

Self-Care & Mental Health Resources

Guided meditations

- Free, from UCLA Health: <https://www.uclahealth.org/marc/mindful-meditations>
- Some apps, like Headspace, offer some of their meditations for free.
- **Book:** *The Mindful Child* by Susan Kaiser Greenland

Resources for family members

- National Alliance on Mental Health: <https://www.nami.org/Home>
- Find support groups in Oklahoma: <https://www.namioklahoma.org/support>

Oklahoma Department of Substance Abuse and Mental Health

- Samhsa.gov: https://www.ok.gov/odmhsas/Mental_Health/index.html

For crisis

- Samhsa.gov:
https://www.ok.gov/odmhsas/Mental_Health/Adult_Crisis_Centers.html
- National Suicide Prevention Lifeline: 800-273-8255
 - Available 24 hours. Languages: English, Spanish.
 - Chat available online: <https://suicidepreventionlifeline.org/>

Case management/wellness

- <http://www.okdrs.gov/guide/oklahoma-county-crisis-intervention-center>

Free smoking cessation resources

- 1-800-quit-now
 - Includes patches, gum, lozenges, and coaching

Services:

- Open Path Collective <https://openpathcollective.org/>
 - Non-profit network of mental health professionals providing mental health care—at a steeply reduced rate—to individuals, couples, and families in need

- Once your application is approved, you can select from a network of therapists that agree to charge between \$30 - \$60 a session. (\$30 - \$80 for couples)
- Variety Care: <http://www.varietycare.org/behavioral-health.html>
 - Variety Care offers comprehensive medical services, including mental health, and they have an income-based sliding fee scale.
- SoonerCare
 - Provides full coverage for community mental health services found at
 - Creeks
 - Hope Community
- TEFRA (The Tax Equity and Fiscal Responsibility Act of 1982)
 - Can be applied for if criteria for SoonerCare are not met: <http://okhca.org/tefra/>
- Great Plains Childcare Resource and Referral: <https://www.gpccrr.org/> - For child care
- American Association for Marriage and Family Therapy, Therapist Locator: <https://www.therapistlocator.net/Default.aspx>
- Psychology Today: <https://www.psychologytoday.com/us>
 - Search by zip code, specialty, etc
 - Detailed listings

8 Dimensions of Wellness

Physical Wellness

- Recognizing the need for physical activity, healthy foods, and sleep
- Exercise
 - Walking around the block, Couch to 5K
 - Sometimes a breath of fresh air is the best thing for stress
- Food
 - Research shows food, digestion, and your mood are all interrelated.
 - Sometimes difficulty with digestion can lead to an irritable mood.
 - Adding healthy nutrients is just as helpful as avoiding heavy carbs and fats.
 - If you notice yourself feeling irritable, look back to what you've eaten today.

- Choosemyplate.gov
- Sleep
 - Go to bed and wake up at the same time, even on the weekends
 - Avoid naps
 - Exercise
 - Eat a balanced diet
 - Keep a sleep routine
 - Drink a cup of caffeine-free tea before bed, do some stretches or gentle yoga, take a hot bath/shower
 - Have some kind of routine to help your body get ready for bed and realize that it's time to go to bed.
 - Get up and try again
 - Get up after trying to sleep for about 20-30 minutes and do something relaxing or boring until you feel tired. After trying a gentle activity (reading, sitting on the couch in the dark), climb back into bed and try to fall asleep. Try to avoid activities that are too stimulating or interesting.

Emotional Wellness

- Coping effectively with life and creating satisfying relationships
- Self esteem
 - No matter who you are or what you've done, we're all inherently worthy of love.
 - Take a moment to honor and identify your own unique talents.
 - What comes easy to you?
 - What do you enjoy the most?
 - What compliments have you received in the past?
 - What do you love to talk about or engage in?
- Thought processes
 - Negative thinking: If you find yourself stressed out, check in with the types of thoughts you're thinking.

- Mind reading: When you assume you know what people are thinking versus asking about it. It's better to ask people what they're thinking than to assume that they are mad at you. They might just be having a bad day.
- Self blame: When you blame yourself for everything, whether or not it's your fault.
- Overgeneralization: Avoid the words "never", "always", "all", "every", "none", "everyone", "no one", etc. Watch out for these words in your self talk.
- Positive thinking: When you notice the types of thoughts are negative, try substituting them for some of the following.
 - Gratitude: For yourself and for other people
 - Goals: Realistic expectations that could provide you with purpose.
 - Affirmations: Noticing positive traits about yourself and other people.

