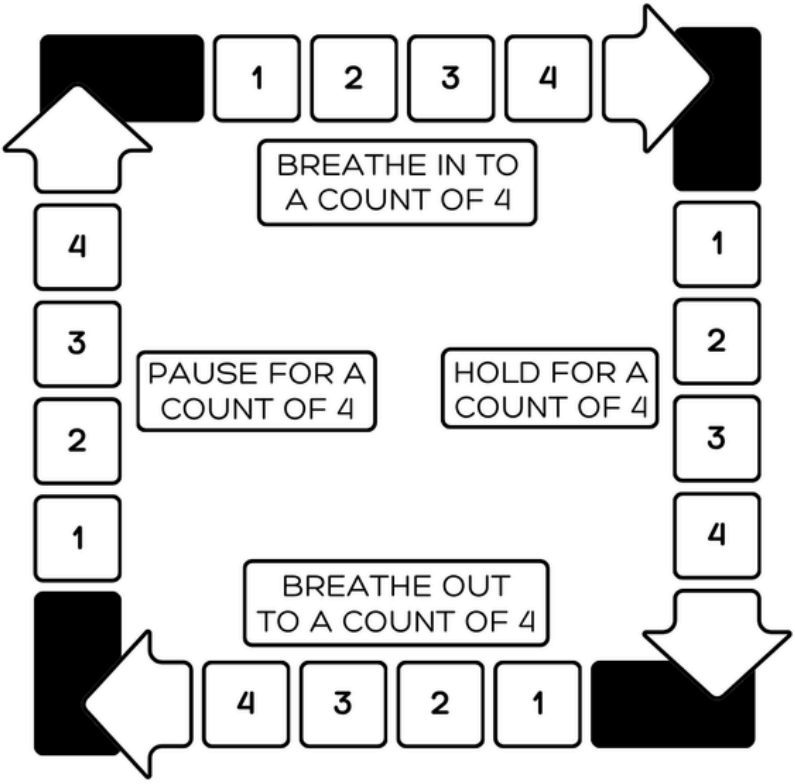


RAINBOW GROUNDING

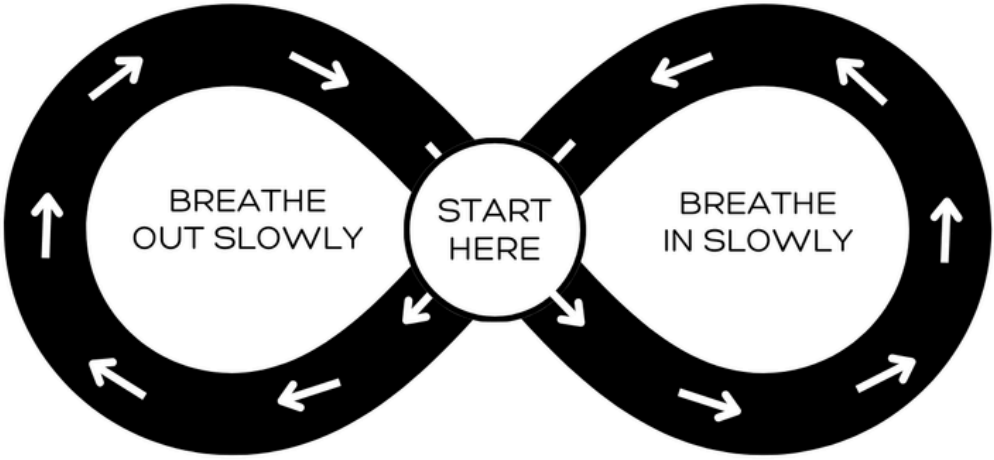
Look around and try to find 1 or 2 things of each of the colors below



BOX BREATHING



INFINITY BREATHING



Inhale as you trace the left side, exhale as you trace the right side. Repeat 8 times.

COPING SKILLS IDEAS

Deep Breathing

Talk about Your Emotions

Journal or Write

Take A Step Back

Read a Book or Watch a Movie

Practice Grounding

Play with a Fidget Toy

MY COPING SKILLS TOOLKIT

SELF CARE IDEAS

- Read a Book
- Spend Time in Nature
- Listen to Music
- Create Art
- Spend Time with Loved Ones
- Cook or Bake
- Take a Walk

MY SELF CARE TOOLKIT

ABOUT JOURNALING

JOURNALING CAN BE DONE IN SO MANY WAYS ! SUCH AS :

- WRITING ABOUT YOUR THOUGHTS AND FEELINGS FREELY.
- MAKING LISTS OF THINGS THAT YOUR ARE GRATEFUL FOR.
- REFLECTING ON YOUR DAY OR YOUR PAST.

THERE ARE MANY BENEFITS TO JOURNALING ! SUCH AS :

- EXPRESSING YOUR EMOTIONS AND THOUGHTS.
- REFLECTING ON YOURSELF FOR GROWTH.
- COPING OR PROCESSING WITH CERTAIN EXPERIENCES.

JOURNAL PROMPTS

WHAT ARE YOUR FAVORITE WAYS TO PRACTICE SELF-CARE?

WHAT BRINGS YOU JOY AND WHY?

WHAT ARE SOME THINGS THAT INSPIRE YOU?

WHERE DO YOU FEEL THE MOST RELAXED?

