

# The LOVE and KINDNESS *mental health* TOOLKIT



# ANXIETY

## DEFINITION:

According to the CDC, anxiety disorders are associated with intense feelings of anxiety, fear, worry, and/or panic. This can lead to difficulty completing everyday tasks.



## ANXIETY

VS

## FEAR

Anxiety is a response to a future concern and can look like overthinking and avoidance.



Fear is a response to an immediate danger, real or perceived.

## SIGNS AND SYMPTOMS:



Muscle tension



Racing Heart



Feelings of impending doom



Sweating



Breathing rapidly



Trembling



Agitation



Feelings of being out of control

## COPING SKILLS:



Journal



Go for a walk



Speak with a friend or professional



Take deep slow breaths

## STATISTICS:

According to the American Psychiatric Association:



**2%** of Adults experience Generalized Anxiety Disorder



**7%** experience Social Anxiety



**8-12%** of adults have a specific phobia.



# DEPRESSION

## DEFINITION:

Persistent feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyed, depression is diagnosed when symptoms are present for at least two consecutive weeks.

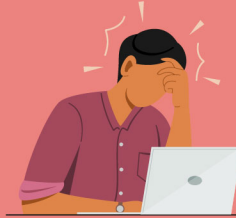
### SADNESS

VS

### DEPRESSION



Sadness is an emotion everyone experiences after a stressful or triggering event



Depression is ongoing sadness that may not have a triggering event and may interfere with daily functioning.

### SIGNS AND SYMPTOMS



Feeling sad or anxious most of the time



Feeling irritable



No longer taking enjoyment in things you used to enjoy



Change in sleeping patterns



Change in eating patterns



Trouble concentrating



Isolating yourself



Feeling hopeless /worthless

## STATISTICS:



About **8.4%** of people in the U.S. are living with Major Depressive Disorder.

People with depression are **40%** more likely to develop cardiovascular or metabolic diseases.



Suicide is the **12th** leading cause of death in the U.S.

## COPING SKILLS:



Talk with a trusted friend or professional



Stretch



State positive affirmations



Journal



Take a walk



# EFFECTS OF ANXIETY AND DEPRESSION FOR SENIORS



## STATISTICS



Approximately **15%** of adults aged 60 and over suffer from a mental disorder.



Mental and neurological disorders among older adults account for **6.6%** of the total disability (DALYs) for this age group.



Unipolar depression occurs in **7%** of the general older population and it accounts for **5.7%** of YLDs among those over 60 years old. Depression is both underdiagnosed and undertreated in primary care settings. Symptoms are often overlooked and untreated because they co-occur with other problems encountered by older adults.

## RISK FACTORS FOR ANXIETY



Side effects of medications (i.e. steroids, antidepressants, stimulants, bronchodilators / inhalers, etc)



Sleep disturbance



Chronic medical conditions (especially chronic obstructive pulmonary disease [COPD], cardiovascular disease including arrhythmias and angina, thyroid disease, and diabetes)



Physical limitations in daily activities



Excessive worry or preoccupation with physical health symptoms

## RISK FACTORS FOR DEPRESSION

Medical illness (particularly chronic health conditions associated with disability or decline)



Overall feelings of poor health, disability, or chronic pain



Any type of stressful life events (i.e. financial difficulties, new illness /disability, change in living situation, retirement or job loss, and interpersonal conflict)



A history of falling repeatedly



Medication side effects (in particular from benzodiazepines, narcotics, beta blockers, corticosteroids, and hormones)



Sleep disturbances



Progressive sensory loss (i.e. deteriorating eye sight or hearing loss)



Extended mourning due to death of a friend, family member, or other loss



Dissatisfaction with one's social network



## COPING SKILLS



Breathing exercises



Social interactions



Therapy



Physical activity/exercise



Hobbies



Eating and sleeping well



Get routine check-ups with your doctor



# POSTPARTUM



## Postpartum Anxiety

Postpartum anxiety is excessive worrying that occurs after childbirth or adoption. People with postpartum anxiety may feel consumed with worry and constantly nervous or panicked.

### Signs and Symptoms:



Feeling like you aren't bonding with your baby.