Spiritual Wellness

- Expanding our sense of purpose and meaning in life.
- Spirituality can exist without religion.
- The path to spiritual wellness may involve meditation, prayer, spending time with nature, or other specific spiritual practices that support a connection to a higher belief system.
- Spirituality is how you interpret the world around you and develop your values. It's the way you find meaning.
- Spend time thinking or journaling about the values and beliefs that matter the most to you.

Intellectual Wellness

- Recognizing creative abilities and finding ways to expand knowledge and skills.
- Creativity
 - Everybody is capable of being creative. All it takes is finding something that interests you and being willing to be curious about it. Don't be afraid to color outside the lines.

- Try thinking of an old problem from a new angle.
- Take a small canvas to the lake and paint what you see.
- Find a friend to tell a story to or write a story with.
- Allow yourself the time to do things that don't feel productive.
- Puzzles
 - Word searches
 - Sudoku
 - Crossword puzzles
 - Actual puzzles
 - Anything that gets your mind working in new ways.
- Learn something new
 - Reading
 - Debating
 - Taking a class
 - Organizing

Occupational Wellness

- Personal satisfaction and enrichment from one's own work.
- Beyond jobs, occupational wellness involves roles. You may or may not work 40 hours a week, but when you come home you have responsibilities.
- Balance
 - It's important to find balance between the things you do for others and the things you do for yourself.
 - Make sure to set boundaries, take breaks, and search out resources.
- Job information *check resources

Financial Wellness

- Satisfaction with current and future financial situations
- It's important that we have enough money to meet our basic needs but also to spend for fun.
- Financial wellness isn't about making a specific amount of money but about living comfortably.
- Budgeting

- It's important to make time to list out all of your necessary expenses (rent, food, transportation, utilities, childcare, etc.)
- An easy way to do this is to keep your receipts for a month to track your spending. This will show you areas where you need to cut back and others where you can spend more.
- Debt
 - As many know, debt can build up like a snowball and grow out of control.
 - Getting out of debt provides you with the freedom you would need to find comfort and security.
 - The best thing to do is to contact your debtors and develop a payment plan together. Many of these companies want to work with you and some may even drop interest while you make payments on your outstanding balance.
- Savings
 - Savings are important for emergencies but also for specific purchases like a new car or a new house.
 - General guidelines suggest saving about 10% of your income.
 - A good rule of thumb is to build up emergency savings first and then build up for specific purchases on top of your emergency fund.

Environmental Wellness

- Good health by occupying pleasant stimulating environments that support well-being.
- Try using these techniques at home and the office.
- Take control of your space
 - Cleaning and organizing space
 - Sometimes our mood can mirror the spaces that we're in. A cluttered room can make a cluttered mind.
 - Taking time to clean your room can oftentimes make your mind feel cleaner, as well.
 - Similarly, organizing your space can help your organize your mind
 - Appeal to your senses

- Find pleasant things to look at or watch, smells that you enjoy, sounds that are calming or soothing, and seats or blankets that are comfortable.
- Try to consider all five of your senses as you create a comforting and inviting space for yourself.
- Get rid of toxic people
 - Surround yourself with people who make you feel good about yourself and who will tell you the truth.

Social Wellness

- Developing a sense of connection, belonging, and a well developed support system.
- As humans, we are hardwired for connection.
- Assertiveness
 - Learning to say “no” as a complete sentence.
 - Affirm yourself
 - Believe that your needs are just as important as someone else’s needs.
- Listening
 - Show that you are listening
 - Give cues like “yes” and “uh huh” as well as appropriate facial expressions.
 - Reflect back what you heard
 - “It sounds like you...”
 - “What I hear you saying is...”
 - Ask questions
 - People like to answer questions about themselves and their stories.
- Conflict resolution
 - Stay calm
 - It’s easy to say things that you don’t mean whenever things get heated.
 - Avoid blaming

- Focus on the problem, not the person
- Remember that it's okay to disagree
 - Diversity of opinions is what makes us unique

Black, E. (2016). *Behavioral Health Wellness Coach Training*. Oklahoma City, OK: ODMHSAS.