

URBAN MENTAL HEALTH & WELLNESS INITIATIVE

MENTAL

WELLNESS-PROMOTING

ACTIVITIES FOR THE

GIVING HEART

Tips

Coloring Pages

Affirmations

& Journaling Prompts



TO THE GIVING HEART:

This is a resource guide containing reflections, tools, and tips for you, the giver. Thank you for all that you do for others around you. The hope of this guide is to promote/reinforce your actions of self-love & self-care. It is critically important for all of us to give to ourselves, and to do so unapologetically. My sincere hope is that you find a tool/note in this small kit that will help you on your journey toward self-love & self-care.

-Dr. Deeia
CEO UMHWI

Things to ask yourself daily:

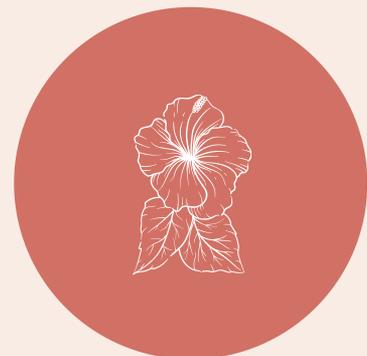
FEEL FREE TO ENGAGE LOVED ONES WITH THESE QUESTIONS!



How are you doing today?



What do you hope to do for yourself today?



How do you measure your energy?

Coping Tips

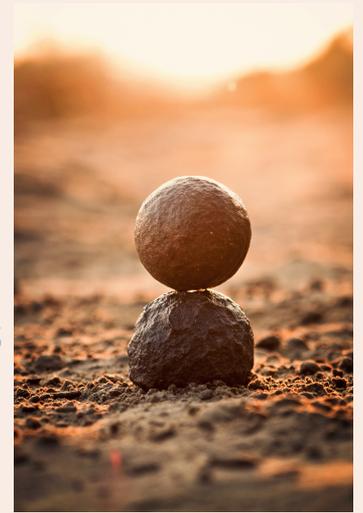
EMBRACE CULTURALLY RELEVANT WAYS OF COPING

Consider implementing community-based healing practices and other practices that carry more cultural significance..



KNOW THAT YOU DON'T HAVE TO BE "STRONG" RIGHT NOW

A lot of us learned to be strong & push forward during turbulent times. These lessons are not inherently bad however, they can be detrimental when we apply them universally to all situations. Practicing self-compassion in times of stress/difficulty is important.



BE MINDFUL OF YOUR INFORMATION DIET AND UNPLUG SOMETIMES

Consider the information that you ingest (via social media, news outlets, and other forms of media). How much information is helpful for you? Is there a point when the influx of information becomes more detrimental than helpful? Pay attention to these sensors. While practicing mindfully engaging, it is easier to recognize these sensors and act accordingly.

CANCELLING RELATIONSHIPS

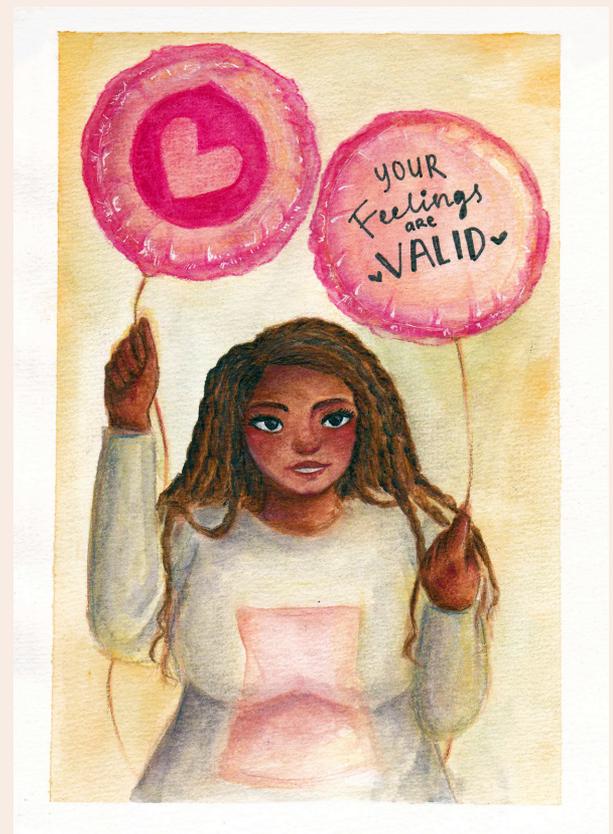
While holding people & brands accountable for their actions, beliefs, and practices is crucial, it is important to pause and think when you experience the urge to "cancel" people in your personal experience (e.g. friends, family members, colleagues, etc.). Canceling relationships without processing your decisions/actions first or considering alternative responses can be damaging to you.