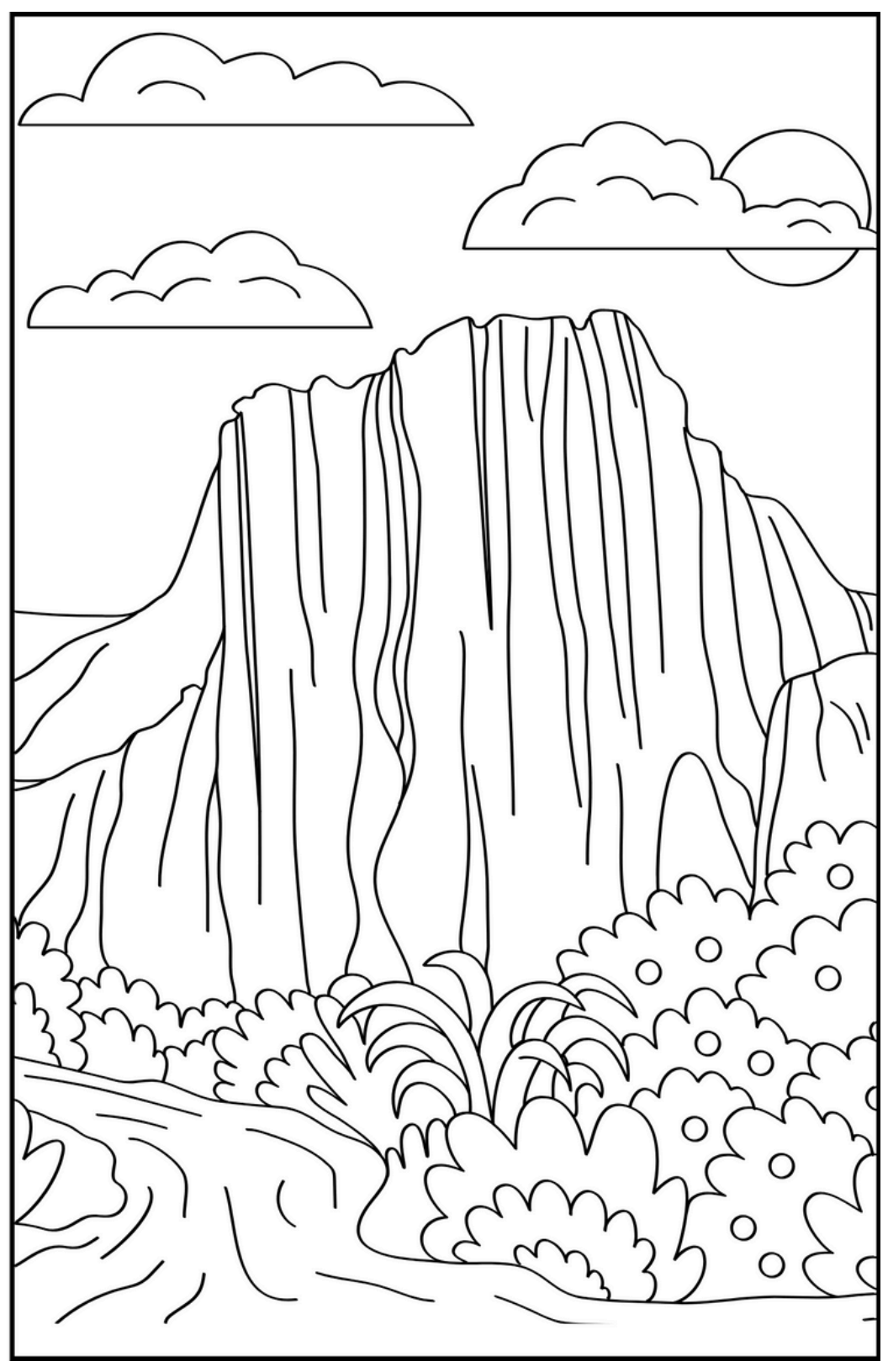
WHAT ARE YOU GRATEFUL FOR?

HOW DO YOU HANDLE DIFFICULT EMOTIONS?

WHAT HELPS YOU RELAX?

WHAT MAKES YOU FEEL GOOD ABOUT YOURSELF?

WRITE-IN PROMPT :	DATE :



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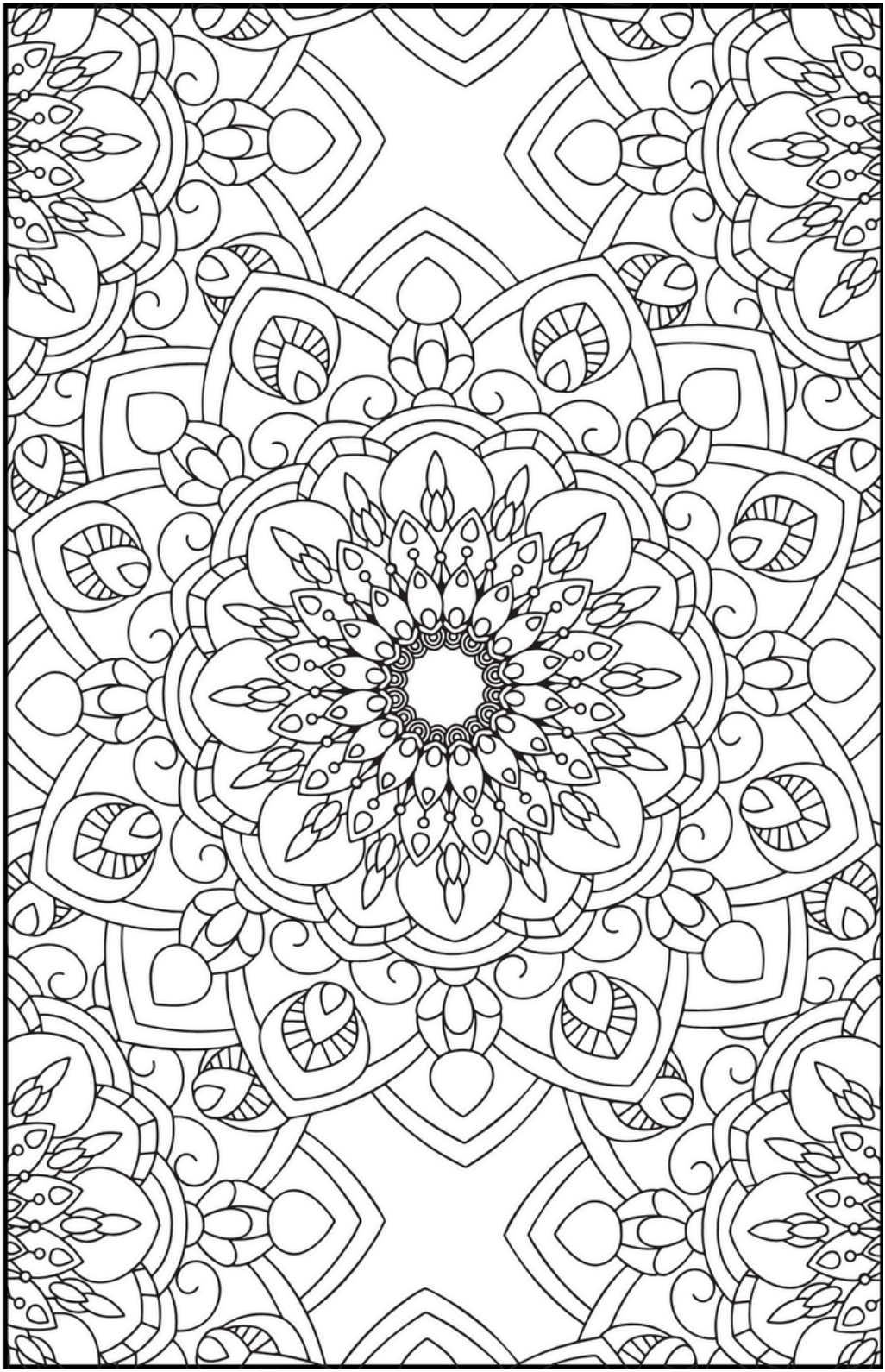

