

MENTAL HEALTH

SELF-CARE BOOKLET



JOURNALING - COLORING - COPING



**THIS BOOKLET
BELONGS TO :**



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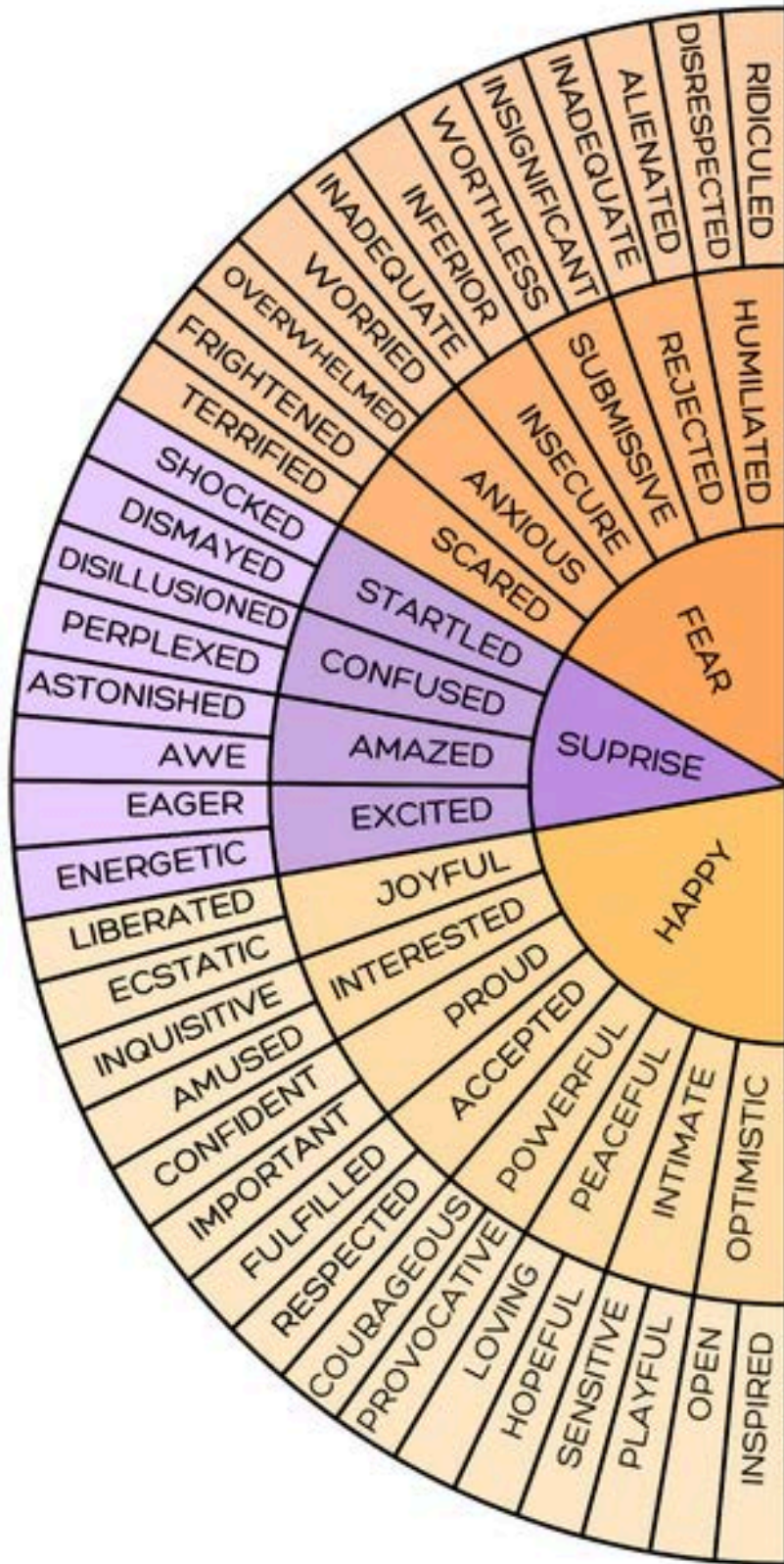
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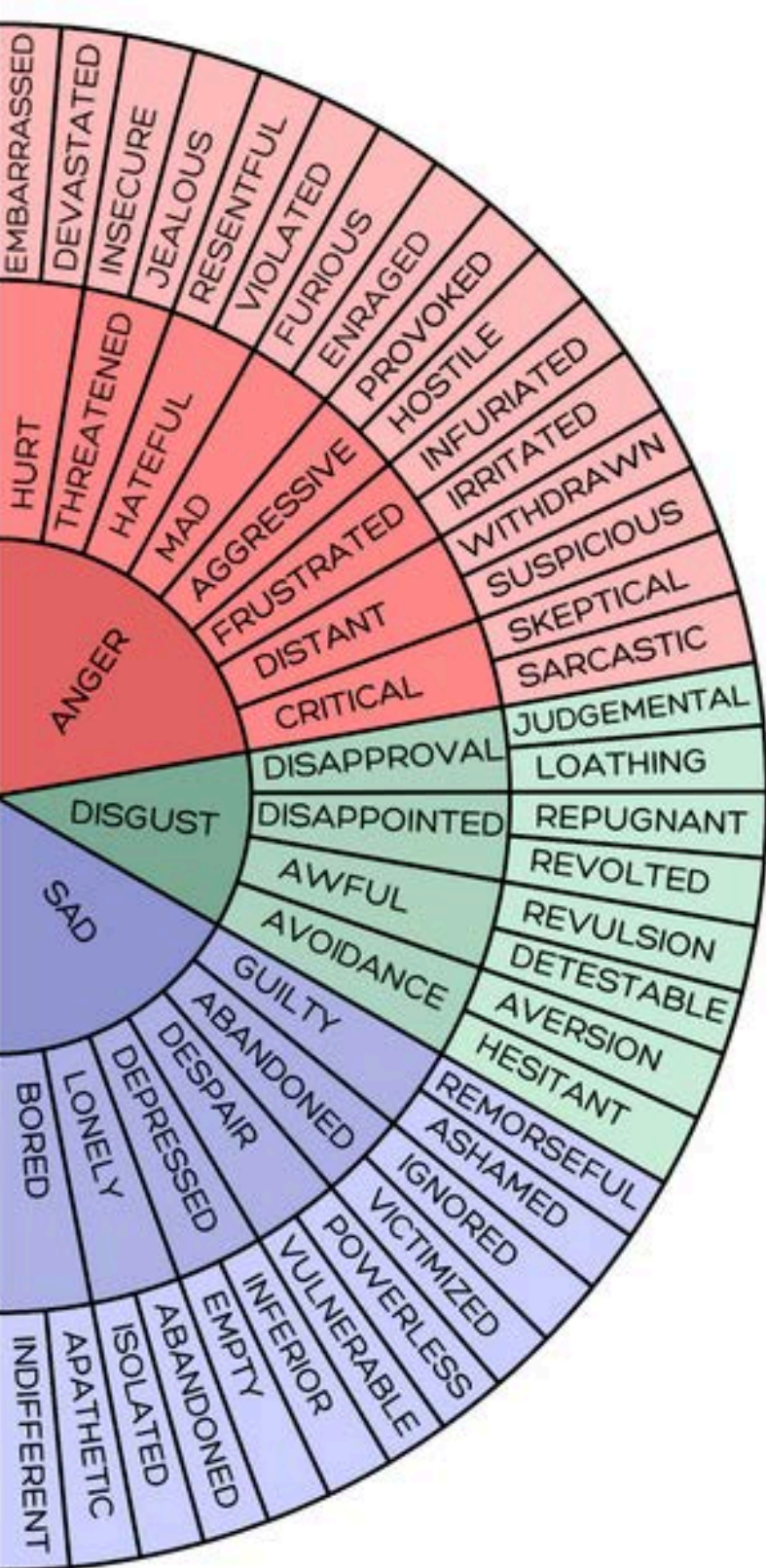
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MENTAL HEALTH RESOURCES