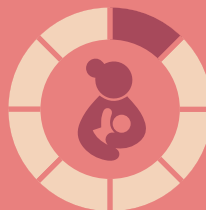
Feeling like you are worrying all day, every day.



Feeling overwhelmed with day-to-day life.

## Postpartum Depression:

a major depressive episode or, less commonly, minor depressive disorder that affects some women within **4 weeks to 6 months** after child birth.



**1 in 8**

birthing women will experience postpartum depression.

### Signs and Symptoms:



Depressed mood or severe mood swings



Withdrawing from family and friends



Feelings of worthlessness, shame, guilt, or inadequacy

## Baby Blues:

a colloquial name for the transient depressive symptoms experienced by many women during the first **10 days after giving birth**.



Most if not all new birthing parents will experience this.

# BOX BREATHING

Box breathing is a great technique to calm your breath when feeling anxious and stressed.



## INSTRUCTIONS

- Use your finger to trace the square, slowly counting to four on each side.
- During each count of four, alternate breathing in and out.

# 5-4-3-2-1

## A Grounding Exercise

### INSTRUCTIONS:

When you are feeling anxious, try grounding yourself in the present moment. You can use your 5 senses to do this. Look at 5 things, touch 4 things, listen to 3 things, smell 2 things, and taste 1 thing, and then write them down here.



### 5 Things you SEE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



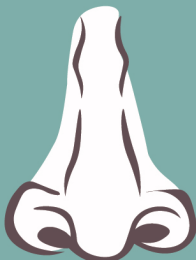
### 4 Things you TOUCH:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



### 3 Things you HEAR:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### 2 Things you SMELL:

1. \_\_\_\_\_
2. \_\_\_\_\_



### 1 Thing you TASTE:

1. \_\_\_\_\_

# Mindfulness Activities

## Love and Kindness Meditation:

May I be happy  
May I be healthy  
May I be free of suffering  
May I live in peace  
May my life be blessed with ease  
May you be happy  
May you be healthy  
May you be free of suffering  
May you live in peace  
May your life be blessed with ease

## Grounding Meditation:

**"Breathe in fully, expanding your belly and lungs, and hold your breath for a count of 7. Then release your breath with a whooshing sound, until all the oxygen is released- another count of 7. Do this at least 3 times. Upon the exhale, release any tension, thoughts, or worries that you are holding onto, cleansing your body, mind, and heart so that you are open to receive divine guidance. Visualize heaviness and tension being washed away as you practice your cleansing breaths."**

**Quoted directly from A Revolutionary Collection of Breathing Practices by Ruby Gibson.**



## Tapping EFT

### 1. Identify your challenging emotion

**2. Rank the intensity of the emotion:** On a scale of 1-10 (10 being the highest intensity), how does this emotion rank at this moment?

**3. Create an affirmation:** Establish a phrase that acknowledges the emotion, and accepts yourself notwithstanding. For example, "even though I have this [emotion or issue], I deeply and completely accept myself."

**4. Tapping Sequence:** While tapping each point in the sequence, repeating the phrase you have chosen three times.

- i. Edge of hand
- ii. Inner eyebrows
- iii. Outer edge of eyes
- iv. Below eyes
- v. Under nose
- vi. Chin
- vii. Collarbones
- viii. Under armpit
- ix. Crown of the head

**5. Retest the intensity of the original emotion:** On a scale of 1-10 (10 being the highest intensity), how does this emotion rank at this moment? Ideally, each time you follow the tapping point sequence the intensity should decrease.

You can repeat this process until the intensity reaches 0.



### The Points:

1. Edge of Hand
2. Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collarbone
8. Under Arm
9. Top of Head

Illustration by Clare Owen,  
found at <https://experiencelife.lifetime.life/article/how-to-use-tapping/>

988

NYC Well: 1-888-692-9355

Suicide Prevention Hotline:  
800-273-8255



# SELF-CARE

Self-care doesn't have to be expensive. It can be small acts throughout your day.  
Write down activities you can do within each self-care category below.

**PHYSICAL  
ACTIVITY**

**BREATHING**

**LAUGHING**

**CRYING**

**ACTS of  
KINDNESS**

**AFFECTION**

**CREATIVITY**



# DAILY

*well-being*

# PLANNER

Your Major Goal:

Idea Dump  
(to do later):

Today's 3 Major Tasks:

1.

