Let's talk about mental health

MENTAL HEALTH RESOURCES AND INTERACTIVE WORKBOOK FILLED WITH ACTIVITIES TO DO AT ANY TIME

CREATED BY ABIGAIL CARTER IN PARTNERSHIP WITH THE LITTLE TOKYO SERVICE CENTER
Hi, my name is Abigail Carter and I am a first year undergraduate student at UCLA. I am originally from Seattle, Washington but decided to switch in locations when it came time to attend college. For the past 10 weeks, I have been part of a course at UCLA called “Engaging Los Angeles”. For this course, we work with a community engaged partner, which is where my work with The Little Tokyo Service Center comes in. For these past 10 weeks, I have had the great opportunity to work closely with Lupe Limón Corrales, and together we decided that I would create a mental health and wellness workbook as my project. In times like we are all experiencing right now, mental health and wellness can be an important aspect of life as we are all going through something we did not necessarily see coming. I am by no means a health professional, but I hope this workbook can help you learn something new, have fun, and complete exercises that will get you to think a little more about your own mental health and wellness.

Sincerely, Abigail Carter
Pre Workbook Quiz

What does mental health mean to you? How would you define mental health?

How might mental health and physical health be connected?

How do you define wellness?

What do you see impacting your mental health/life the most right now?
Background Information

Mental Health
- Refers to a person's emotional, psychological and social well-being.
- Has to do with how we think, react and feel Is important at every stage of life, from early childhood, adolescence through adulthood and later in life as well.
- Can help determine how we make decisions, connect to others and handle stress.
- Closely connected with physical health, as one can often affect the other.
- Poor physical health can have a serious impacts on mental health and vice versa

Wellness
- Refers to an active process of being aware and making choices that lead to a healthy and fulfilling lifestyle.
- 7 components of wellness: social, emotional, spiritual, environmental, occupational, intellectual and physical wellbeing.
- Especially important as we age.
- Things that can contribute to wellness: movement/exercise, healthy nutrition habits, stress management, sleep, and connection to community.

The Time we are Living in and Its Impact
- This time of change may lead to feelings that may not be considered normal for you.
- This time of social, political and interpersonal changes may be especially stressful for some people and that is okay.
- Everyone reacts differently to stressful situations, so some people may respond more strongly to the stress of a crisis like this one.
- It is extremely important to continue taking good care of yourself, your family, and your community during these difficult times.

The following pages in this workbook are intended to help you be more conscious of your mental health and allow you to think about these topics in different ways. In times like these, having something new to learn, as well as having time to reflect, are extremely important. I hope these interactive pages allow you to do just that.
Merriam-Webster defines “emotion” as a state of feeling. Emotions can range from feelings of happiness to sadness and beyond and usually have a specific reason. While emotions can be hard to understand and process, charts can be used to recognize and understand our own emotions as well as other people's throughout our day.

This chart consists of 64 possible emotions that a person may be feeling at any given time. It is split into 4 sections of 16 each that fall under a certain general emotion of anger, sadness, content or happiness.

<table>
<thead>
<tr>
<th>Enraged</th>
<th>Furious</th>
<th>Frustrated</th>
<th>Shocked</th>
<th>M</th>
<th>Surprised</th>
<th>Upbeat</th>
<th>Motivated</th>
<th>Ecstatic</th>
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<tbody>
<tr>
<td>Livid</td>
<td>Frightened</td>
<td>Nervous</td>
<td>Restless</td>
<td>O</td>
<td>Hyper</td>
<td>Cheerful</td>
<td>Inspired</td>
<td>Elated</td>
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<tr>
<td>Fuming</td>
<td>Apprehensive</td>
<td>Worried</td>
<td>Annoyed</td>
<td>O</td>
<td>Energized</td>
<td>Lively</td>
<td>Optimistic</td>
<td>Thrilled</td>
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<td>Repulsed</td>
<td>Troubled</td>
<td>Uneasy</td>
<td>Peeved</td>
<td>D</td>
<td>Pleasant</td>
<td>Joyful</td>
<td>Proud</td>
<td>Blissful</td>
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<tbody>
<tr>
<td>Disgusted</td>
<td>Disappointed</td>
<td>Glum</td>
<td>Ashamed</td>
<td>E</td>
<td>Blessed</td>
<td>At Ease</td>
<td>Content</td>
<td>Fulfilled</td>
</tr>
<tr>
<td>Mortified</td>
<td>Alienated</td>
<td>Mopey</td>
<td>Apathetic</td>
<td>T</td>
<td>Humble</td>
<td>Secure</td>
<td>Chill</td>
<td>Grateful</td>
</tr>
<tr>
<td>Embarrassed</td>
<td>Excluded</td>
<td>Timid</td>
<td>Drained</td>
<td>E</td>
<td>Calm</td>
<td>Satisfied</td>
<td>Relaxed</td>
<td>Carefree</td>
</tr>
<tr>
<td>Alone</td>
<td>Down</td>
<td>Bored</td>
<td>Tired</td>
<td>R</td>
<td>Relieved</td>
<td>Restful</td>
<td>Tranquil</td>
<td>Serene</td>
</tr>
</tbody>
</table>

Circle where you are on the emotion chart

How does your body feel when you experience this emotion? Why might you be feeling this way?

