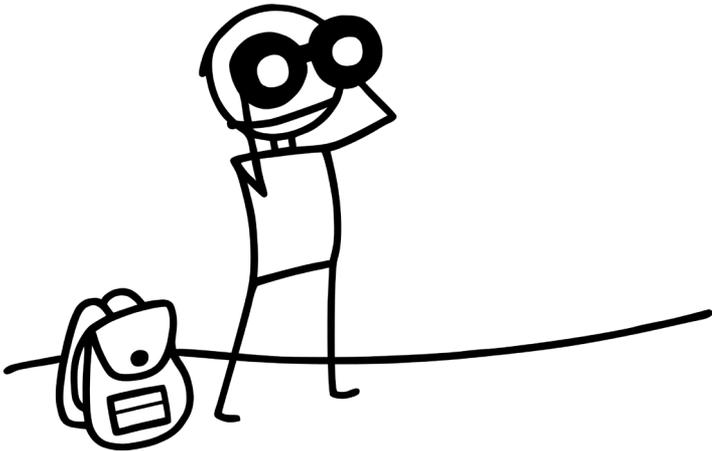


YOUR MENTAL HEALTH MAP



WELCOME TO YOUR MENTAL HEALTH JOURNEY!

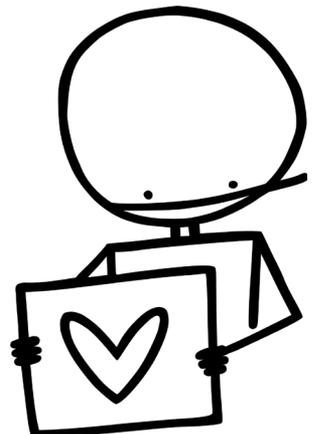
Your daily activities can impact your mental health in so many ways throughout various aspects of your life. By developing a strong and diverse toolkit, you'll have lots of options to support your mental health. Some of these activities are connected to your relationships and personal moments with yourself alone, or in the company of others. Others engage your body or the way you interact with your environment. Let's start this journey to explore the variety of tools that can help you thrive!

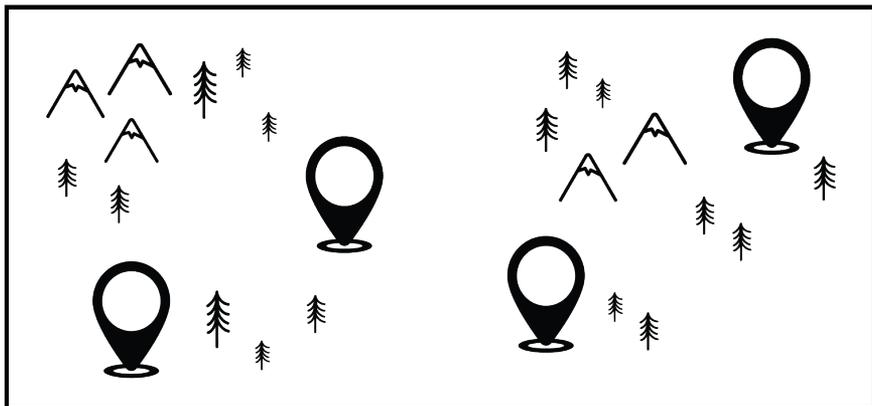
In this booklet, you will find tools such as journaling prompts, meditation guides, and breathing exercises. You will also be provided with resources discussing the power of relationships, the importance of getting outside, and how to use the feelings wheel. Some of these things may sound familiar, or maybe it's all new to you. Either way, we hope this toolkit can be a long-lasting guide to managing your mental health.

HOW TO USE

This toolkit was made to be a resource you hold onto! Feel free to...

- Highlight the things that feel important to you
- Take notes or doodle in the margins
- Skip or skim through as you see fit
- Share with a friend or someone else you care about





Navigate your own mental health journey by making sure you visit each of these stops. The more variety you have in your toolkit, the more options you have when you feel down. It's important that you are taking advantage of all these approaches.

INNER WORLD

Explore ways to support yourself individually. Reflect on how you connect with your thoughts, feelings, and emotions when you're alone. Tools like breathwork, journaling, and meditation can help support your relationship with yourself!

