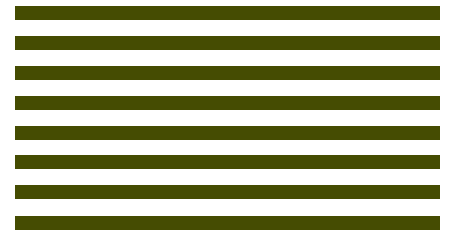


MANAGING MENTAL HEALTH: MINDFULNESS MATTERS



CREATED BY | FABIHA NISHAT & SAKINA RAHMAN | APRIL 10, 2020

GALAXY
BRAIN AND THERAPY CENTER



WHERE NEUROSCIENCE
MEETS FUNCTIONAL OUTCOMES

5840 INTERFACE DR. STE 400
ANN ARBOR, MI 48103

734-627-8001
WWW.GALAXYBRAINCENTER.COM



WORD OF THE DAY:

HEALTH

“State of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity” (WHO, 2006, p. 1).

MENTAL HEALTH 101:

Mental health is pertinent at every stage of life. It includes our emotional, psychological, and social well-being. It affects our ability to think, feel, and act.

HOW CAN ‘MINDFULNESS’ HELP ME DURING COVID-19?

Whether we like to agree to it or not, as human beings, we love the idea of certainty and normalcy. Hence, when a global pandemic changes everything we ever knew in our life, all we are left to feel is constant anxiety and stress. We don't know what lies ahead in our future and we can't control anything that is happening now. So, how do we preserve our mental health in midst of this uncertainty? How do we focus our mind to the 'here and now' instead of worrying about the unknown future?

Some of the most beneficial exercises we can use to tranquilize our mind during this crisis are mindfulness techniques. Mindfulness allows one to have full awareness of the present moment without being judgmental or rejective toward the moment. There are many different ways to practice mindfulness, and they can be done at anytime, anywhere, and while doing anything. Therefore, at Mindfulness Matters, we have handpicked some useful methods that you can use to help you manage stress and anxiety during these difficult times of COVID-19.

MINDFULNESS HELPS ADDRESS:

- Pain
- Anxiety
- Self-regulation
- Sleep
- Quality of Life

MINDFULNESS



EFFECTIVE MINDFULNESS TECHNIQUES:

01

Breathing Exercise

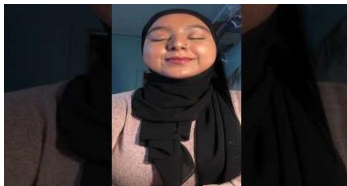


Please click the link below for an indepth demonstraion of deep breathing exercise.

<https://www.youtube.com/watch?v=sUffw7Ygz2I>

03

Visualization



Please click the link below for an indepth demonstraion of visualization exercise.

<https://www.youtube.com/watch?v=ULjWzZWaM2c>

02

Mindful Handwashing



Please click the link below to watch a demonstration of how to engage in mindful handwashing.

<https://www.youtube.com/watch?v=J34Hp6H36ek>

04

Gratitude Journal



Keeping a gratitude journal increases positivity, reduces stress, and makes you feel happier. Click the [link](#) for a sample template of a gratitude journal.

DID YOU KNOW?

According to the Mindfulness & Meditation program at Harvard University (2014):

- Studies have shown great benefits from mindfulness-based meditation against both physical and mental conditions including:
 - Stress
 - Anxiety
 - Depression
 - Pain
 - And so much more
- Participant's MRI scans demonstrated a decrease in the activation of the *amygdala* when performing mindfulness meditation vs doing everyday tasks
 - Amygdala is a structure in the brain and is best known for it's role for evoking fear responses

For more information, visit:

<https://wellness.huhs.harvard.edu/Mindfulness>

If you are feeling distressed and need further support, please refer to these resources:

- The Crisis Text Line by texting TALK to 741741
- National Suicide Prevention Lifeline at 1-800-273-TALK.

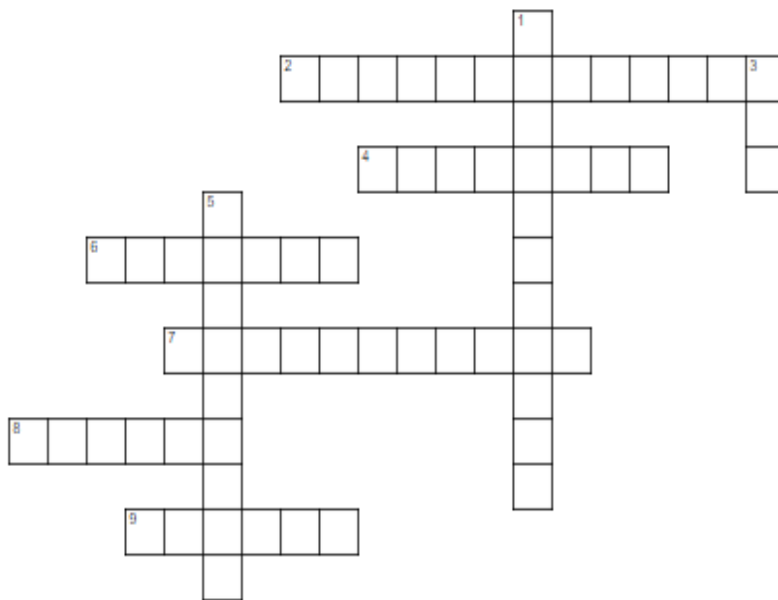
"Mindfulness is a way of befriending ourselves and our experience."

-Jon Kabat-Zinn

MIND | BODY | SOUL

A Test of Your Skill!

Managing Mental Health & Mindfulness



ACROSS

- 2 Try this technique by closing your eyes and imagining your happy place
- 4 Brain structure that is involved with experiencing emotions, especially fear
- 6 This tool helps keep track of the good things in life by writing it down
- 7 This practice can help prevent the spread of the virus
- 8 State of complete physical, mental, and social well being
- 9 This form of health includes our emotional, psychological, and social well being

DOWN

- 1 This practice is aimed to increase one's sense of being in the present without being judgmental or rejective toward the moment
- 3 We focus our minds to the 'here and --'
- 5 Mental health professionals recommend this exercise because it is the best way to lower stress in the body

Cathy Thorne © www.everyday people cartoons.com



UNLESS THE MOMENT IS UNPLEASANT, IN WHICH CASE I WILL EAT A COOKIE.



EACPHS

Created By:

Wayne State University
Master of Occupational Therapy Students