ACTIVISM

Focus on your strengths and what you can contribute and allow yourself to release expectations that you have of others around you if they choose to engage in activism in ways that aren't the same as your preferred way.

NOURISHMENT

Nourishment can mean physical (e.g. food & water), spiritual, or even cultural. It is important to consider the ways that you can nourish yourself during hard/non-ideal times.



Coping Tips

FEELINGS

Write down this exhaustive list of 10 things that you are allowed to feel today, tomorrow, and henceforth: #1-10: ANYTHING. Your feelings are valid and you are allowed to feel all of them!

EXPECTATIONS

When life is difficult/less than ideal, realize that you are doing the best that you can and forgive yourself in advance for not living up to previously set expectations.

COMMUNITY

Seek out support when you need it and realize that community can look like many different things. A strong community can make all of the difference when we're experiencing a difficult time.

ENERGY

Our energy is not infinite. Pay attention to your energy levels as you move throughout the day engaging in different activities. Notice what drains energy versus what restores energy for you. Be intentional about doing more things that restore your energy.

HEALING

When talking & thinking about healing, it is important to understand that healing is a process and a journey, not a destination. Finding things and engaging in activities that help you along the way of your journey is the key here.



SPILL THE
TEA IN
THERAPY

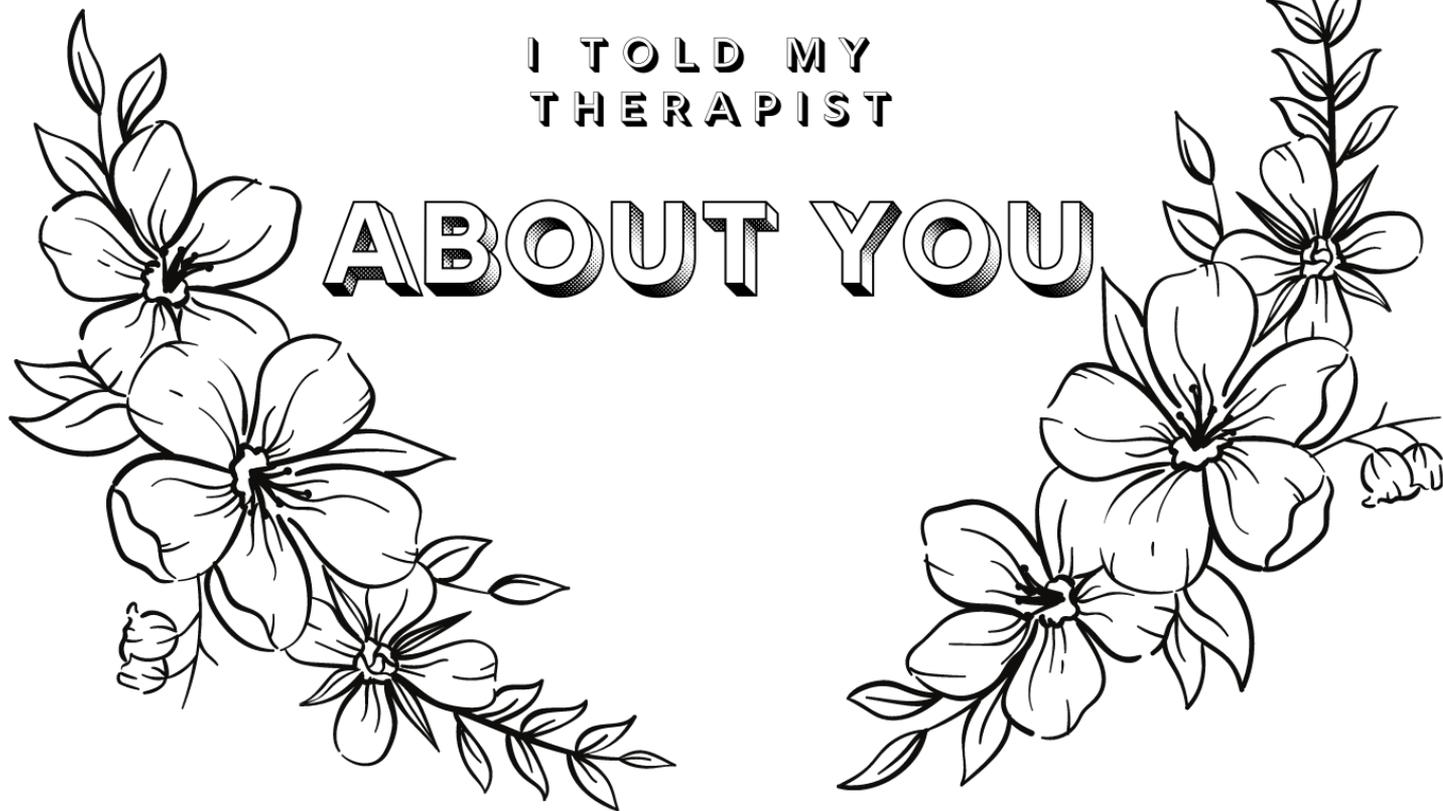


I feel most empowered when...



I TOLD MY
THERAPIST

ABOUT YOU



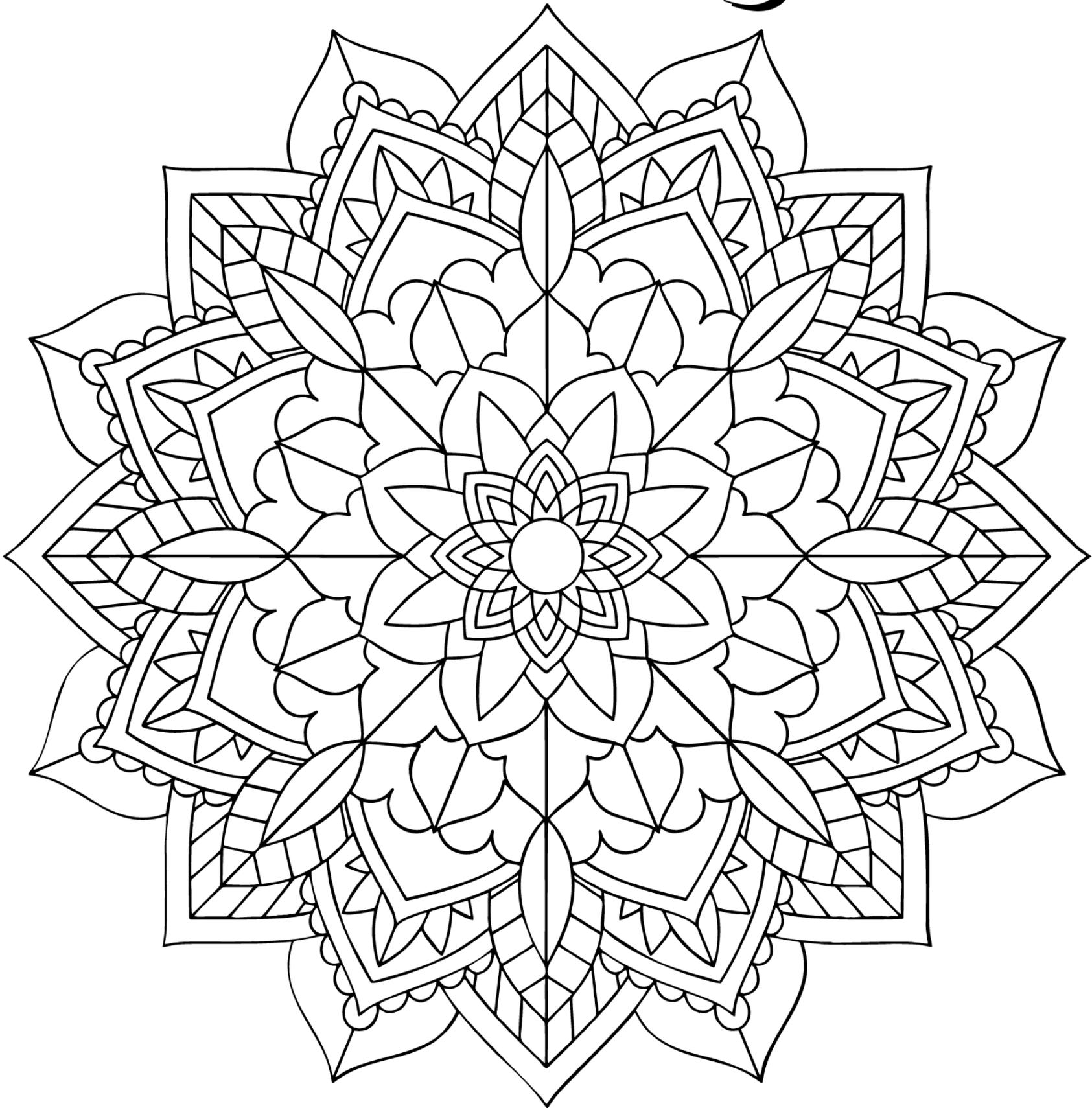
The thing that I think is standing in the way of
my ability to practice self-care is...