MIND-BODY CONNECTION

There are many ways that your physical health goes hand in hand with your mental health. Here, you will learn to connect with your body to help release stress and take advantage of all the happy hormones.

POWER OF RELATIONSHIPS

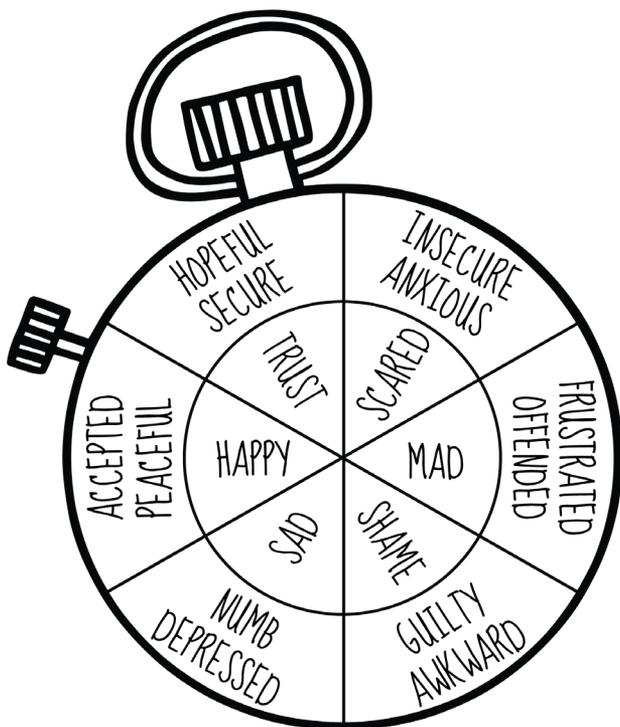
Those you trust can be a powerful resource for processing your feelings. Even when you feel isolated, reaching out can be the first step towards healing. You will also learn how helping others is a great way to give back and make a difference for someone else who may need support.

YOUR ENVIRONMENT

Learn how spaces you occupy can impact your feelings. For example, breathing fresh air and getting outside can ground and relax you. Inside, you can decorate with inspirational notes and mantras or things that inspire and make you happy.



INNER WORLD



The feelings wheel is one of the most powerful tools you can use to pinpoint your feelings and start to calm down when you're feeling triggered. Learning how to respond to your emotions when they are churning allows you to identify what's causing the feelings and start to problem solve. Above, you will see an example of a feelings wheel. Not all of them look exactly like this, but they all follow the same structure. The inner circle is filled with your basic emotions, the ones that are typically more easily identified or expressed. In the outer ring, you will find more complex emotions.

You can use the feelings wheel in multiple ways. The most typical way is to go from the inner circle and work your way outwards, first finding your basic emotion and working to understand what specific emotion you might be experiencing. Sometimes, it can be helpful to work in the reverse order though. For example, if you can't determine if you are feeling mad or sad, reading through the outer ring may help to reveal how you are feeling. Once you are able to use the feelings wheel to pinpoint and acknowledge your emotions, you can find ways to cope and work through them.

DID YOU KNOW?

It takes 90 Seconds for an emotion to process its way through your body. When we feel an emotion rising, whether it be joy, anger, or sadness, pause and let your body sit with that feeling for 90 seconds before reacting.

JOURNALING AND MEDITATION PROMPTS

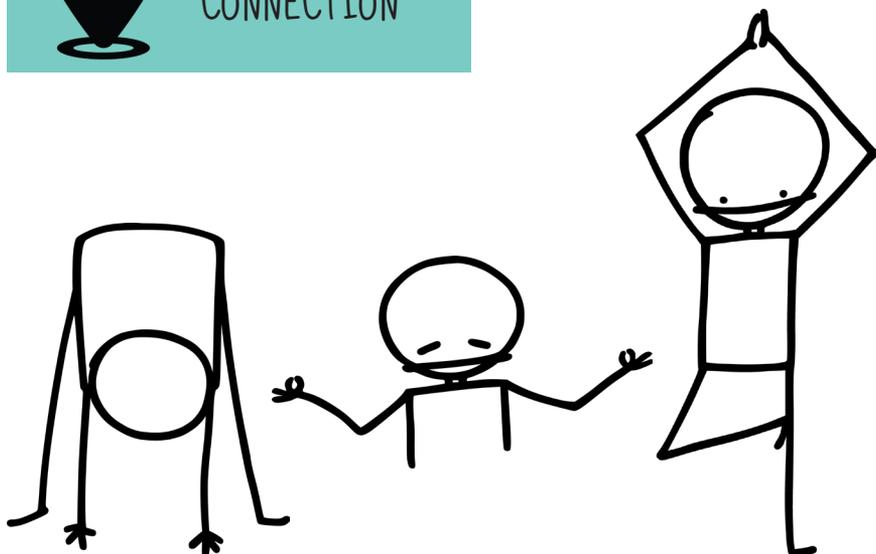
Try these exercises at home to help better understand your feelings!