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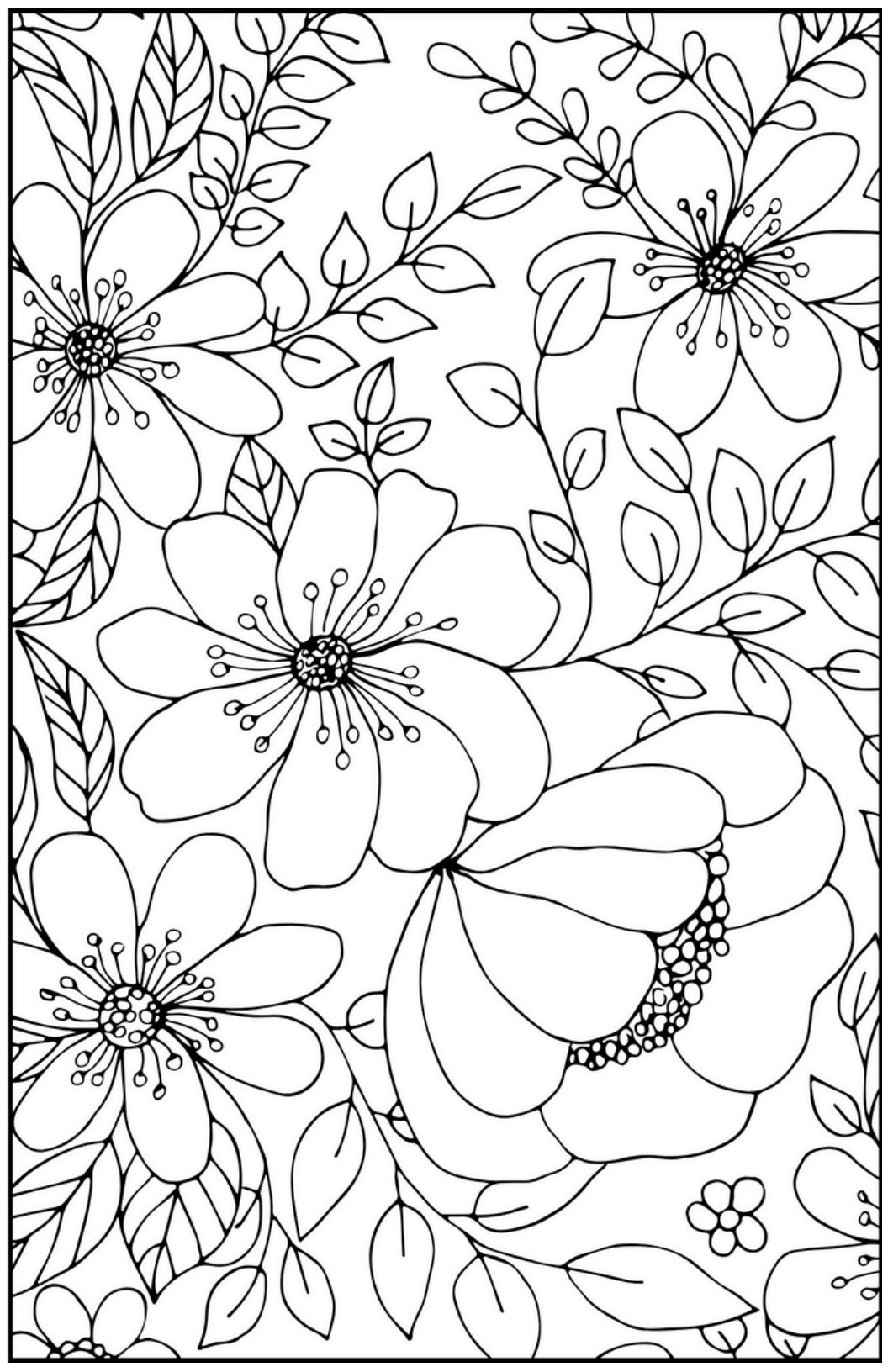

