COUNTY OF SANTA CLARA
Behavioral Health Services

Wellness Workbook for Adults

Daily habits to support mental awareness

This workbook offers you tools to include wellness into your daily life. It does not replace any form of therapy.

We encourage you to review the local resources at the back cover to reach out for support.



MY NOTES:

- **No copyright infringement intended.** This book is only to demonstrate my InDesign layout skills.
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Wellness & Self-Care

What is holistic wellness?

Holistic wellness recognizes how all the domains of wellness connect. Practicing holistic wellness means leading lives that are healthy, engaged, and rooted in community.

Is self-care different from wellness?

Self-care is a part of wellness. We can practice self-care within any domain of wellness. The domains all intersect with and impact the others.

How can I practice wellness?

On the next page, you'll find examples of different types of self-care in each domain of wellness.

Use this area to list self-care activities you'd like to try.



DOMAIN OF WELLNESS	CHARACTERISTICS	SELF-CARE ACTIVITY
Intellectual 	Lifelong learning; creativity; critical thinking; supporting academic engagement and success	Read a book; try something new; teach someone how to do something you enjoy
Socio-Cultural 	Multi-cultural respect and competence; healthy, respectful interpersonal relationships; values of acceptance, fairness and justice; recognition community and individual wellness impact one another	Learn to say no; spend time with people who make you feel good; create respectful interpersonal relationships; stand up for yourself and for others around you; volunteer for a social justice cause
Spiritual 	Belief system which contributes to a sense of purpose; hope and optimism; sense of belonging	Take time for self-reflection; spend time in nature; find spiritual community; meditate; dance; pray; take yoga; volunteer to help others; foster self-forgiveness
Emotional 	Expression of emotions; stress management; assertiveness; intimacy; balance between being independent and relying on others	Express how you feel; laugh; play; practice self-compassion; journal; cuddle with a pet; engage in a daily gratitude practice; identify affirmations and practice saying them out loud; take time to reflect and notice how you're feeling
Physical 	Physical fitness; healthy nutrition; medical awareness and disease prevention; injury prevention; healthy sleep habits	Get enough sleep; exercise; eat healthy; take a walk; dance; turn off your cell phone; pay attention to the physical sensations you experience; enjoy a cup of tea; listen to music
Environmental 	Awareness of and connection to surroundings; safety enhancement; understanding the impact of personal choices; consideration of resources	Go into nature; feel your feet on the grass; watch the sunset; volunteer to pick up trash
Career/ Financial 	Purposeful and rewarding career or work; financial stability and planning; household management skills	Save money for the future; practice a skill that might help you in your career or work; reflect on what activities give you a sense of purpose and then do those

30-Day Challenge

Start practicing self-care by doing one of the challenges below everyday. They don't have to be completed in order or within a month. Before doing any self-care, rate how you feel on a scale from 1-10 (1 being the worst and 10 being the best).

1 Take a mindful walk	2 Clean up a bit	3 Drink more water	4 Go to bed early	5 Declutter and donate
6 Listen to music	7 Take an aromatic bath/shower	8 Journal how you feel	9 Write a self-love list	10 Watch a movie
11 Start a vision board	12 Practice deep breathing	13 Stretch for 10 minutes	14 Call someone you love	15 Try a new recipe
16 Take yourself on a date	17 Read a book or a magazine	18 Write a gratitude list	19 Relax at a local park or beach	20 Try guided meditation
21 Update your budget	22 Watch the sunset or stargaze	23 Take a social media break	24 Color or paint	25 Have a spa day at home
26 Make your own affirmation	27 Re-organize 1 area	28 Try out a new hobby	29 Try a random act of kindness	30 Schedule a check-up

Self-Care Q&A

After taking the 30-day challenge, answer the questions below to get a better understanding of which self-care strategies work best for you.

On a scale from 1-10 (1 being the worst and 10 being the best), how did I feel after practicing self-care activities?

On a scale from 1-10 (1 being didn't help at all and 10 being helped the most), how would I score each of the self-care activities I did?