MOOD TRACKER

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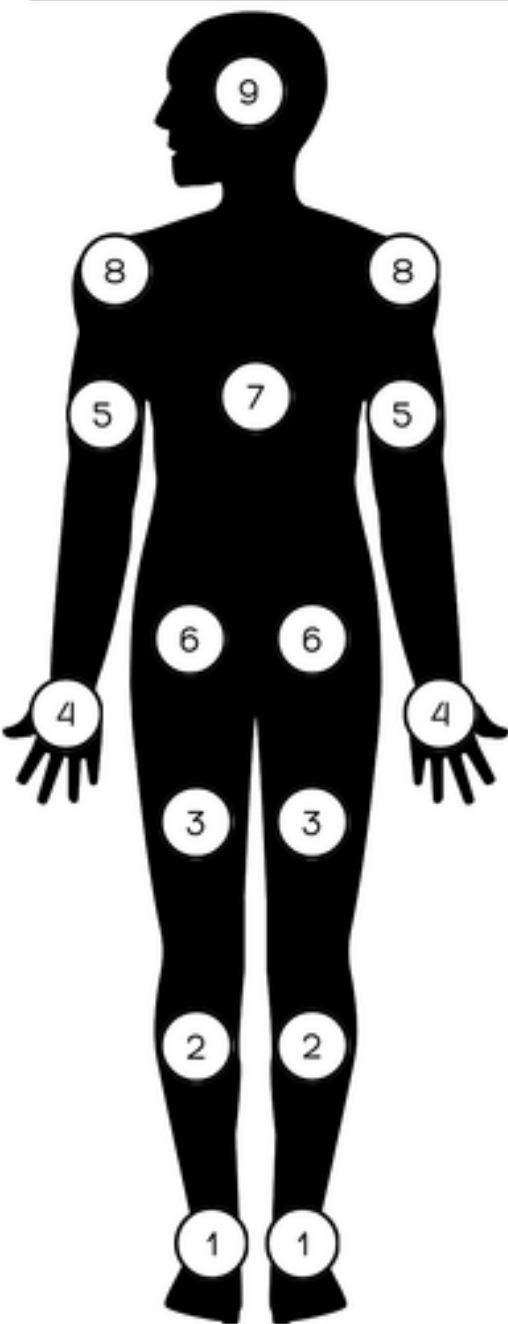
MOOD TRACKER COLOR KEY

CREATE A KEY OF EMOTIONS AND THE COLORS THAT REPRESENT THOSE EMOTIONS. EVERYDAY, COLOR IN THE BOX OF THE DAY WITH WHAT EMOTIONS YOU ARE FEELING! THIS CAN HELP YOU SEE PATTERNS IN YOUR MOOD, AND CHECK IN WITH YOURSELF AND YOUR EMOTIONS.

[illegible]

PROGRESSIVE MUSCLE RELAXATION

This is a relaxation exercise that helps you release tension. Tense each muscle group for 5 seconds, then relax and breath for 10-20 seconds before moving to the next group.



10	Do all steps at the same time, then let go.
9	Scrunch your face together, then let go.
8	Raise shoulders to ears. Pause, then let go.
7	Take a deep breath. Hold, then exhale.
6	Squeeze buttocks. Pause, then let go.
5	Tense arms. Hold, then let go.
4	Clench hands. Pause, then let go.
3	Squeeze thigh muscles. Hold, then let go.
2	Tense calf muscles, then let go
1	Lift toes upward. Hold, then let go. Pull toes down. Hold, then let go.

BUTTERFLY HUG

BILATERAL STIMULATION



Step 1:

Cross your hands by the thumbs, making the shape of a butterfly.



Step 2:

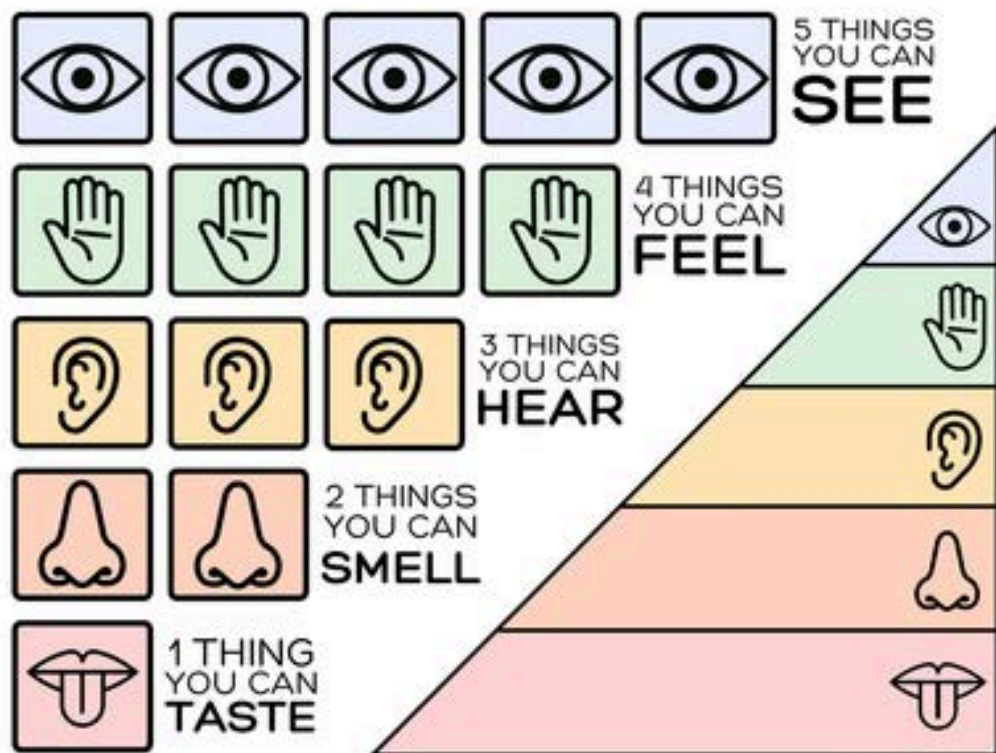
Cross your arms over your chest, resting your hands right under your collarbones.