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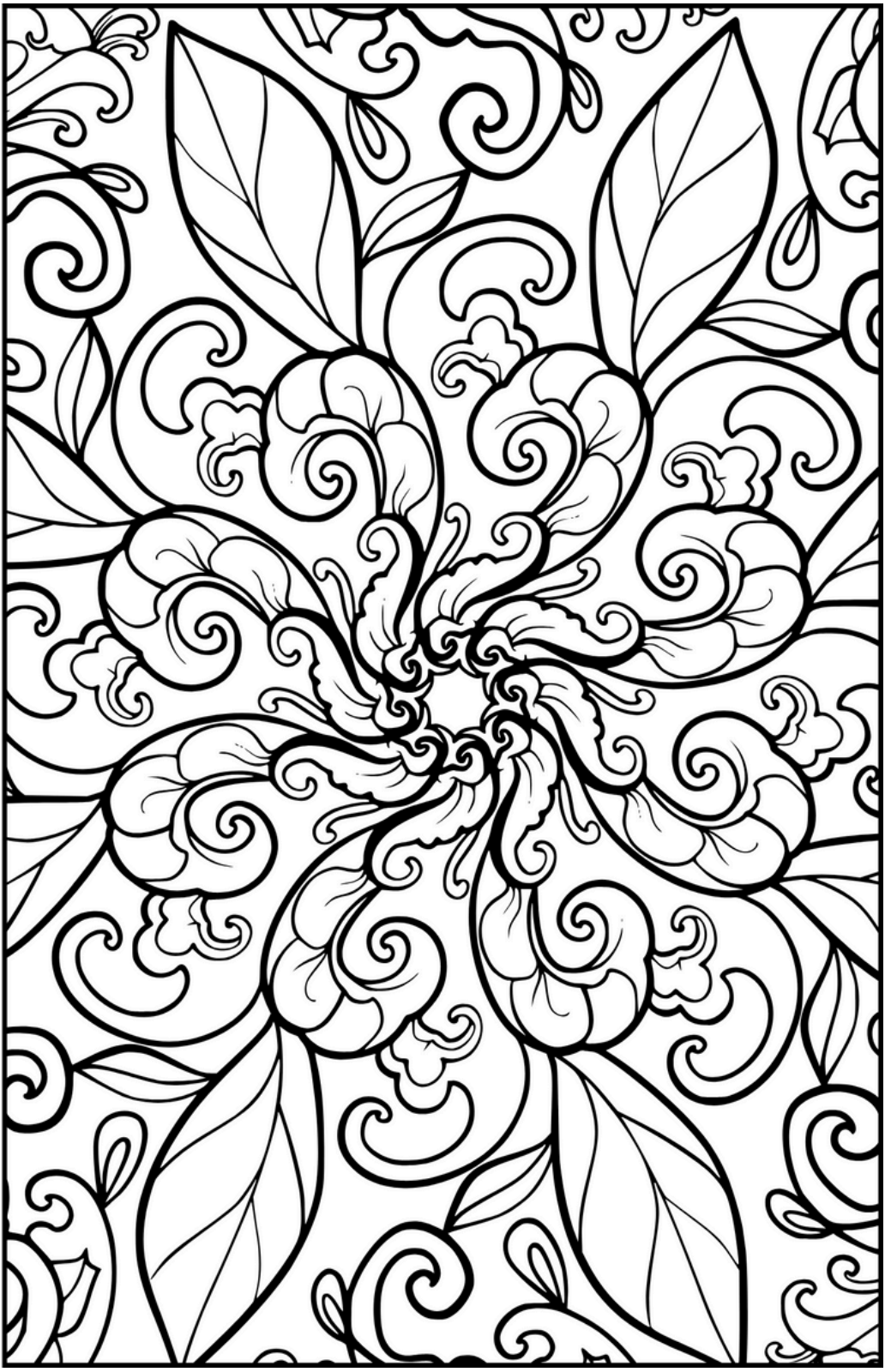

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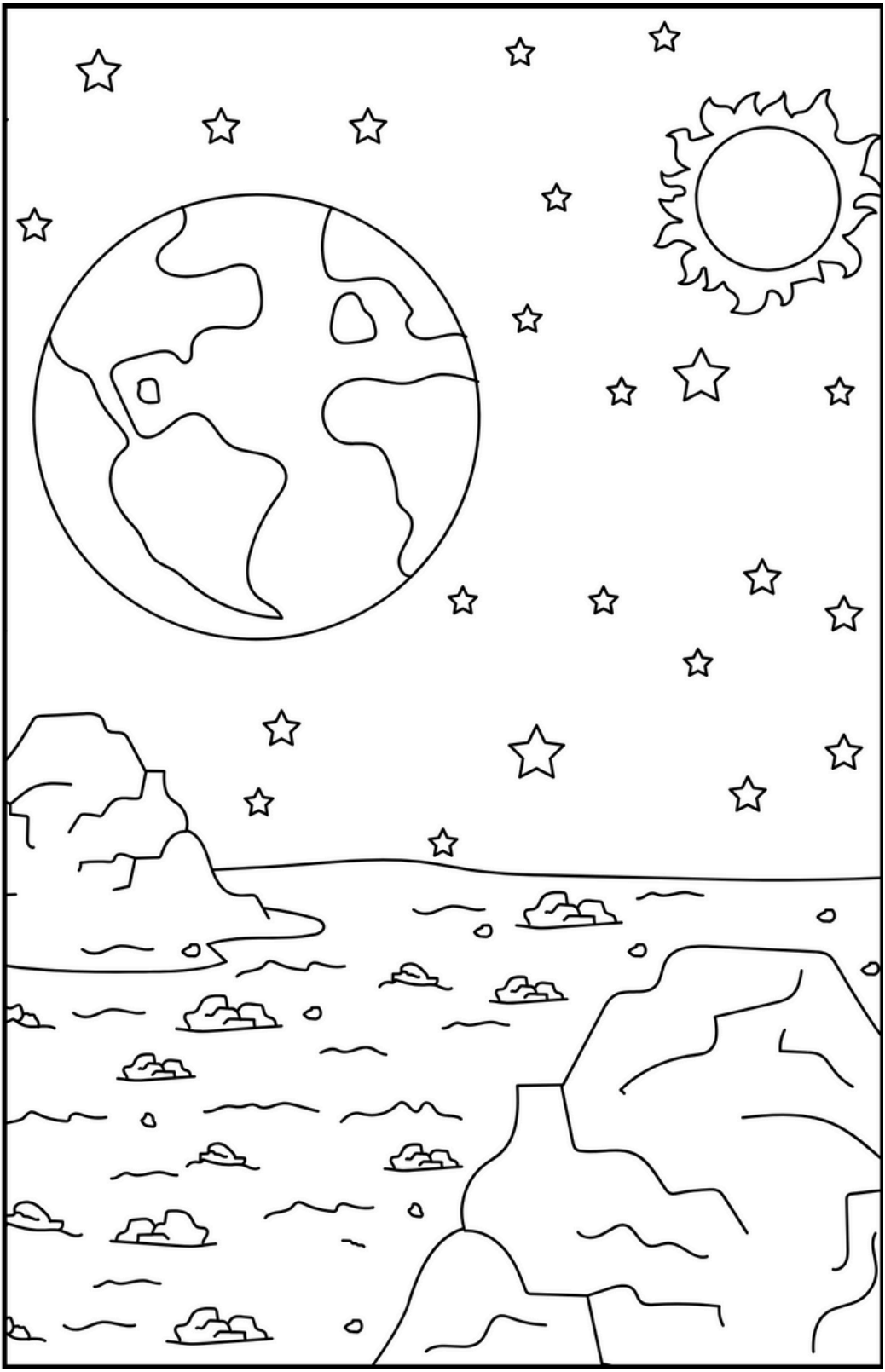