2.

3.

Today's 3 Minor Tasks:

1.

2.

3.

# WEEKLY *well-being* GOALS

Fill your goals for this week in each of these categories:

Acts of kindness

Overarching goals

People to thank

Remember what  
you've accomplished

# YEARLY

*well-being*

# GOALS

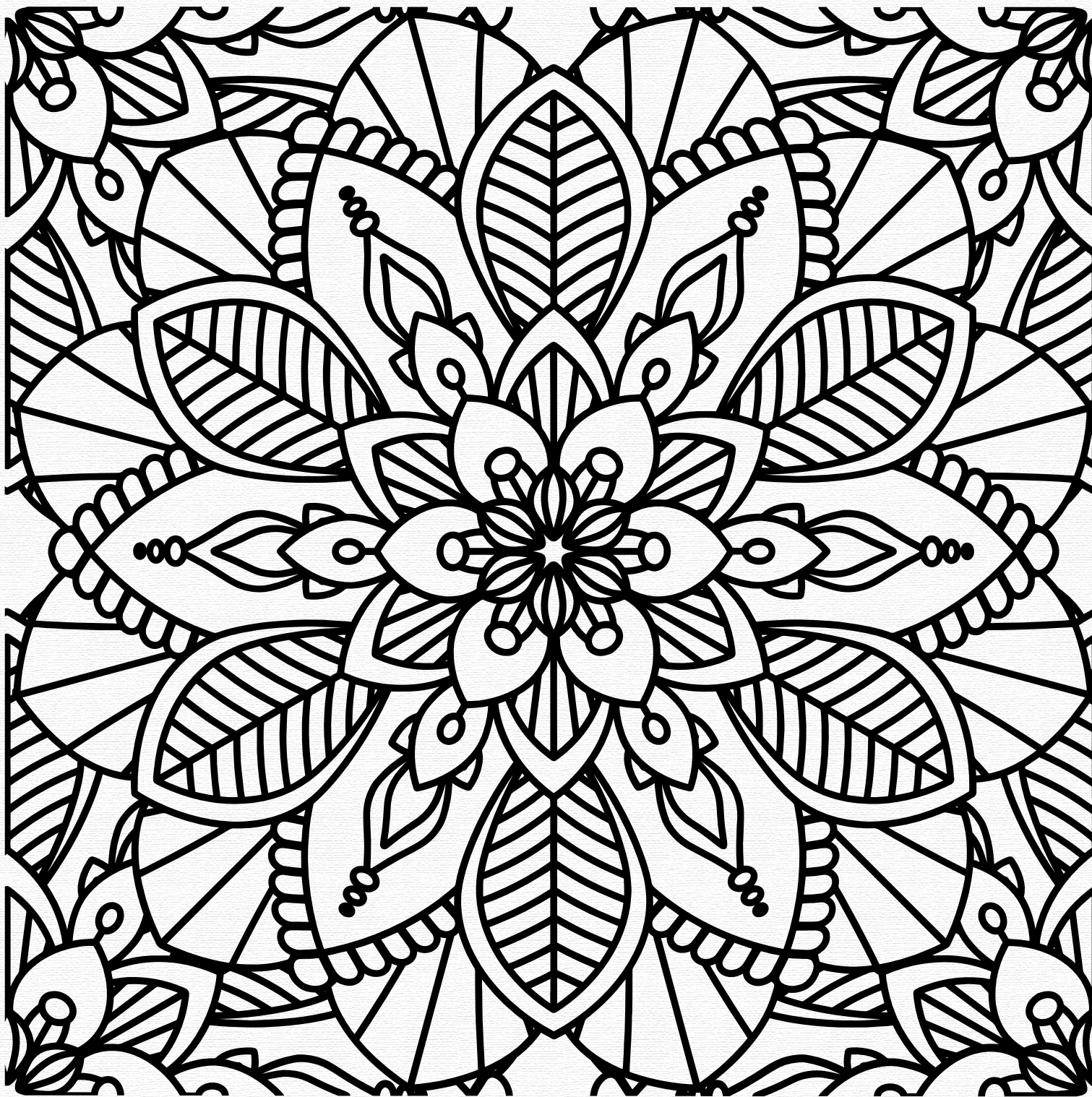
Fill in this chart to map your way toward well-being!