Which self-care activities will I do tomorrow?

What time of day is best for me to practice self-care?

What can I do to make my self-care experience more fulfilling?

What do I need to do to make sure I continue self-care daily?

Mindfulness

- Mindfulness is being ***fully present and aware*** of where we are and what we're doing, and ***not overly reactive*** or overwhelmed by what's going on around us.

- Spending too much time planning, problem-solving, daydreaming, worrying, or thinking negative thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression.

- ***Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.***

- Aim to practice mindfulness every day for about six months. Over time, you might find that mindfulness becomes effortless. Think of it as a commitment to reconnecting with and nurturing yourself.

Jot down mindfulness exercises you'd like to try. There are several examples on the next page.



[Mindfulness exercises - Mayo Clinic]

MINDFULNESS EXERCISES	DESCRIPTION/INSTRUCTIONS
Pay attention	It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
Live in the moment	Try to intentionally bring an open, accepting attention to everything you do. Find joy in simple pleasures.
Accept yourself	Treat yourself the way you would treat a good friend.
Focus on your breathing	When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.
Body Scans	Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from your toes to your head or head to toes. Be aware of any sensations, emotions or thoughts associated with each part of your body.
Coloring	Coloring utilizes areas of the brain that enhances focus and concentration and nurtures attention. Mindful coloring is a purposeful act of paying attention to what you are doing in the present moment.
Sitting meditation	Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
Walking meditation	Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking. Be aware of sensations from standing and the small movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

Calm Box

A calm down box is a tool for easing big emotions for all ages. This could be anger, sadness, panic, sensory overload, or anything else that feels like it's too much to handle in the moment. Everything in your box represents something that you enjoy, find soothing, or are fond of. Since the overall goal of a calm box is to soothe yourself, your kit should contain the things that you find soothing. To start building your box, start with your senses. What feels good to touch, smell, look at, and hear?

Take a look at the examples below and create your own list of items for your own calm box on the next page.

SENSES		SAMPLE OBJECT
Vision		photo album, DVD, book or magazine, a picture of a beautiful safe place (or use safe place imagery SafePlace.pdf), a reminder for a funny or inspiring YouTube video, a walk or sit i
Hearing		soothing or inspiring music on CD or playlist recordings of a friends voice, reminder of phone numbers to ring, a talking book, self help or calming sounds
Smell		scented oils, favorite perfume, a sachet of coffee or lavender
Taste		fruity snack, favorite treat, ready prepared cake mix, chocolate or candy
Touch		soft woolly socks or blanket, teddy bear, comforter or grounding object, hand or foot lotion, massage oil, warm bubble bath, nail varnish, make-up

Using a Calming Box for Self-Soothing and Emotional Regulation

My Calm Box



Journal Prompts

Journaling is a great way to practice self-reflection. These prompts will help you focus on yourself and your well-being. Try answering as many as you can in the next few pages.

1. What are three things you're grateful for?
2. How can you be kinder to yourself today?
3. What are three things that make you feel loved/supported?
4. What is your favorite thing to do in nature?
5. What is a good habit that makes you feel good?
6. What motivates you to keep going when things get tough – even on days when nothing seems to be working out?
7. What is the best advice someone has given you? Why do you still take it to heart even now?
8. What kind of work environment would be ideal for you?
9. How can you improve your work-life balance?
10. What is your favorite thing to do in your free time?
11. Do you feel like you need to expand your circle of friends? Why or why not?
12. When do you feel most energized?
13. How can you improve your time management today?
14. What is one thing you are proud of yourself for?
15. How can you help someone else today?

Websites

Here is a list of various websites to learn more about mental wellness and self-care. The sites below are informational and do not take the place of treatment. Please refer to the resources on the back cover of this booklet to access local treatment options.

Healthline

healthline.com

Health and wellness advice that's inclusive and rooted in medical expertise.

Prevention

prevention.com

Health information and practical strategies to improve physical, mental, and emotional well-being.