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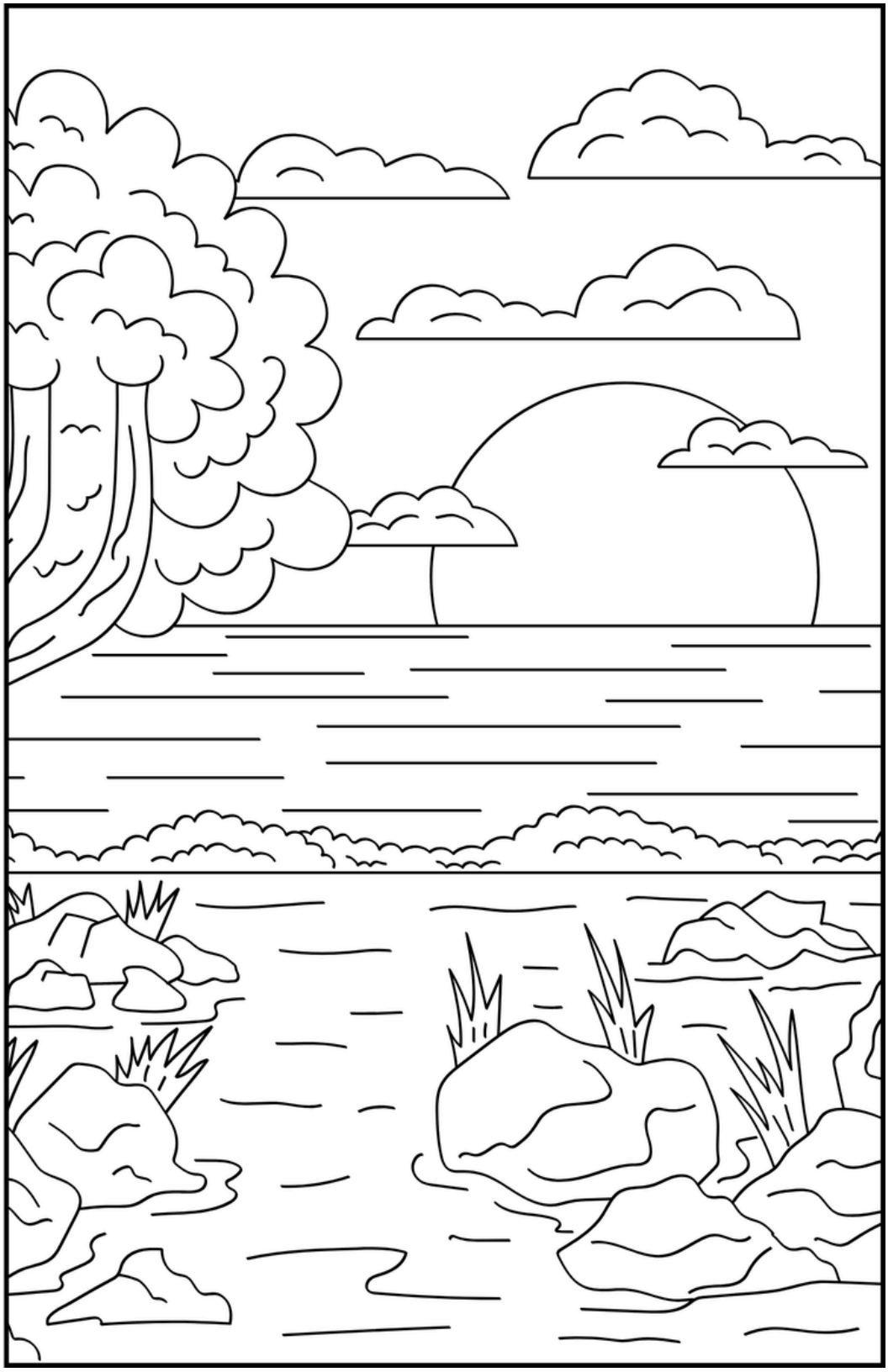