- Create a playlist for when you need to calm down! List 10 go-to songs that make you feel better when your mental health needs it.
- Describe your "perfect" day. What can you do to help make that day a reality?
- Think of a place where you felt safe in the past. Take a moment to close your eyes, take a deep breath, and visualize that place in your head. Write all of the details: the smells, the sounds, the feel, or even the taste!
- Reflect on your day. Write down three experiences that made you feel brave or grateful today!

Follow the lead of a guided meditation for a quick mindfulness practice. Scan the QR code on the back of this booklet for some guided meditations!



MIND-BODY CONNECTION



When you don't take time to move or exercise, your body doesn't feel good, and neither does your mind. Mindful movement allows you to check in with your body and get moving. It's a great way to practice self-care and can lower stress, uplift your mood, and increase concentration. You can practice mindful movement through breathing exercises, going on walks, stretching, and yoga. If you need to blow off steam, you can also practice mindfulness while working out.

DID YOU KNOW?

When animals suffer trauma it has been documented that they will literally shake it off? Shaking helps the animal exit the freeze response and reset after a traumatic event. You can practice the shakedown exercise when feeling anxious or stressed for a similar effect.

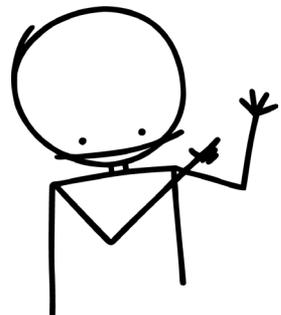


BREATHWORK

The tools you will learn throughout this toolkit can support your mental health in more ways than one. For example, breathwork can help your Inner World, but it can also build your Mind-Body Connection. Remember this breathwork exercise for a moment of mindfulness when you need it.

Rest your right pointer finger on the outside of your left thumb. Guide your pointer finger up as you inhale and back down the other side of your thumb as you exhale. Continue this movement across your hand to the pinky continuing to inhale on the way up your finger and exhale on the way down. Repeat as needed.

Find more breathwork exercises in the QR code on the back or by following the Let's Talk Tampa Bay Instagram account!



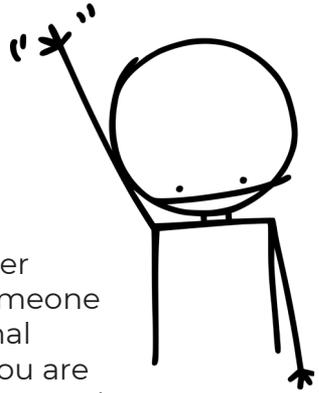
SHAKEDOWN EXERCISE

1. Shake your right hand for a count of 8.
2. Shake your left hand for a count of 8.
3. Shake your right foot for a count of 8.
4. Shake your left foot for a count of 8.
5. Repeat steps 1 - 4 counting down how long you shake for. First down to 7 then to 6 then to 5 and so on and so forth.
6. Once your count is down to 1, shake your whole body in whatever way feels good.
7. Stop and take a deep breath to wrap up the exercise!



POWER OF RELATIONSHIPS

Social connection can benefit you by increasing happiness and lead to better health. Connection happens when someone in your community gives you emotional support, advice, or validation. When you are feeling isolated, the first step to healing can be reaching out to someone you trust. It's also important to check in with your friends and family. Simply asking them how they are doing, actively listening, or even offering to spend some time with them can uplift everyone's mental health.



