

Self-care

RESOURCES + ACTIVITIES



**Southeast Kansas
Mental Health
Center**



**We are here for you
whenever you need us.**

www.sekmhc.org | (866) 973-2241

Daily

MINDFULNESS

Find a quiet space, close your eyes,
and take a deep breath.

Focus and repeat:

Positive Thoughts

Everything I need, strength, love, and courage
are inside of me.

Loving Kindness

Focus on yourself, then on one you love

May I/you be filled with loving kindness

May I/you be happy and healthy

May I/you feel connected and calm

May I/you be free from suffering

May I/you live in peace

Outdoor Grounding Technique

Pick a quiet place outdoors. Place your bare feet
in the grass, sit quietly, and observe the world
around you. Try to engage every sense. Notice
the ground, the color and sensation of the grass,
the smells in the air, and the wind on your face.

self-care

/ˌselfˈker/ noun

the practice of taking action to preserve or improve one's own health



No-Cost Self-Care Solutions

Movement

Get active. Exercise. Do some yoga. Take a walk. You don't have to have an expensive gym membership to walk around the neighborhood or do some stretching in your backyard. The act of getting up and moving makes your body happy.

Read

Get lost in a book. You can travel to wondrous lands, learn about extraordinary discoveries, or enjoy a story that whisks you away from real life. Your local public library has nearly limitless book options for free. And...if you don't like to read, consider getting audiobooks!

Laugh

Laughing has been scientifically proven to boost mood and encourage positivity. Take a few moments and act silly, tell jokes, or share funny stories with your kids, family members, or friends.

Kindness

Giving compliments or offering up a random act of kindness can make us the recipient of the positive vibes we need to feel good. Helping others feels nice and costs nothing.

Unplug

There are times when social media and the internet get to be too much. Take a break from the static. Get a fresh reset for the day without going online.

Sunrise/Sunset

Taking in the colors and peace of a sunrise or sunset is calming and provides affirmations needed to reframe our day in a positive mindset. If you're not really a sunrise or sunset type of person, consider looking straight up, instead. Gazing at the stars is calming, too.

Self-Compassion

Some call it gentle talk; others call it self-compassion. Either way, we know that any amount of spa treatments, indulgent food, or exercise can't fix a constant barrage of negativity given to us by our own toughest critics – ourselves! Give yourself a break. Affirm your worth. Have a talk with yourself about how awesome and worthy you are.

Music

Music has a significant impact on our mental health. Skip over to page 10 for more insights about how music boosts your mental health.

4 Yoga Poses for Stress + Anxiety Relief

Studies have found that even a little yoga, can reduce stress, anxiety, and depression. Yoga encourages an increase in mindfulness and self-compassion through controlled breathing, meditation, mental imagery, and a series of stretching poses.



Tree Pose



Garland Pose



Half
Cobra Pose



Standing
Forward Fold

Gratitude Journal

DATE: _____ S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

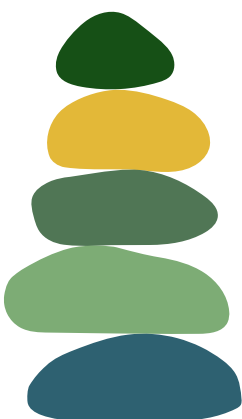
WATER INTAKE



MOVED MY BODY TODAY

☐ Y ☐ N

MOOD



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

YOUR DAILY DOSE OF

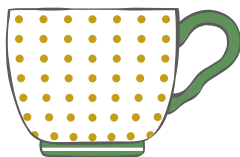
Positivi - Tea



You are deserving of a fresh start.



You are worthy of great things.



You are capable of achieving anything.



You have the courage to move forward.



You are not your mistakes.



You are loved and appreciated.

5-Minute Journaling

10 THINGS I LOVE ABOUT MYSELF:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WHAT DID I DO TODAY TO HELP MYSELF & OTHERS?

DESCRIBE MY PERFECT SELF-CARE DAY:



RAIN

TECHNIQUE

Practice mindfulness and compassion with the following steps:

R

Recognize what is happening

A

Allow the experience to be there, just as it is

I

Investigate with interest and care

N

Nurture with self-compassion



The Playlist of Our Lives: Music and Mental Health

Music is more than just entertainment. Music has played a central role in every human culture and civilization since the beginning of documented time. People of all ages, races, and backgrounds have made and listened to music. Humans need a soundtrack for their lives. But, why? Obviously, we like it, but there's more to it!

Music and Mood

Mothers have sung lullabies to their babies across civilizations. People have celebrated great occasions with jubilant singing. They have mourned losses with aching melodies.