What colors, sensations, body parts do you associate with this feeling?
Uncertainty

Life is filled with uncertainty, which we may be experiencing more strongly during certain times. As difficult as it can be to accept, there are many things we cannot control. Learning ways to accept these things that are out of our control can alleviate some worry and stress. Take some time to reflect on the things in your life that you can control and those that you simply cannot.

Make a list of the things you are worried about right now

●
●
●
●
●
●

Now, which of these things can you control?

●
●
●
●
●
●

Pick one thing from the list of things you can control, and write about how you can control that given thing.
Remembering To Breath

Feelings of stress can arise at any time, whether as a result of a specific event or general feelings of anxiety - it is a feeling that is completely normal to have. Often, stress is a natural feeling of not always being able to cope with different events or certain demands asked of you. Feelings of stress are also our body's natural defense against danger or predators and can incite a fight-or-flight response.

Many people may experience feelings of stress as a result of the pandemic and other circumstances, and that is a normal reaction. Managing stress is extremely important as it can allow us to live a happier, healthier and more productive life. When feeling stressed, deep breathing exercises can help us ground ourselves so that we are able to continue with our day.

Breathing exercise:
Breathe in for 4 seconds

Hold the breath for 4 seconds

Exhale for 6 seconds

Take your time with each deep breath you take. Repeat 4-5 times or for however long you feel is best.
Happiness

Happiness is a term used to describe a range of positive emotional states from the feelings of content and gratitude to intense joy. Happiness is not always something that happens to us -- sometimes we have to take small steps to create a happier life for ourselves. Sometimes it can be difficult to make a practice of doing the things that make us happy. However, we can start by taking time to reflect on what makes us feel happy.

What does happiness mean to you?

Where are you happiest? (what place?)

What are 5 things that always make you happy?
  1.
  2.
  3.
  4.
  5.

What are 5 things you are grateful for?
  1.
  2.
  3.
  4.
  5.

Who are 5 people you are grateful for?
  1.
  2.
  3.
  4.
  5.
Mindfulness is a state of awareness of what is happening in the present moment without judgment. Mindfulness is not always an easy state to feel and/or understand, but these activities can help us better connect and reflect on our thoughts, feelings, and experiences. All of these activities can also be helpful when it comes to relieving stress and tension in our bodies.

Activities

Mindful Meditation:
Sit in a comfortable place and begin focusing on your breathing. Your mind may wander - pay attention to where it goes and what you begin to think about before returning to your breathing.

Go for a mindful walk:
As you walk, begin to notice how your body moves and feels as you walk.

Here are some questions to think about as you walk:
What body part moves first as you take a step?
Can you feel your foot hitting the ground each step?
Where are your arms placed as you walk?
Do your shoulders feel tense or are they down and relaxed?

While on your walk find 3 objects (i.e. flowers, leaves, rocks etc.) and draw them in the circles below
Mindfulness

Body Scan:
Start by focusing your mind and attention on your feet, how they feel and if they are moving, and then slowly move your way up your body, making sure to pay attention to the sensations you feel at each body part. During the body scan make sure to also notice any outside sounds or movements that may affect how your body is feeling. Spend anywhere from 15 seconds to multiple minutes, as much time as you need to feel how your body is doing.

Five Senses Activity
Take some time to notice things using each of your senses

5 things you see
1.
2.
3.
4.
5.

4 things you feel
1.
2.
3.
4.

3 things you hear
1.
2.
3.

2 things you smell
1.
2.

1 things you taste
1.
How Was Your Day?

As we live through these difficult times, our days might look a little different than usual right now. However, every day still has the potential to bring new experiences. Even when our normal routines are disrupted, we can still find fun or meaningful ways to spend our time. Take a moment each day to reflect on what you have been doing.

What did you do today?

What was your favorite part of the day?

What was your least favorite part of the day?

What was one fun activity you would like to try this week?

What is one word to describe your day?

What is one thing you miss doing from before the stay-at-home order?

