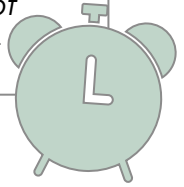


Mental Health in a Day

Pick one, pick none, switch or swap. A one-sheet comprehensive list of ideas & strategies to maintain mental wellness on a day-to-day basis



Good morning

- Drink glass of water
- Eat something
- Self Assessment
(how are you doing today?)
(Don't forget your medication!)

Pick One:

- Body Scan
- Breathing Exercise
- Meditation
- Affirmations
- Stretch



Depending on your self assessment, you may find the following healthy coping strategies helpful to use today! (Colour-coded per crisis zone)

- Eye Tracking
- Meditation
- Breathing
- Grounding
- Body Scanning
- SEFT Tapping

Neutral

- Grounding
- Body Scanning
- Breathing
- SEFT Tapping

Stressed

- Grounding
- Cold Exposure
- Breathing
- Call a Doctor or Friend
- Use your CRSP

Crisis

Today's Goals

Pick One:

- Reading
- Journaling
- Grounding
- Crafting
- Colour / draw

10 min

Pick One:

- Go for a walk
- Spend time outdoors
- Stretch
- Exercise
- Dance

10 min

Things to think about today, tomorrow or the next day or the day after that-

- Schedule a doctor's appointment
- Check if you need prescription refills
- Book blood test
- Find support groups in your area
- Research / read about your symptoms and disorder(s)
- Find your Medical Support Team
- Expand your treatment plan

Daily Reminders

Pick Two:

- Eat
- Drink
- Move
- Stretch
- Assess
- Reflect
- Be mindful
- Be grateful
- Maintain / create boundaries
- Listen to your body
- Self Advocate



Good night

- Brush teeth
- Self Reflection
- Name 1 thing you are grateful for
- (Don't forget your medication!)

Pick One:

- Body Scan
- Meditation
- Breathing
- Stretching
- Body Tensing
- Reading



Turn page for emotion management ideas

I feel...

You can try...

Angry	Anxious	Jealous	Irritated	Uninspired
<ul style="list-style-type: none"> • Exercising • Cardio • Intuitive movement • Punching a pillow • Ripping up pieces of paper • Identify triggers • Talk to friend/therapist • Body Scanning • Breathing • Co-regulate 	<ul style="list-style-type: none"> • Mindfulness • Grounding • SEFT Tapping • Exercising • Meditation • Journaling • Watch tv • Do something creative • Eat something • Call a friend • Take a nap 	<ul style="list-style-type: none"> • Affirmations • Journaling • Inner child work • Self care • Therapy • Do something uplifting • Talk to trusted friend • Practice gratitude • Talk to therapist 	<ul style="list-style-type: none"> • Breathing • Reduce caffeine and alcohol • Exercise • Move your body • Have quiet alone time (sit in dark room) • Eat something • Watch something funny 	<ul style="list-style-type: none"> • Take a shower • Take a bath • Stimulate all 5 senses • Write • Daydream • Write down 3 goals and ideas on how to achieve them • Take a break from what you're doing and revisit later
<ul style="list-style-type: none"> • Limit screen time • Take a nap • Go for a walk • Connect with nature • Drink water • Eat food that will give you energy • Exercise • Get some fresh air 	<ul style="list-style-type: none"> • Journal • Practice self compassion • Mindfulness • Practice validation • Write down your core values 	<ul style="list-style-type: none"> • Spend time in nature • Spend time with pets and/or friends • Exercise • Use a happy light • Rest 	<ul style="list-style-type: none"> • Find somewhere quiet and calm • Relaxation techniques • Breathing • Prioritize sleep** • Keep in communication with your doctor 	<p>Feeling something else? Be sure to communicate with your medical support team how you've been feeling. They may be able to help with problem solving!</p>

Increase "Happy Chemicals"

These brain chemicals help with motivation, trust, socializing and are known to help with anxiety, depression and other symptoms of mental health disorders.

Pick one to focus on today:

Dopamine - meditate, move your body, be creative, get enough sleep, listen to music, happy light

Oxytocin - spending time with loved ones, physical touch (massages), cold showers & self soothing →

Serotonin - meditation, sunlight / happy light, exercise, eat serotonin-boosting foods

Endorphins - exercise, listening to music, practice hobbies, dance, laugh

Self Soothing



Becoming overwhelmed because nothing listed above is helping / working? Let's focus on self-soothing:

Pick One:

- Brush your hair
- Wash your hands
- Massage your skin
- Think of a nice, calming memory
- Smell something relaxing
- Touch something that brings you comfort
- Hum / make noises from the back of your throat
- Rock gentle back and forth
- Make a tent / 'fort' out of bed sheets
- Drink tea
- Breathing exercises

For more information on how to use this worksheet or for more worksheets (including a CRSP) please visit www.traumatree.ca or email traumatree.ca@gmail.com