Step 3:

Alternate between tapping each finger of your right and left hand. Take deep breaths and repeat until calmed.

5-4-3-2-1 GROUNDING



RAINBOW GROUNDING



Look around and try to find 1 or 2 things of each of the colors below

RED

ORANGE

YELLOW

GREEN

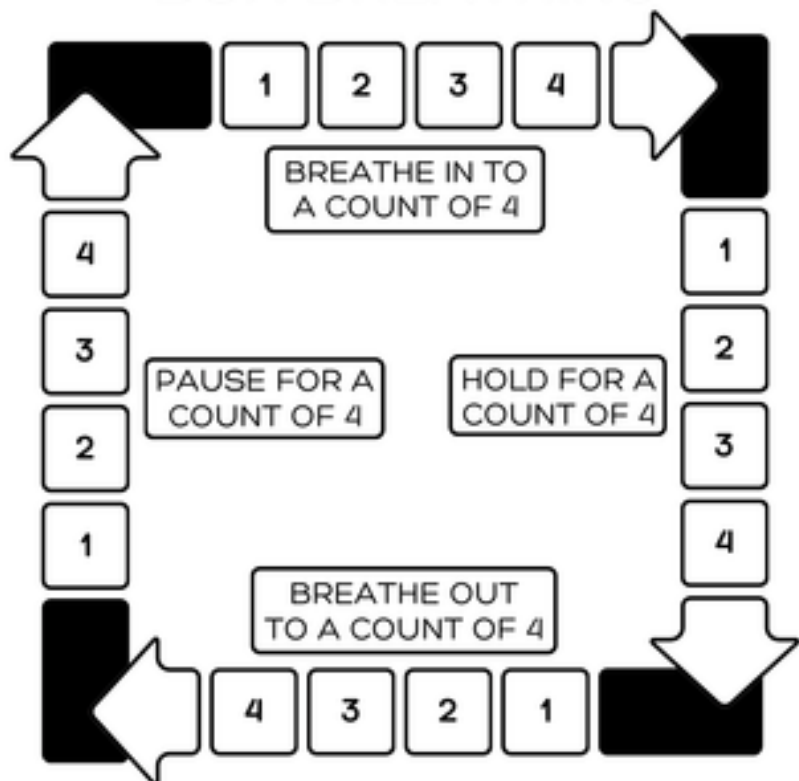
BLUE

PURPLE

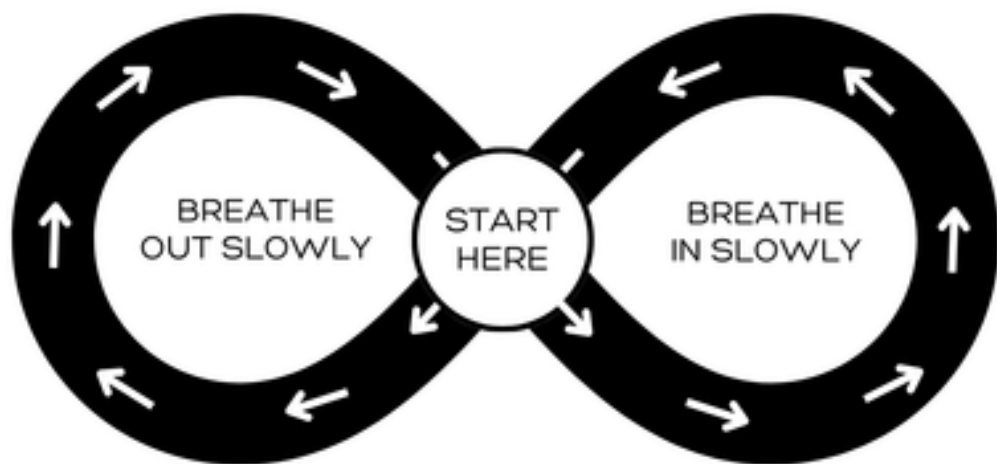
PINK

BROWN

BOX BREATHING



INFINITY BREATHING



Inhale as you trace the left side, exhale as you trace the right side. Repeat 8 times.

COPING SKILLS IDEAS



Deep Breathing



Talk about Your Emotions



Journal or Write



Take A Step Back

Read a Book or Watch a Movie



Practice Grounding

Play with a Fidget Toy

MY COPING SKILLS TOOLKIT

SELF CARE IDEAS



Read a Book



Spend Time in Nature



Listen to Music



Create Art

Spend Time with Loved Ones



Cook or Bake

Take a Walk

MY SELF CARE TOOLKIT

ABOUT JOURNALING



JOURNALING CAN BE DONE IN
SO MANY WAYS ! SUCH AS :

- WRITING ABOUT YOUR
THOUGHTS AND FEELINGS
FREELY.
- MAKING LISTS OF THINGS THAT
YOUR ARE GRATEFUL FOR.
- REFLECTING ON YOUR DAY OR
YOUR PAST.

THERE ARE MANY BENEFITS TO
JOURNALING ! SUCH AS :

- EXPRESSING YOUR EMOTIONS
AND THOUGHTS.
- REFLECTING ON YOURSELF
FOR GROWTH.
- COPING OR PROCESSING WITH
CERTAIN EXPERIENCES.

JOURNAL PROMPTS



WHAT ARE YOUR FAVORITE
WAYS TO PRACTICE SELF-CARE?

WHAT BRINGS YOU JOY AND WHY?

WHAT ARE SOME THINGS
THAT INSPIRE YOU?

WHERE DO YOU FEEL THE
MOST RELAXED?

WHAT ARE YOU GRATEFUL FOR?

HOW DO YOU HANDLE
DIFFICULT EMOTIONS?