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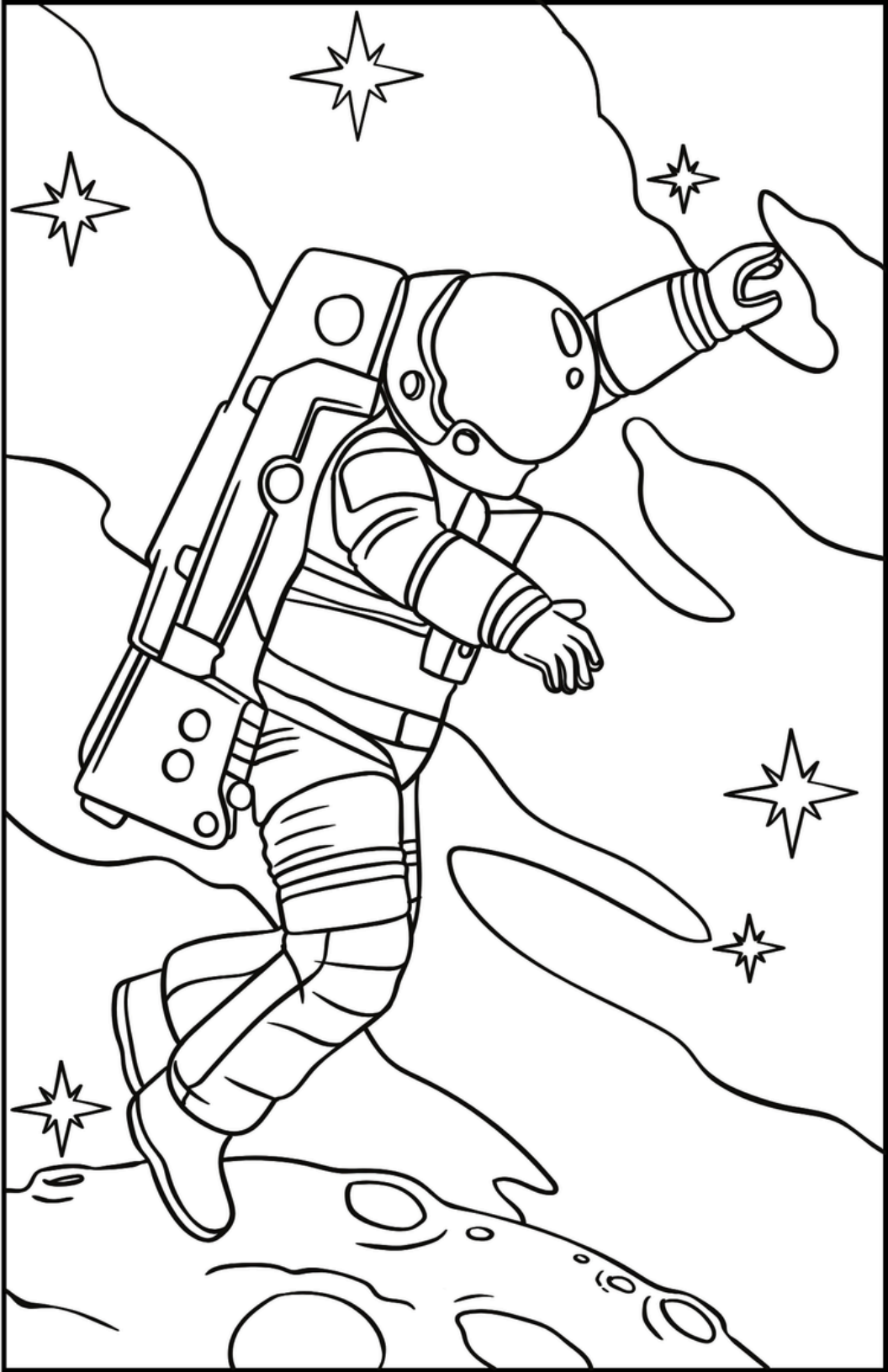

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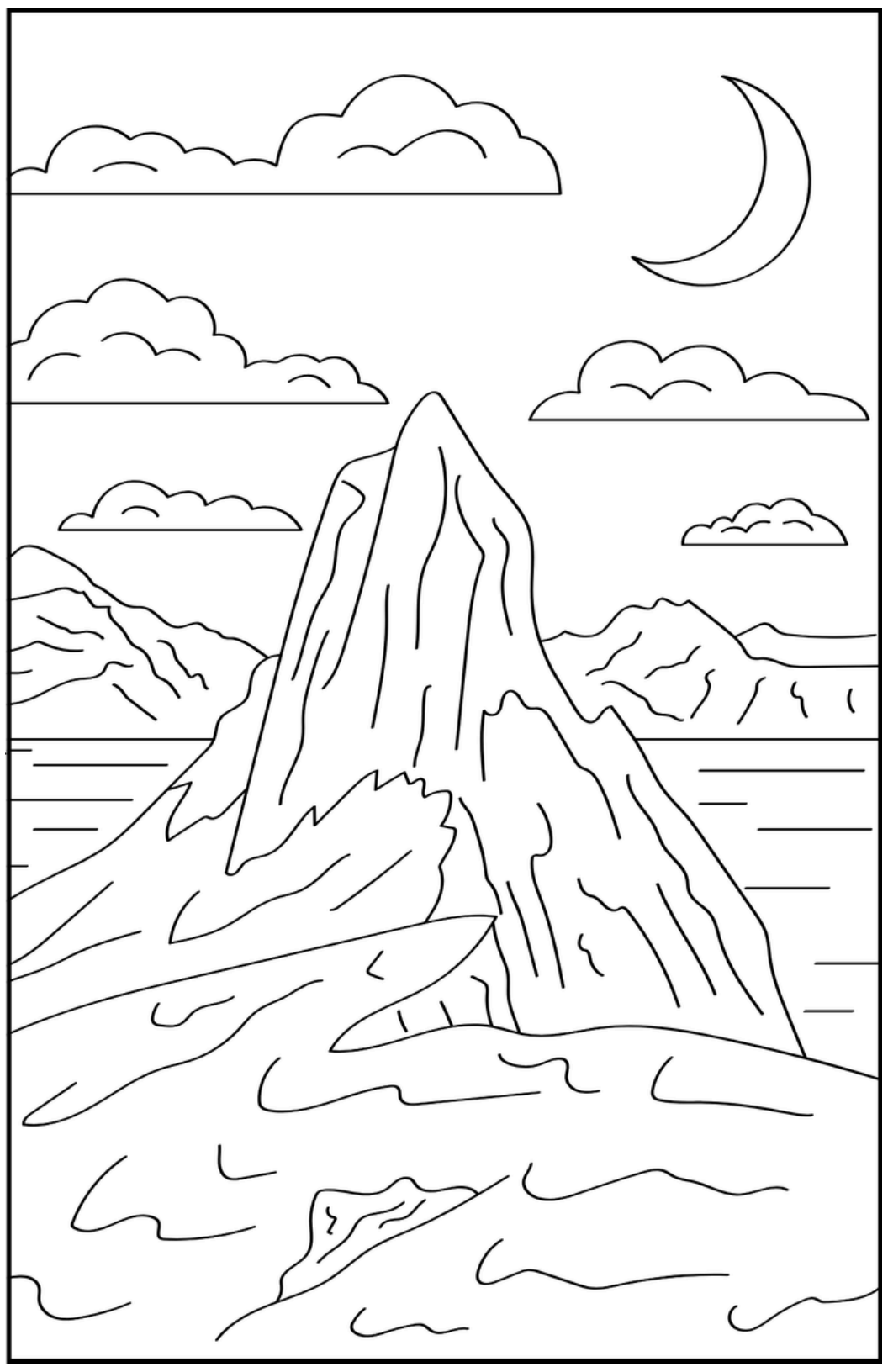