What is one thing from your current daily life that you hope continues once the stay-at-home order is lifted?
Journaling can help with managing emotions and reducing stress as it allows us to look at both the details and the big picture. It can range from simply writing down our thoughts and feelings in order to understand them more clearly to responding to fun and random prompts that challenge us to think more deeply. Journaling does not have to focus only on our negative feelings; writing about the positive aspects of our life can also be extremely beneficial.

Write a mini journal response to these prompts. You can respond in the space given or write in a separate notebook.

What is something you are good at?

If you could travel anywhere in the world tomorrow, where would you go and why?

What magical power would you have if you could?

If you won the lottery tomorrow what would you do?

Try setting aside even a couple of minutes a day to jot some thoughts or memories down. While prompts provide more structure, feel free to experiment with stream of consciousness journaling and writing whatever comes to mind. Your journal is for your eyes only, so do not be afraid to write candid thoughts, emotions and any other.
Goal Setting

Goal setting can help us create a purpose and figure out what we can control or not, in addition to giving us a sense of self efficacy, which involves having a feeling of accomplishment. Goals never have to be these huge unachievable things but can rather be smaller tasks that give us something to work towards.

What are some goals you have for yourself (can be large, broad goals or smaller goals)

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How can you accomplish these goals? (who you can talk to, how long it will take, what can you work on now, etc.)
Physical Health: Exercise

Exercise and spending time up and moving is one of the most beneficial things people can do to keep their mental health stable and sustain good wellness in the long run. Whether you are typically active or not, any amount of time spent outside or just up and around can be beneficial.

Try any one of these options to ensure you have spent some good time exercising (there are multiple levels to choose from and you can do whichever one you feel most comfortable doing or want to do). For whatever activity you choose to take part in, respond to the follow up question as a mini reflection.

1. Talk a walk around your house/up and down the halls of an apartment building
   What was a weird sound you heard?

2. Talk a walk around the block
   What new object did you notice?

3. Go for a longer walk through your neighborhood
   Discover 3 new street signs and write them down
4. Go for a run  
Describe or draw a picture of a tree you saw

5. Higher Intensity Fitness Exercise: Repeat for as many rounds as you want  
15 Jumping Jacks  
10 Frog Jumps  
10 Sits ups  
10 Push up  
15 Lunges on each leg

6. Try Yoga: (a more relaxing form of exercise)  
If you have a computer or other device available, check out YouTube for hundreds of free yoga classes.
Mental Health Resources

Here is a list of emergency numbers and hotlines that are available to everyone and can be extremely helpful in times of hardship.

Specific to California

- **Los Angeles County’s Department of Mental Health’s 24/7 Hotline:** 800-854-7771 or text “LA” to 741741.
- **Crisis Text Line:** Text LA to 741741 - connect with a trained crisis counselor to receive free crisis support via text message
- **California Youth Crisis Line:** 1-800-843-5200 - youth ages 12-24 can call or text this number for 24/7 crisis support
- **LA’s Unified Hotline** for families to call whenever needed: (213) 443-1300
- **California Peer-Run Warm Line:** 1-855-845-7415 - non-emergency resource for anyone in California seeking emotional support. Also have an online chat via instant messenger on their website. [https://www.mentalhealthsf.org/peer-run-warmline/](https://www.mentalhealthsf.org/peer-run-warmline/)

Nationwide (U.S.)

- **Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline:** 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517).
- **National Suicide Prevention Lifeline:** (800) 273-8255 - connects you with a crisis center closest to your location. Call is answered confidentially by a crisis worker who is trained to listen, work to ensure you feel safe, and help you identify options and information about mental health services in your area
- **TEEN LINE:** text “TEEN” to 839863 from 6pm-9pm or call 1-800-852-8336 from 6pm-1pm to get in contact with other teens in the US and within California who may be struggling
- **National Parent Helpline:** 1-855-427-2736 Monday-Friday 10am-7pm - receive emotional support from a trained Parent Advocate
- **Peer Support Network:** Online groups and projects around different topics [http://prpsn.org/online-groups/](http://prpsn.org/online-groups/)
There are many useful websites online specific to California and Los Angeles that are filled with resources for emotional support and well-being during this time of crisis. They are all updated on the daily with new information, tips and more local online hotlines and resources. Also most have a lot of other helpful information for during COVID-19 such as financial help and updates on the stay at home order.

**California Government**
https://covid19.ca.gov/resources-for-emotional-support-and-well-being/

**County of Los Angeles Website Resource Page**

**LA’s Unified Family Resource Guide**

**Los Angeles Department of Mental Health**
https://dmh.lacounty.gov/covid-19-information/