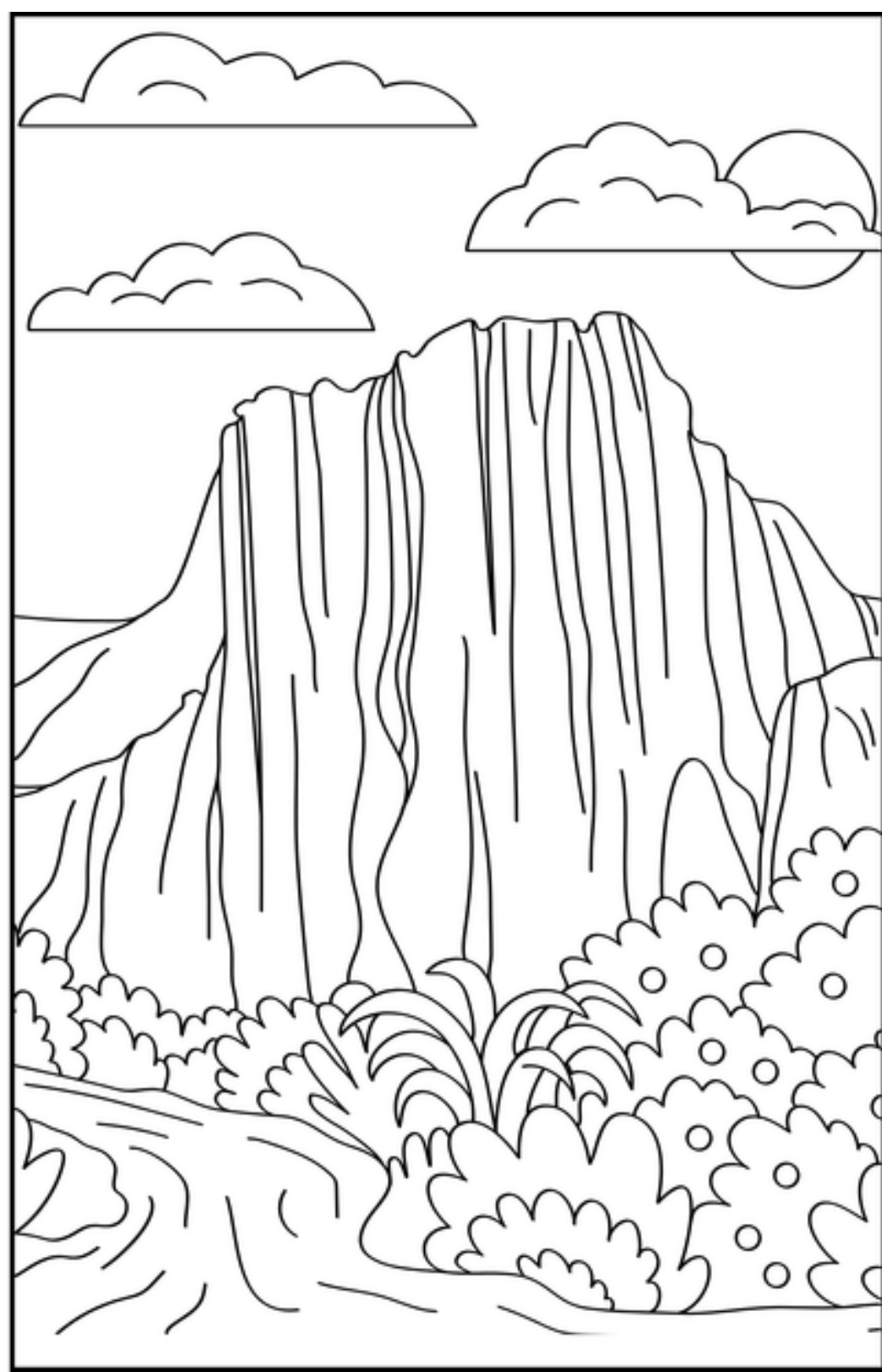
WHAT HELPS YOU RELAX?

WHAT MAKES YOU FEEL GOOD
ABOUT YOURSELF?

WRITE-IN PROMPT :

DATE :

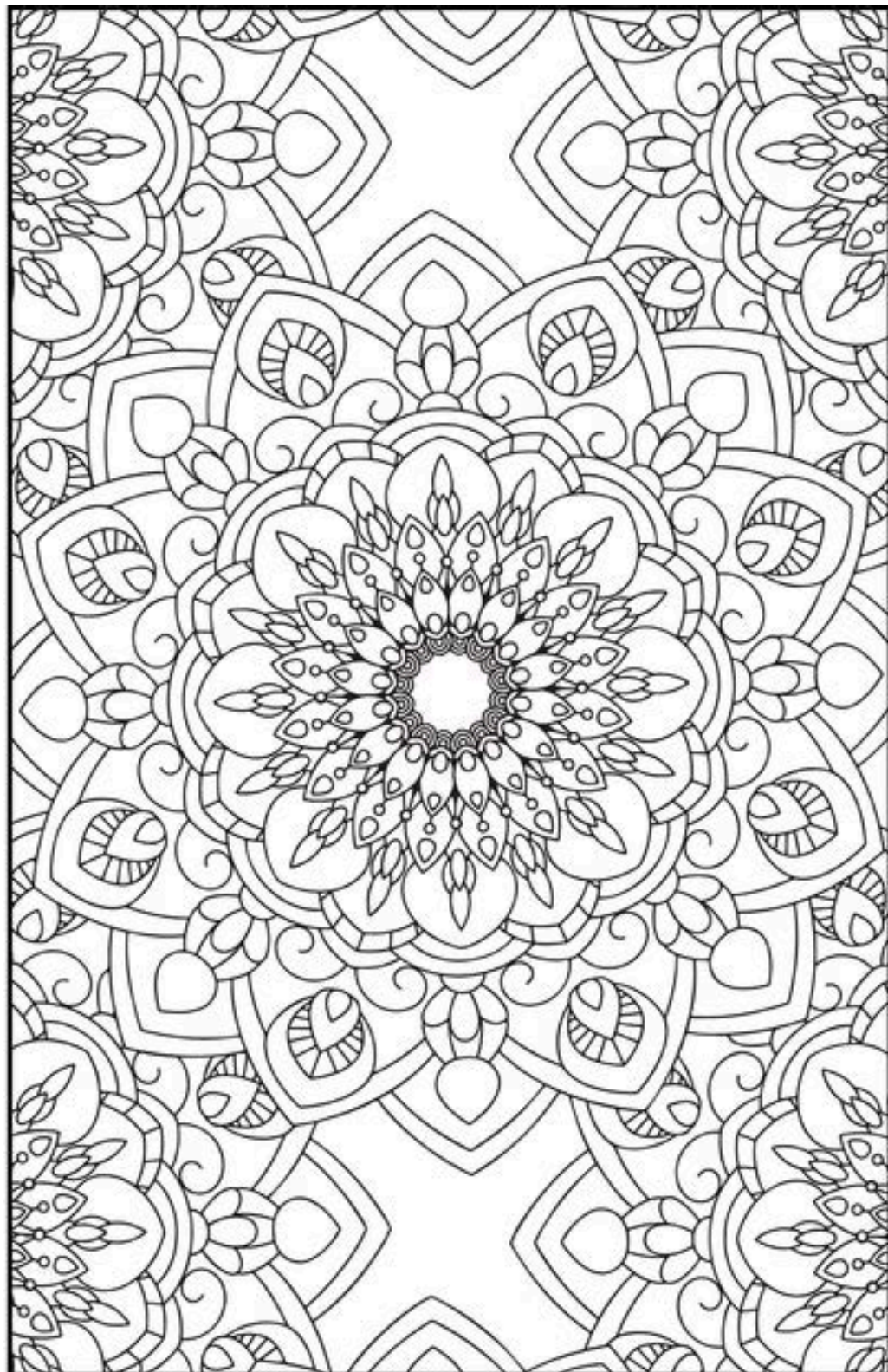
Handwriting practice area with multiple sets of horizontal lines (solid top and bottom lines with a dashed middle line) for writing practice.