Bites of Wellness

bitesofwellness.com

Learn to make healthy meals that are easy to follow and fit in any lifestyle or budget.

Mellowed

mellowed.com

A weekly newsletter with the latest wellness trends, self-care tips, practical advice, and resources.

7 Cups

7cups.com

7 Cups is an on-demand emotional health service and online therapy provider. Also available as an app.

Apps

There are also many apps that can help you access wellness and self-care strategies right from your phone. All apps listed are available on the App store and Google Play.

What's Up? A Mental Health App

Provides easy-to-follow methods to help you cope with depression, anxiety, anger, stress, and more to find what helps you the most.

MyPossibleSelf: Mental Health

Interactive tools and coping strategies, using cognitive behavioral therapy (CBT), customized for digital use.

The Safe Place

Geared towards minority mental health and the Black Community providing information/learning, self-assessment, and self-care tips.

Simply Yoga - Home Instructor

The app contains six level 1 yoga routines that step you through each pose, as well as streaming yoga classes.

Healthy Minds Innovations

With a combination of podcast-style lessons and both seated and active meditations, you'll learn what the science says about the brain while developing skills to tap into these learnings.

UCLA Mindful App

You can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center.

Warning Signs

If you are experiencing the suicide warning signs below, reach out for help. Please review the back cover of this booklet to access local support in Santa Clara County. You are not alone.

CATEGORY	WARNING SIGNS
Thoughts	• Thinking life is not worth living, thinking about hurting yourself, or having suicidal thoughts. • Thinking others are better off without you.
Physical	• Trouble coping with health changes. • Unbearable chronic pain.
Verbal	• "I just want out." • "I won't be around much longer." • "I'm a burden to other people."
Feelings	• Feeling hopeless, desperate, or trapped. • Feeling abandoned or betrayed. • Feeling no sense of purpose. • Sudden mood changes. • Feeling ashamed of who you are. • Feeling unbearable emotional pain.
Behavioral	• Giving away prized possessions. • Doing reckless things that put you in danger. • Putting affairs in order. • Increased drug, alcohol use or other ways to numb pain. • Withdrawing and spending most of your time alone. • Not caring for personal hygiene or health needs.
Situational	• Conflict with or rejection from your family, support system, or community. • Exposure to trauma, such as abuse or bullying. • Financial stress. • Chronic or terminal illness. • Death or suicide of a loved one. • Discrimination or being treated unfairly because of who you are. • Not having others who understand you. • Failure to meet expectations. • Trouble adjusting to a new culture.

Chu J.P. PAU, Be Sensitive, Be Brave: Mental Health, 2019.

Notes

SANTA CLARA COUNTY BEHAVIORAL HEALTH RESOURCES

Services are available for all ages and in other languages unless noted.

Suicide & Crisis Lifeline

988*

*For area codes other than 408, 650, and 669: (800) 704-0900, press 1

Free, 24/7 support for anyone experiencing mental health distress, including:

- thoughts of suicide
- mental health or substance use crisis
- just need to talk

Trained counselors will provide compassionate support to individuals in crisis. Speak to a clinician who can screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. The lifeline is anonymous and confidential: information will not be shared unless inperson services are needed. Services may or may not involve law enforcement in emergencies.

Mental Health & Substance Use Services Call Center

(800) 704-0900

Free, 24/7 access to County services, including:

- specialty mental health
- substance use treatment or prevention
- support for survivors of suicide
- general information, grievances, and appeals

Crisis Text Line

- Text **RENEW** to **741741** (English only)
- Envía **COMUNIDAD** a **741741** (Spanish only)
- Free, 24/7 crisis support via text message.

Crisis Intervention Team (CIT) Officer

911
In emergency situations, ask for a C.I.T. officer trained in mental health issues.

Follow us on Facebook: @cscbehavioralhealth
Follow us on Instagram: @cscbehavioralhealth
Follow us on Youtube: @behavioralhealth
Email: SuicidePrevention@hhs.sccgov.org

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