Today, our wide range of music streaming services makes it possible to listen to music at a given moment to match your mood or the mood you want to be in.

For instance:

- Soothing playlists exist to help transition into sleep
- Upbeat playlists help motivate individuals to exercise
- Classical playlists may reduce stress and anxiety
- Playlists with strong messages may empower



There's a playlist for nearly every emotion someone can experience. Even better, today's streaming services offer the option to create your own playlists to suit your mood, memories, and any other reason you may have for listening to music.

Music and Mental Health

Scientists have researched music's effects on mental health and discovered that it impacts our brains and opens avenues of therapy.

Music stimulates the parts of our brain which increase feelings of happiness and pleasure, calm us, and reduce impulsivity.

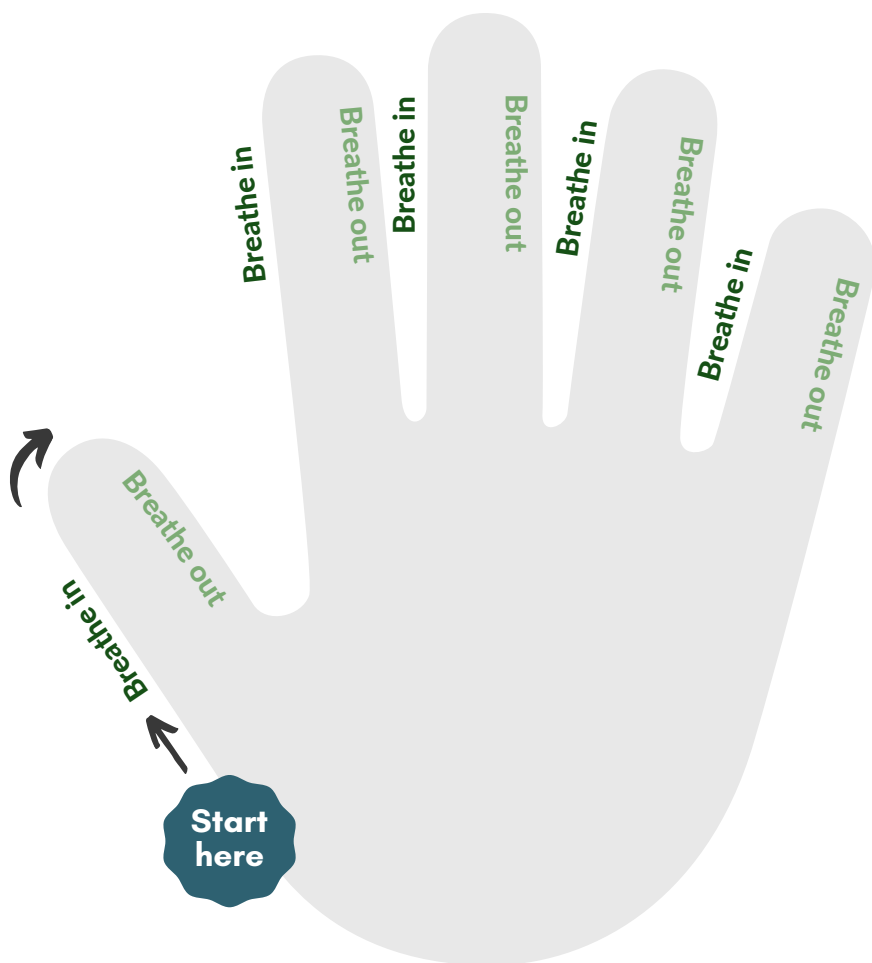
Scientific studies have shown that music can help us in a wide variety of ways, including:

- Reduce depressive symptoms
- Increase emotional expression
- Address loneliness, grief, and loss
- Elevate coping skills
- Encourage self-reflection
- Reduce stress and tension
- Manage pain
- Improve memory

SEKMHC Offers Playlists through Spotify

Because we understand music's profound impact, SEKMHC has created a Spotify account with various playlists for our community. Whatever you seek, music has something for you! Check out our Spotify playlists at SEKMHC!

CALM YOURSELF WITH A 5-FINGER BREATHING BRAIN BREAK



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 exercise with your own hand.

**“Self-care is a deliberate choice to gift yourself with people,
places, things, events, and opportunities that recharge our
personal battery and promote whole health —
body, mind, and spirit.”**

— Laurie Buchanan, Ph.D.



@Southeast Kansas Mental Health Center



@SEKMHC



@SEKMHC



@SEKMHC



@SEKMHC



@SEKMHC



(866) 973-2241



sekmhc.org