WRITE-IN PROMPT :

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WRITE-IN PROMPT :

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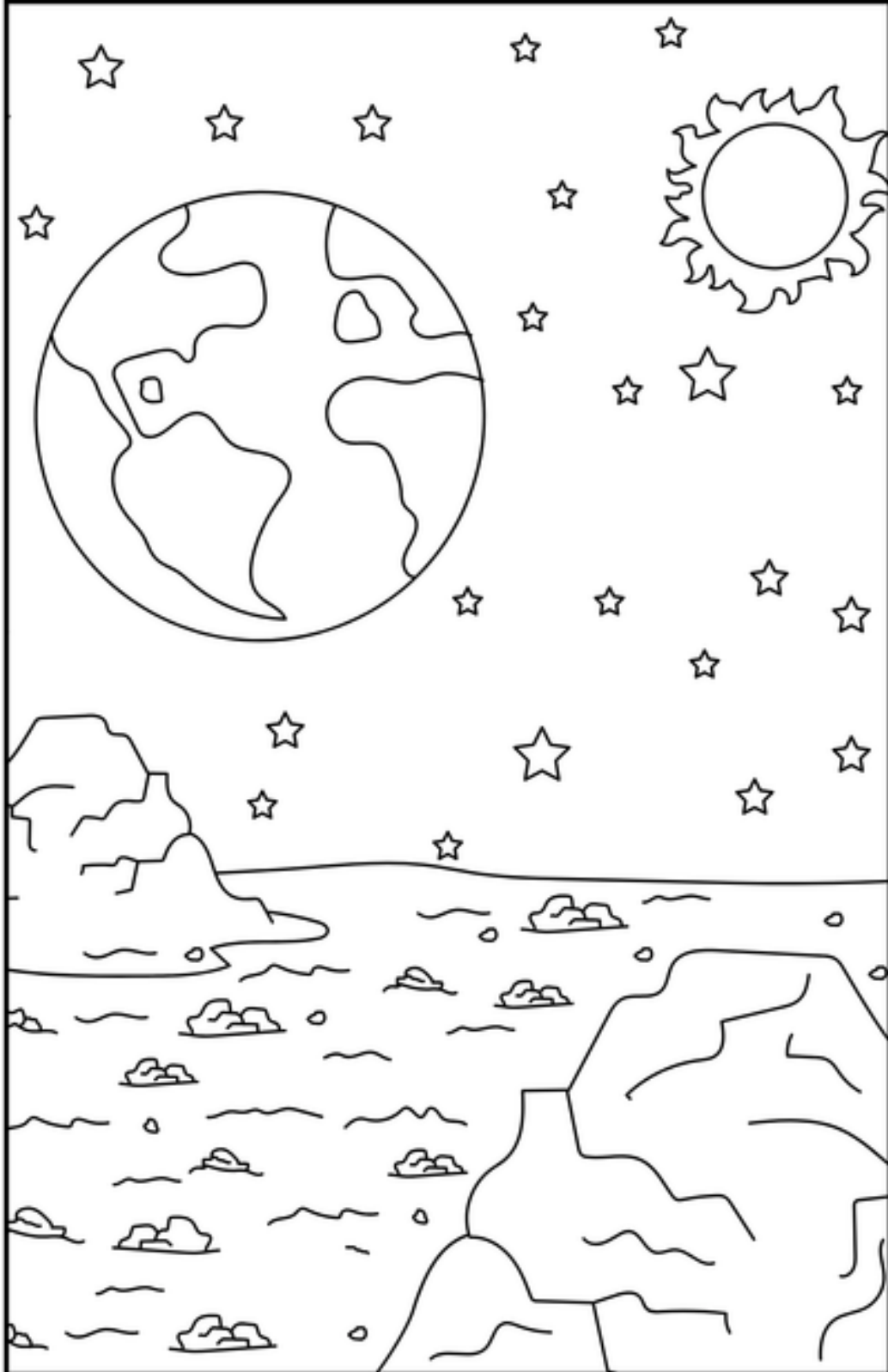
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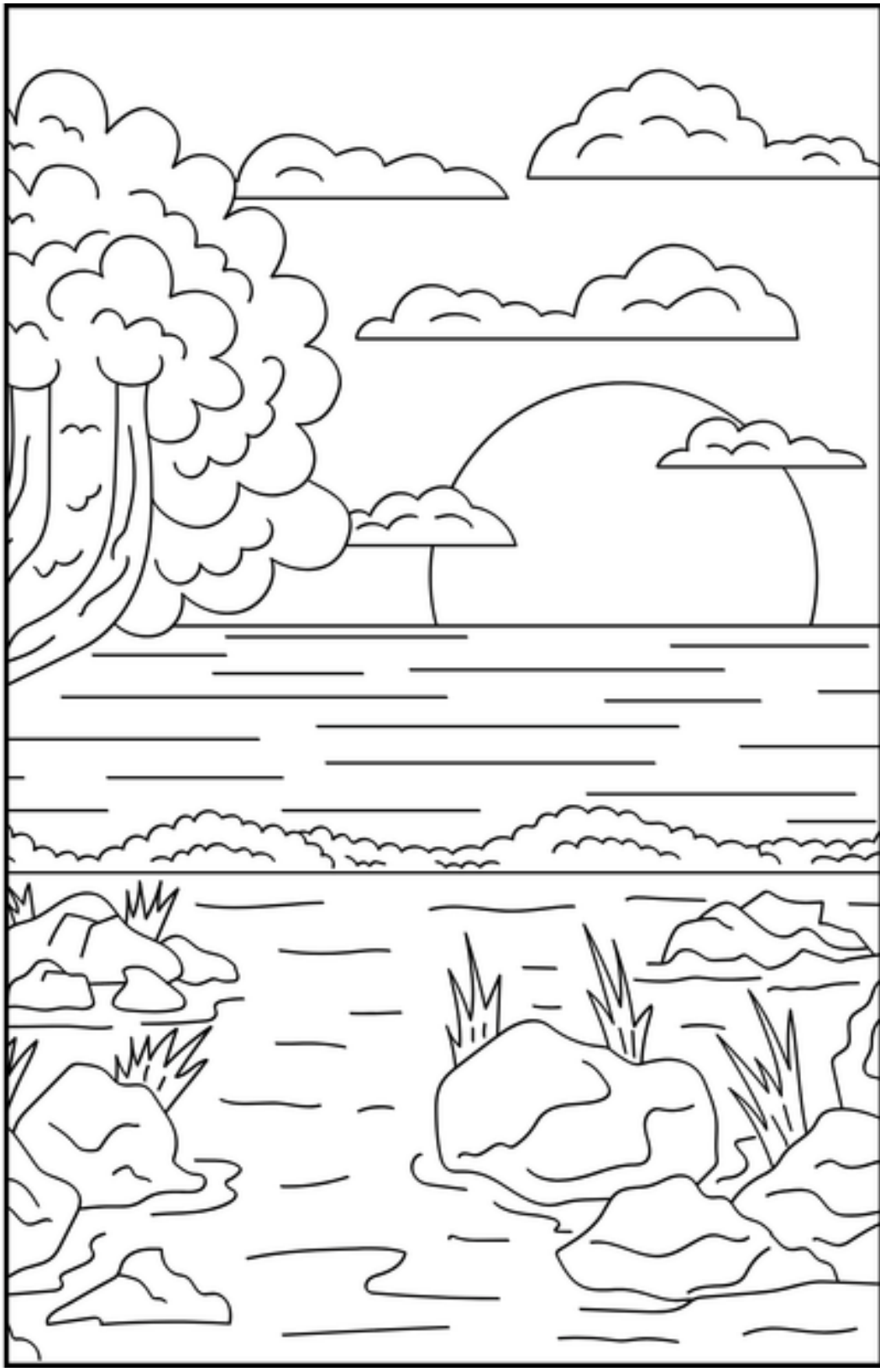
