

Mental Health & Mindfulness Toolkit

What is Mindfulness? Here is a video about the definition of mindfulness

<https://youtu.be/xoLQ3qkh0w0>

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us (Bayes et al., 2018). Check out the link to learn more about Mindfulness

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Why Mindfulness? Those who learn its techniques often say they feel less stress, think clearer (Mineo, 2019). <https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>

Mindfulness is a research evidence-based practice that reduces stress, improves focus and sleep, decreases depression and anxiety, positively impacting one's overall health and well-being (Mental Health America in Sheboygan County, 2018). Check out the Mental Health America in Sheboygan County website

<https://www.mhasheboygan.org/mindfulness> to learn about the benefits of mindfulness!

How does Mindfulness work? There is a diverse body of research that consistently associates mindfulness with certain changes in the structure and function of the brain, as well as changes in behavior. Learn how mindfulness changes the brain (University of Minnesota, 2016). <https://www.takingcharge.csh.umn.edu/how-does-mindfulness-work>

This advisory provides a brief overview of complementary health approaches. It describes the practices and products that are considered complementary, and explains how practitioners can help patients understand the benefits and risks.

Advisory: Complementary Health Approaches- Advising Clients About Evidence and Risk (Substance Abuse and Mental Health Services Administration (SAMHSA), 2015).

https://store.samhsa.gov/product/Advisory-Complementary-Health-Approaches/sma15-4921?referer=from_search_result

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Experience Mindfulness:

- **Daily Calm** | 10 Minute Mindfulness Meditation | Be Present: Tamara Levitt guides this 10 minute Daily Calm mindfulness meditation to powerfully restore and re-connect with the present (Calm, 2016). <https://youtu.be/ZToicYcHI0U>
- **Daily Calm** | 10 Minute Mindfulness Meditation | Letting Go: Tamara Levitt guides this 10 minute Daily Calm mindfulness meditation on letting go (Calm, 2016). https://youtu.be/syx3a1_LeFo
- **COVID-19 NeuroArts Field Guide:** Even before the pandemic, many of us engaged in art making or art appreciation to help us feel happier and healthier. Some of us draw, sing, dance or write. Others listen to our favorite music or story to feel a sense of calm (The International Arts Mind Lab (IAM Lab), n.d.).
In response to many requests about ways the arts can help us during the pandemic, IAM Lab has created the COVID-19 NeuroArts Field Guide. It offers weekly easy-to-do art activities and simple explanations about the science behind them.
From stress and anxiety to loneliness and loss, we hope these evidence-based arts ideas help you and your family find new and joyful ways to cope and feel better during this unpredictable time (The International Arts Mind Lab (IAM Lab), n.d.).
https://www.artsandmindlab.org/covid-19-neuro-arts-field-guide/?mc_cid=2b310bd5d9&mc_eid=2159b924cc

Playlist

- **21 Day Positive Mindfulness Meditation Challenge:** Mindfulness Meditation has been shown in research to reduce anxiety, depressed mood, and even blood pressure. Additionally, it has been observed to be beneficial for improving overall quality of life. Engagement in activities that increase focus on positive thoughts and gratitude has also been shown to improve overall mood. This podcast involved 10-12 minute guided meditations with focus on positive words and visual imagery exercises (Maxwell, 2020).
<https://open.spotify.com/show/6hPI6VZJLOVLgDK88rdFNU?si=GbiiSGiERcquAMYGBc7wVw>

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- **Mindfulness & Meditation:** The Mindfulness & Meditation playlist is a mixture of calm instrumental tracks aimed to make one drift away and relax into a state of calm serenity and peaceful bliss and tranquility. Ideal to aid sleep and help the mind and soul (Clark, n.d.).

<https://open.spotify.com/playlist/43j9sAZenNQcQ5A4ITyJ82?si=DsCdBEAERS2EwAl4LULHMg>

- **Mindful Meditations:** Mindful meditations and mindfulness practices, and conversations for modern conscious living (Mindful, n.d.).

<https://open.spotify.com/show/50yOGRLSNwrA5mDO2g5gt8?si=KbM4-cuhRiuOIDvqC8eOQQ>

SOPHE Resources WEBINAR SERIES

Supporting Employee Mental Health and Well-being during COVID-19

Category- Worksite Wellness, Mental Health

<https://elearn.sophe.org/products/supporting-employee-mental-health-and-well-being-during-covid-19>

Student Athlete Well-Being: One Team, One Family, Many Branches

Category - College Health, Mental Health, Well-being

Mental Health: Disparities, Community Participatory Research, & Mindfulness

Category - Health Disparities, Mental Health

<https://elearn.sophe.org/products/mental-health-disparities-community-participatory-research-mindfulness>

Facilitating Positive Body Image During a Positive Body Image Symposium

Category - Body Image, Mental Health, Self-Awareness

<https://elearn.sophe.org/products/facilitating-positive-body-image-during-a-positive-body-image-symposium>

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Additional Resources

- **Download Daily Calm App for hundreds of free meditations**
<https://www.calm.com/daily-calm/2016-12-12?n=Maria&c=5aa2c3&u=4JtsDzSa>
- **Mindful - Meditation:** <https://www.mindful.org/category/meditation/>
- **How to Meditate:** <https://www.nytimes.com/guides/well/how-to-meditate>
- **Mental Health Month: You Are Not Alone:** <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>
- **The Science of Happiness, Health, and Wellbeing:**
<https://www.nihcm.org/categories/the-science-of-happiness-health-well-being>
- **A Step-By-Step Guide to Wellness:** check out this free downloadable wellness guide from SAMHSA on Creating a Healthier Life -
https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958?referer=from_search_result
- **More publications by SAMHSA** https://store.samhsa.gov/?search_api_fulltext=&sort_bef_combine=search_api_relevance%20DESC
- **More Mindfulness Cards:** https://www.amazon.com/Self-Compassion-Deck-50-Mindfulness-Based-Practices/dp/1683730380/ref=tmm_other_meta_binding_swatch_0?_encoding=UTF8&qid=&sr=
- **Gratitude Journaling: Gratitude Journal: A Collection of 67 Templates, Ideas, and Apps for Your Diary** <https://positivepsychology.com/gratitude-journal/>

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- **Books on Mindfulness** (To help broaden the understanding of the act of mindfulness. Some can even come in workbook format.)
<https://www.mindful.org/the-best-mindfulness-books-of-2019/>
- **7 Mindful Books to Inspire You This Spring** (more current suggestions for 2020)
<https://www.mindful.org/7-mindful-books-to-inspire-you-this-spring/>
- **Mindfulness Cards** https://www.amazon.com/Mindfulness-Cards-Simple-Practices-Everyday/dp/1452168369/ref=sr_1_6?dchild=1&keywords=Mindfulness&qid=1588279892&s=books&sr=1-6
- **Tips for Keeping a Gratitude Journal**
https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal

Thank You

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