

MENTAL HEALTH TOOL KIT

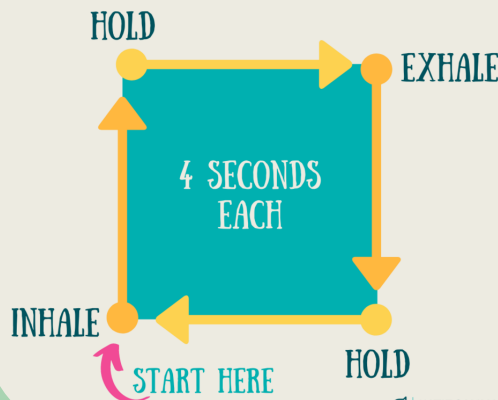


Psalms 150:6NLT, "Let everything that breathes sing praises to the Lord!"

Mindfulness Walk

As you walk with no music or phone, notice the fragrance of the things you encounter, what do you see, hear, taste and what can you touch. Make note of how your body feels.

BOX BREATHING



KATIE SAMMA PSYCHOTHERAPIST

How to Do Diaphragmatic Breathing (Deep Breathing)



TRY A BUTTERFLY HUG to Calm Your Nervous System



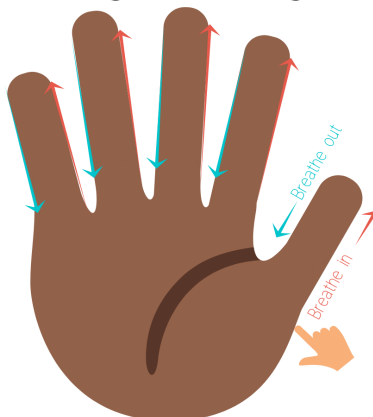
- ~ cross arms over your chest
- ~ interlock your thumbs in the shape of a butterfly
- ~ soften or close your eyes
- ~ slowly alternate tapping one hand, then the other like butterfly "wings"
- ~ continue 1-3 minutes until you feel calm

@WILDPEACEFORPART

Inhale Hold Exhale



5 Finger Breathing



Ask Yourself...

What do I need?

A walk, hug, nap, sip of water, to laugh, to have silence, a scream, a cry, a nutritious snack/meal or a moment to scroll while sitting in your vehicle? Pick one and enjoy!

Mindfulness Eating

For this activity, we invite you to eat your next meal without any distractions (no T.V., cellphone or screen time, people are fine). Notice the colors on your plate, the way it looks, smells, textures feel in your mouth, tastes and feels while you experience each morsel of food on your plate.