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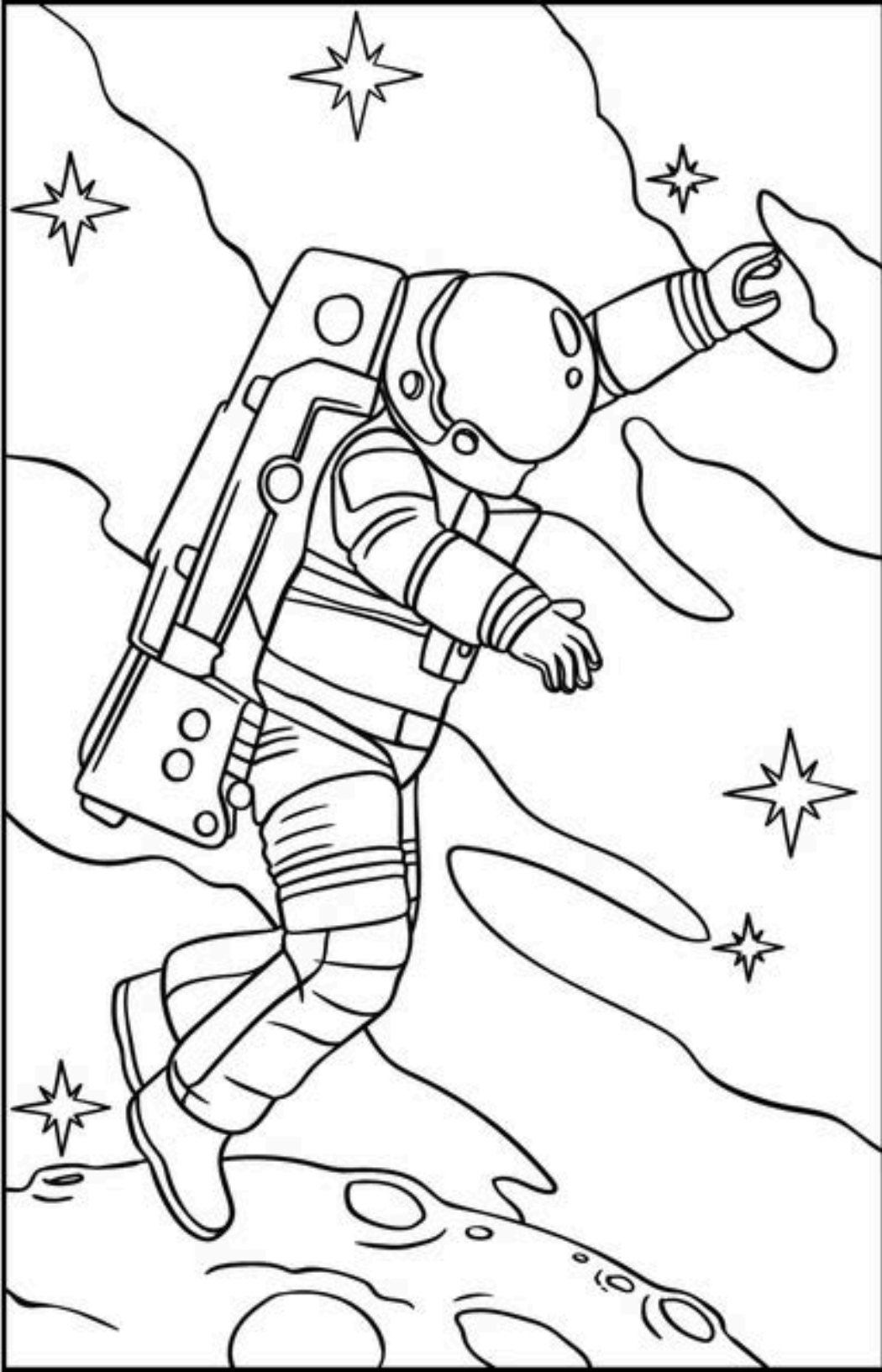
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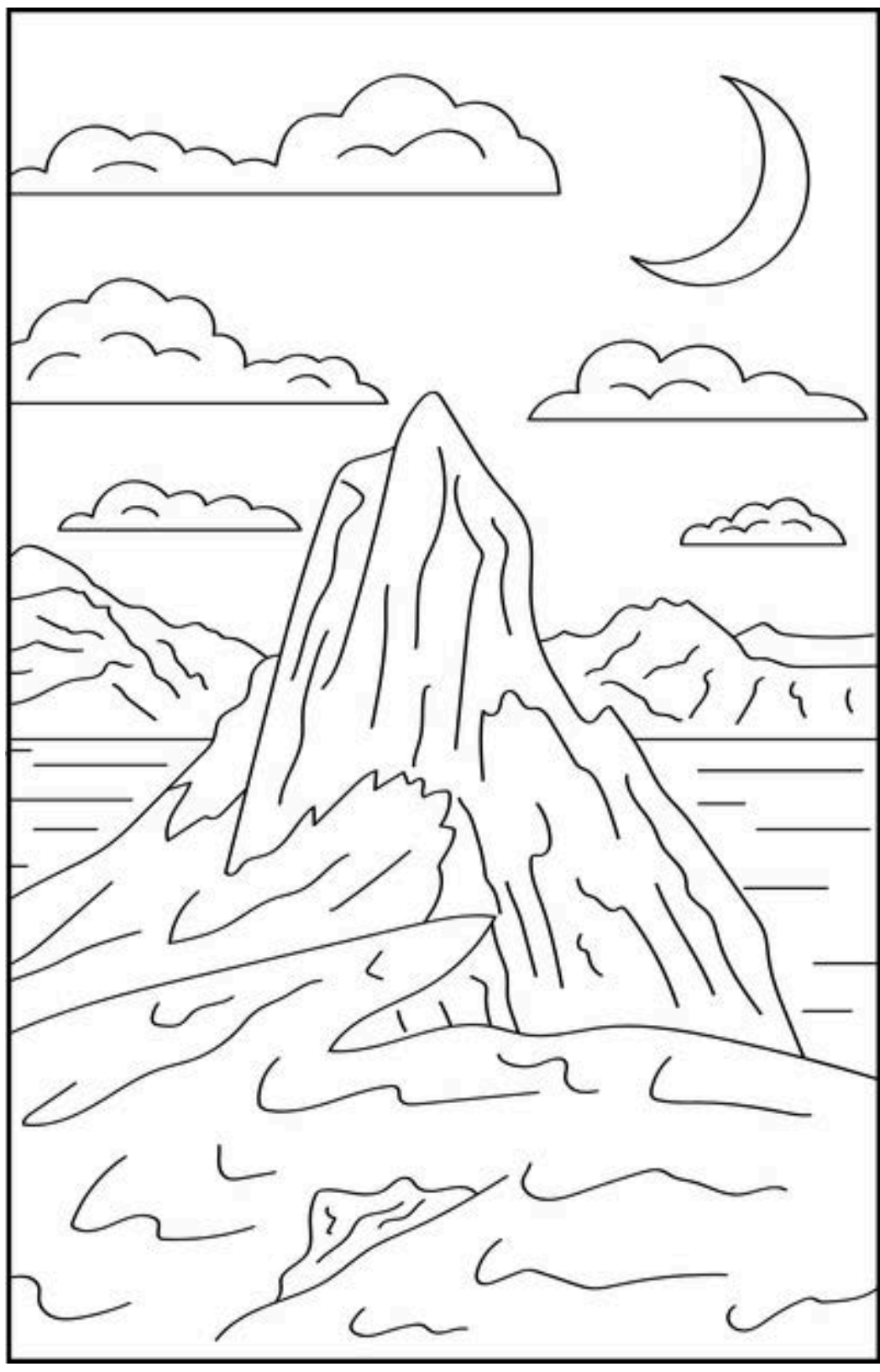