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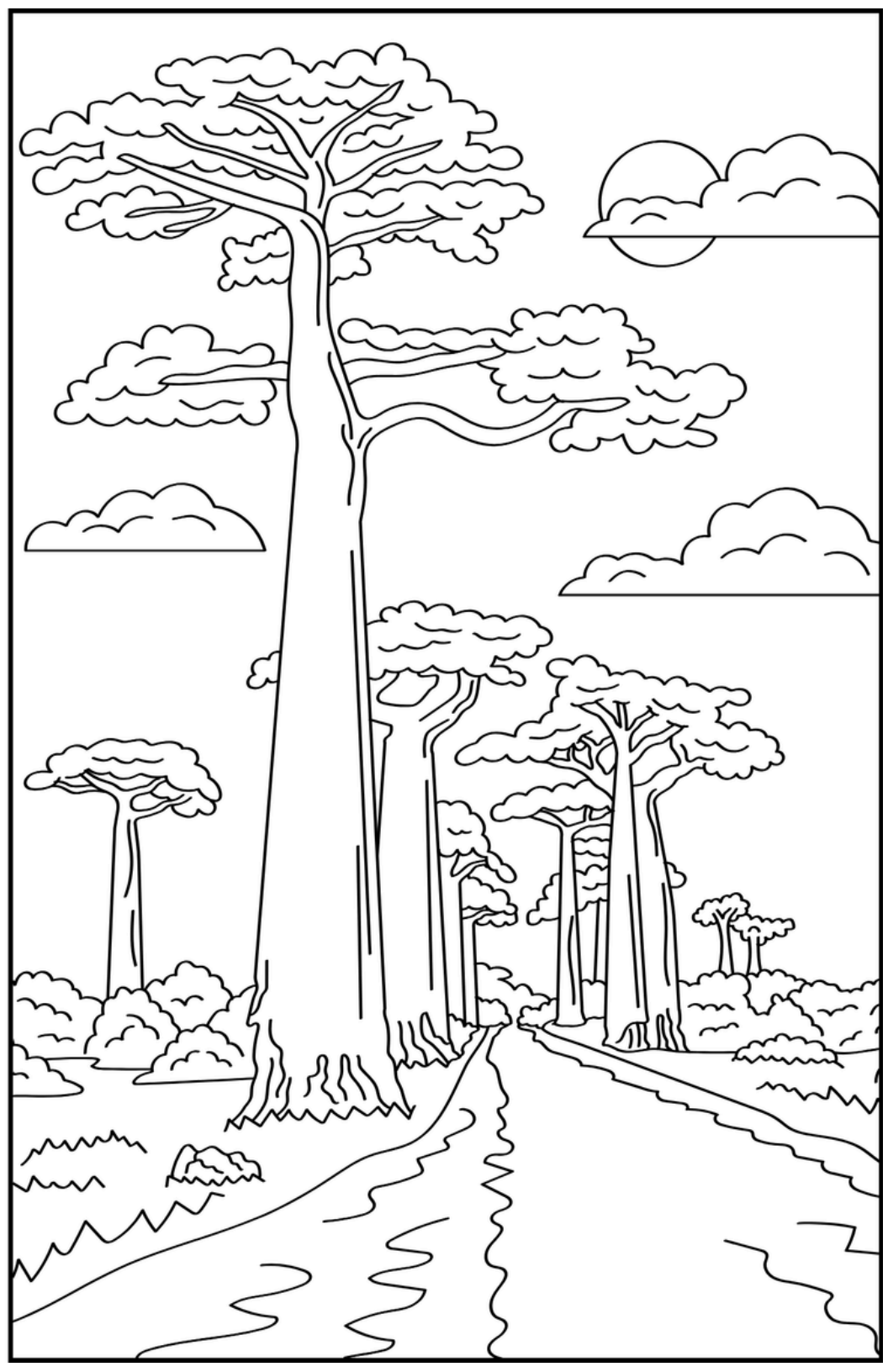