Start here and work backwards!

	Self-Care Goals (Activities/ Routines)	Relationship Goals (Friends & Family)	Personal Development Goals (Mental/ Emotional)	Career Goals (Toward your ideal career)	Resources to acquire (To achieve your goals)
3 Months					
6 Months					
9 Months					
1 Year					



# Mindful Moment Coloring Page





# Mindful Moment Coloring Page



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# RESOURCES

## COMPLEMENTARY ALTERNATIVE MODALITIES (CAM)

**Reiki:** a gentle, non-invasive channeling of healing energy. It is non-denominational however "Rei" means God and "Ki" means energy so there is an element of Spirituality that is inherent.

**Therapeutic touch:** similar to Reiki however it removes the spiritual component to harness the healing power of the human energy field by itself.

**Breathwork:** various methods of inhaling and exhaling to support overall health, well-being, and has been shown to improve immunity and feelings of groundedness and connectedness while reducing stress.

**Yoga:** an ancient practice that teaches how to align the body, the breath and the mind to assist in elevating consciousness and healing.

**Massage therapy:** a physical touch modality that incorporates human fascia tissue to support moving energy around the body and releasing blockages, both physical and energetic

**Acupuncture:** an ancient technique of utilizing the body's meridian lines (energetic channels within the body) to remove blockages and support the flow of energy throughout the body to promote healing.

**Chiropractic:** a physical healing modality that is used to realign the spine leading to a reduction in physical pain caused by the body accommodating for the spine being out of alignment.

# RESOURCES

## ADDITIONAL SUPPORT CRISIS HOTLINES AND HELPLINES

### 988:

Website: [988lifeline.org](https://988lifeline.org)

- 988 provides free and confidential emotional support to people in suicidal crises and emotional distress. Counselors are available 24/7.
- Call or Text 988
- 24-hour emergency response

### NYC Well:

Website: <https://nycwell.cityofnewyork.us/en/>

- Free and confidential mental health support. The hotline is available 24/7. In addition, NYC Well offers additional coping and wellness tips and information on their website.
- Call: 1-888-NYC-WELL
- Text WELL to 65173

### The Trevor Project:

Website: <https://www.thetrevorproject.org/get-help/>

- The Trevor Project provides 24/7 access to crisis counselors. They specialize in supporting Youth within the LGBTQ community. In addition, their website includes access to additional support and education.
- Call: 1-866-488-7386
- Text: START to 678-678

# RESOURCES

## ADDITIONAL SUPPORT CRISIS HOTLINES AND HELPLINES

### SafeHorizon

Website: <https://www.safehorizon.org/>

- Safe Horizon is a victim assistance organization. They work with survivors of all forms of violence to seek support and advocacy. They have additional resources and information on their website as well as a 24 Hour Hotline.
- 1-800-621-4673

### Substance Abuse and Mental Health Services Administration (SAMHSA):

Website: <https://www.samhsa.gov/find-help/national-helpline>

- A free and confidential Helpline for people facing mental health disorders or substance abuse to obtain treatment referral information.
- Call: 1-800-662-4357

### Postpartum Resource Center of New York

Website: <https://postpartumny.org/>

- The Postpartum Resource Center of NY has a Helpline dedicated to supporting postpartum parents. They provide confidential emotional support, education, and connection to mental health support.
- They accept calls every day from 9-5.
- Callers may have to leave a message and wait for a return call. This is not intended for emergency support.
- 1-855-631-0001

# RESOURCES

## ADDITIONAL SUPPORT CRISIS HOTLINES AND HELPLINES

### **LGBT National Help Center:**

Website: <https://www.lgbthotline.org/>

- The LGBT National Help Center provides peer support, information, and access to local resources. They provide connections to community as well as education and resources on their website.
- LGBT National Hotline 1-888-843-4564
- LGBT National Youth Hotline 1-800-246-7743 LGBT National Senior Hotline 888-234-7243 National Coming Out Support Hotline 888-688-5428