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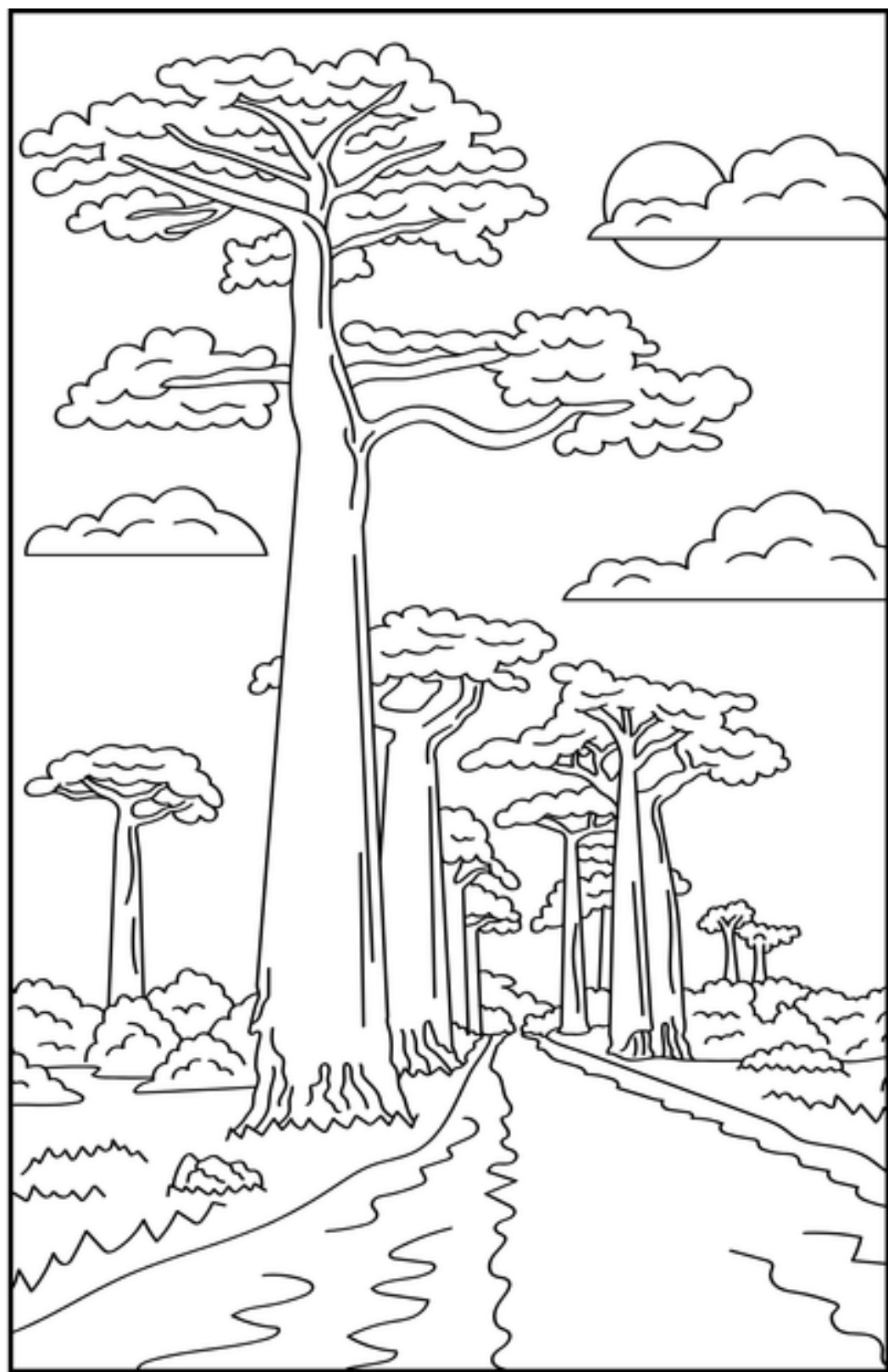
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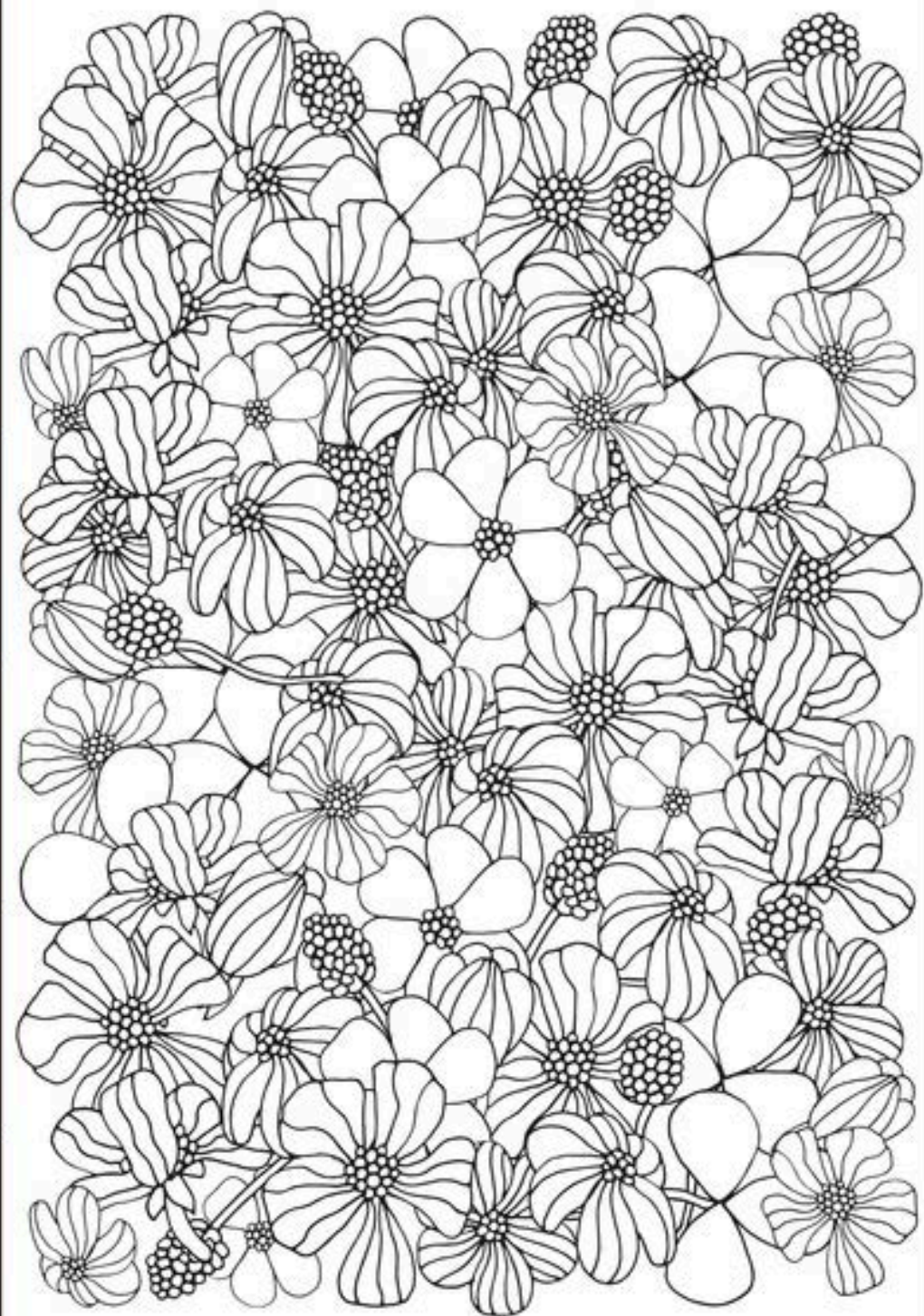
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Mental Health Resources