Have you tried to start a conversation about mental health with someone you trust but didn't know where to start? Try the conversation starter below. For more conversation starters, scan the QR code on the back of this booklet.



CONVERSATION STARTER

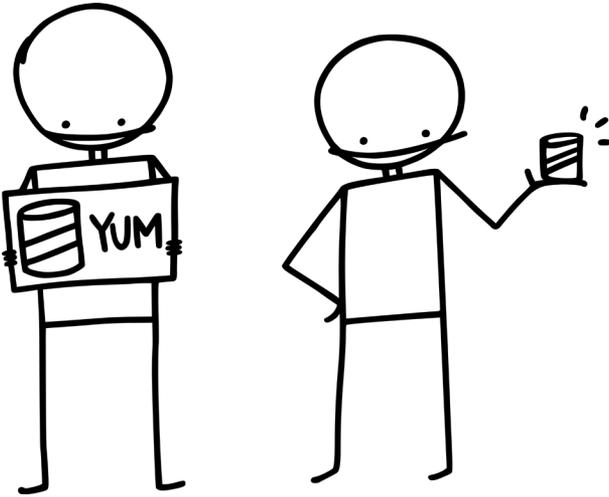
For the past _____ (day/ week/month/year), I have been feeling _____. I'd like to _____ (talk to a doctor or therapist/ talk about this more/find a support group), but I may need your help.

There are so many opportunities for you to get involved in your community! Here are a few ways you can volunteer your time...

- If you're a people person, volunteer at a nursing home.
- If you like working with animals, volunteer at a local animal shelter or get your pet certified to be a therapy animal.
- If you like organizing, try sorting food donations at your local food bank.
- If you like the outdoors, join a local park cleanup.

DID YOU KNOW?

Research shows that when you help someone, there's a process that happens in your brain that releases serotonin, dopamine, and oxytocin a.k.a. the 'feel-good' chemicals.

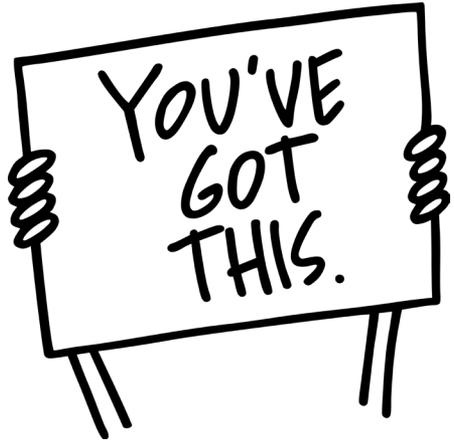


TEEN MENTAL HEALTH FIRST AID

Teen Mental Health First Aid training can give you the tools to better cope with your own mental health challenges and provide support for your peers! Learn more about it by scanning the QR code on the back of this toolkit.



YOUR
ENVIRONMENT



The places where you spend most of your time can have a large impact on your feelings. There are steps you can take to optimize your space to best support your mental health. Keeping your space tidy can help you to feel calmer. Surrounding yourself with colors you love and objects that mean something to you can be a big part of creating a space where you feel comfortable and at ease. Leaving yourself positive affirmations on sticky notes or even as your phone background can also help to boost your mood! Lighting, temperature, sounds, smells, and color palette of an environment are all important to how relaxed and safe you feel.

DID YOU KNOW?

Spending time outdoors is linked to many positive mental health outcomes, including improved focus, lower stress, better mood, and a reduced risk of developing mental health conditions.

Choose a mantra that resonates with you. Write it on a note and leave it somewhere you will see it every day!

- I am not alone. Other people feel this way too.
- I can breathe and calm my body.
- May I be kind to myself and recognize my needs.
- May I be happy. May I be healthy. May I be safe.
- I can do hard things.



SPENDING TIME OUTDOORS

You can spend more time in nature by trying things like going on walks, taking your dog to the park, having a picnic with friends, sitting in your backyard, or exercising outdoors!



SCAN THE QR CODE BELOW FOR MORE
TOOLS AND RESOURCES!



Illustrations by Jessica Esch
Learn more about her work in the QR code above.

Help is always available! If at any point you feel you
need further support, use the resource below.

988 Suicide and Crisis Lifeline
Text or Call 988
Chat Online at 988lifeline.org