



## National Minority Mental Health Series with Looms for Lupus and Wanda Green creator of Laughter and Inspiration with Lupus Facebook Group

July 2021

This series is created for YOU! We want to raise awareness of minority mental health by starting the healing process to engage and learn about the signs and symptoms of how mental health affects the minority communities. The weekly Facebook Live sessions will have a companion worksheet available for you to download, reflect and interact in your personal space on the topics, questions, art related activities as it pertains to the live discussion. Please save your worksheets. On the last week of July we will share our journey in our private forum which will take place via zoom to discover what we have learned during our five-week series.

### Week 4- Worksheet

#### Recommended Activities:

Breathing Technique: Inhale through your nose, count to 4, hold your breath count to 7 and exhale through your mouth count to 8. Do this a couple of times.



Perform a random act of kindness:



Call someone, ask how they are doing?

Go outside- Look around and use your senses (look at the sky, smell a flower, touch the grass)



Garden- plant something or simply water the grass.



Exercise: Walk, Stretch, Yoga



Write 1 word that summarizes how you felt after completing the series.