Emergency Resources

Suicide and Crisis Lifeline	988	988lifeline.org/ chat	TEXT 988
Crisis Text Line	crisistextline.org	TEXT "CONNECT" to 741741	
Betty Hardwick Crisis & Mobile	1-800-758-3344	hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/mobile-crisis-outreach-teams	
Texas HHSC	211	211texas.org	

Local Resources

Oceans Behavioral Health	325-691-0030	oceanshealthcare.com/ ohc-location/abilene	abileneinfo@oceanshealthcare.com
River Crest Hospital (San Angelo)	325-949-5722	rivercresthospital.com	
Betty Hardwick	325-690-5100	bettyhardwick.org	
New Horizons Counseling	325-437-1852	Crisis Line 24/7 877-261-3777	newhorizonsinc.com/ familyyouthcounseling
ACU Counseling	325-674-2625	acu.edu/medical-and-counseling-care/counseling-center	counseling@acu.edu
Texas Family Institute	325-676-8963	texasfamilyinstitute.org	stephanie@texasfamilyinstitute.org
Highland Counseling	325-201-3030	highlandchurch.org/counseling	counselingcenter@highlandchurch.org
Abilene Family Counseling	325-232-3626	abilenefamilycounseling.com	LMFTPowell@gmail.com
Ministry of Counseling	325-672-9999	ministryofcounseling.com	info@ministrycounseling.com
Mental Health Abilene of America	325-673-2300	abilenemha.org mhanational.org	info@abilenemha.org
Heroes Helpline	833-367-4689	Peer referral program for first responders and health workers in Texas	



Veteran Resources

Veterans Crisis Line	Call 988, Press 1	veteranscrisisline.net/get-help-now/chat	TEXT 838255
Abilene VA Clinic	325-694-3252	https://www.va.gov/west-texas-health-care/locations/abilene-va-clinic/	
Tragedy Assistance Program for Survivors	1-800-959-8277	taps.org	
Texas Military Veteran Peer Coordination	325-670-4818	bettyhardwick.org/veterans-services	amckee@bettyhardwick.org
VA Suicide Prevention Coordinator	veteranscrisisline.net/find-resources/local-resources		

LGBTQ+ Resources

The Trevor Project	866-488-7386	thetrevorproject.org	TEXT "START" to 678-678
The Opal Center (Wichita Falls)	940-247-4344	theopalcenter.org	theopalcenterwf@gmail.com
Trans Lifeline	877-565-8860	translifeline.org	
Thrive Lifeline	thrivelifeline.org		TEXT "THRIVE" to 1-313-662-8209
Folx Health	folxhealth.com		TEXT "FOLX" to 741741 for Hotline
Plume Health	getplume.co		

Other Resources

Serenity Foundation	325-673-6489	serenitytexas.com	megm1@serenitytexas.com
Abilene Recovery Council	325-673-2242	abirecovery.org	info@abirecovery.org
Mental Health America Abilene	325-673-2300	abilenemha.org	info@abilenemha.org
SAMHSA	1-800-662-4357	samhsa.gov/suicide	TEXT 5-digit ZIP Code to 435748
Texas Opioid Training Initiative	https://txoti.org		

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