**I AM CAPABLE
OF DOING HARD
THINGS.**



*I know it's time to renegotiate relationship terms
when...*

Grow through it.



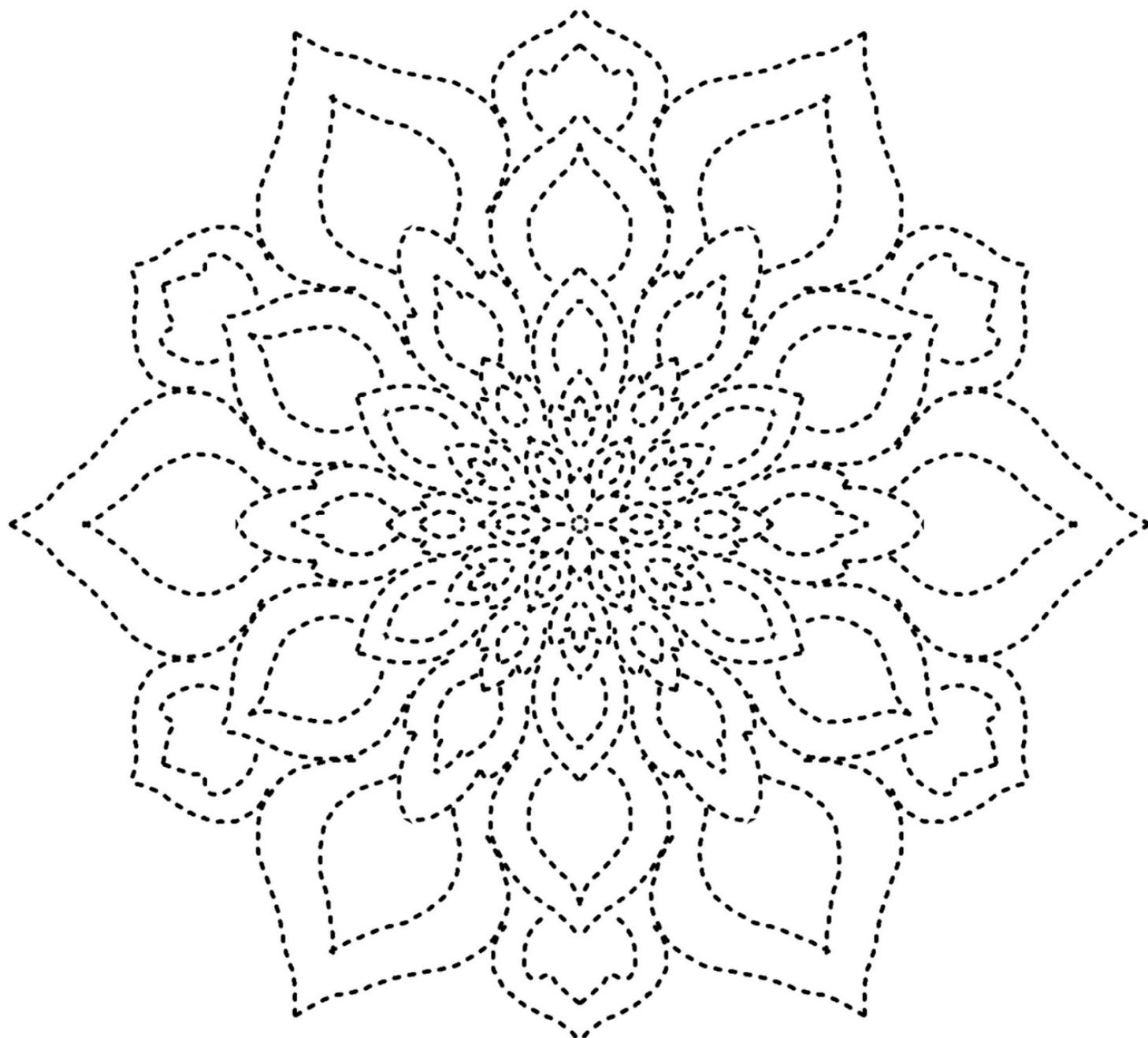
I can tell that it's time for me to take a break when...

THE SKY IS
NOT MY
LIMIT.



Some things that prevent me from seeking help when I need it are...

REPEAT: I WILL ASK
FOR HELP WHEN I
NEED IT.



*Running list of things that I like to do for self-care
(bonus points if it's a free activity):*