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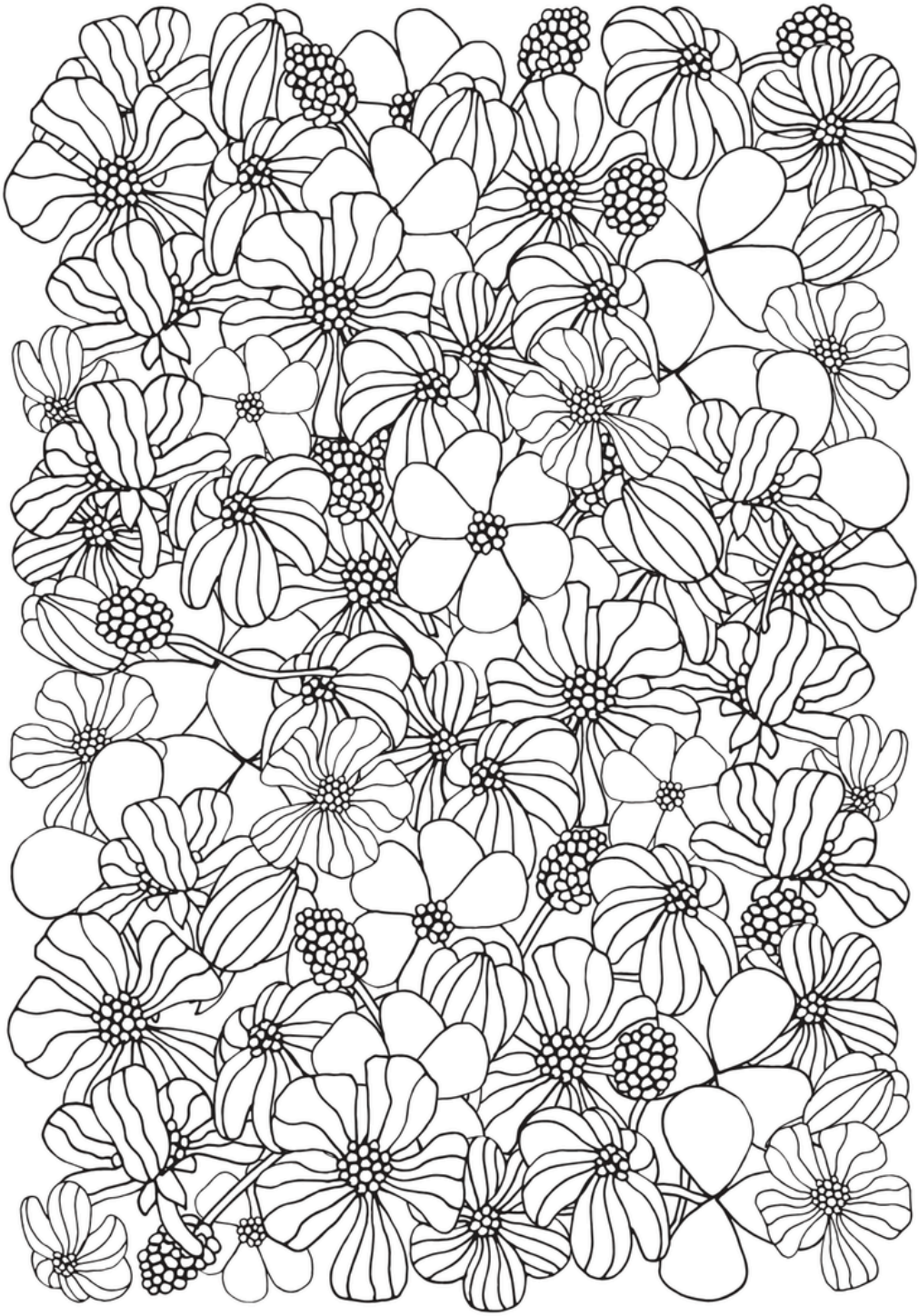

Emergency Resources			
Suicide and Crisis Lifeline	988	988lifeline.org/chat	TEXT 988
Crisis Text Line	crisistextline.org	TEXT "CONNECT" to 741741	
Betty Hardwick Crisis & Mobile	1-800-758-3344	hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/mobile-crisis-outreach-teams	
Texas HHSC	211	211texas.org	
Local Resources			
Oceans Behavioral Health	325-691-0030	oceanshealthcare.com/ohc-location/abilene	abileneinfo@oceanshealthcare.com
River Crest Hospital (San Angelo)	325-949-5722	rivercresthospital.com	
Betty Hardwick	325-690-5100	bettyhardwick.org	
New Horizons Counseling	325-437-1852	*Crisis Line 24/7* 877-261-3777	newhorizonsinc.com/familyyouthcounseling
ACU Counseling	325-674-2625	acu.edu/medical-and-counseling-care/counseling-center	counseling@acu.edu
Texas Family Institute	325-676-8963	texasfamilyinstitute.org	stephanie@texasfamilyinstitute.org
Highland Counseling	325-201-3030	highlandchurch.org/counseling	counselingcenter@highlandchurch.org
Abilene Family Counseling	325-232-3626	abilenefamilycounseling.com	LMFTPowell@gmail.com
Ministry of Counseling	325-672-9999	ministryofcounseling.com	info@ministrycounseling.com
Mental Health Abilene of America	325-673-2300	abilenemha.org mhanational.org	info@abilenemha.org
Abilene Recovery Council	325-673-2242	abirecovery.org	info@abirecovery.org
LGBTQ+ Resources			
The Trevor Project	866-488-7386	thetrevorproject.org	TEXT "START" to 678-678

Fighting the Fentanyl Crisis

What is Naloxone?

Naloxone is a medication that can reverse an opioid overdose, including one caused by fentanyl. If you're worried about someone who might be at risk of an overdose, talk to a trusted adult.

Signs of an overdose:

1. Small, constricted "pinpoint pupils"
2. Face is extremely pale and/or feels cold or clammy to the touch
3. Body goes limp
4. Fingernails or lips have a purple or blue color
5. Vomiting or making gurgling noises
6. Cannot be awakened or unable to speak
7. Breathing or heartbeat slows or stops

How to save a life:

1. Call 911 right away
2. Try to wake the person up
3. Give naloxone, if available
4. Begin rescue breathing or CPR
5. Turn the person on their side to prevent choking
6. Stay with the person until emergency services arrive

Recognize & Respond to an Opioid Overdose

Resources

Abilene Recovery Council	325-673-2242	abirecovery.org
ATCPHD	325-692-5600	abilenetx.gov/159/Public-Health
Serenity Foundation	325-673-6489	serenitytexas.com

Visit your school nurse or contact ATCPHD if you have any questions!

VISIT OUR WEBSITE

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@ABILENEHEALTHDEPT

@ABILENEHEALTH

@ABILENEHEALTH

PUBLIC HEALTH

CITY OF ABILENE TEXAS