

MENTAL HEALTH RESOURCES



Immediate Crisis Support

National Suicide Prevention Lifeline

National Helpline
9-8-8 **OR**
1-800-273-8255

Text "START"
988

 suicidepreventionlifeline.org



National Domestic Violence Hotline

National Helpline
1-800-799-7233

Text "START"
88788

 <https://www.thehotline.org>



Veterans' Crisis Line

National Helpline
1-800-273-8255

Text "START"
838255

 veteranscrisisline.net



Disaster Distress Helpline

National Helpline
1-800-985-5990

 samhsa.gov/find-help/disaster-distress-helpline



Behavioral Health Provider Support

Psychology Today

National Directory for Therapists, Psychiatrists
and Psychologists

Psychology Today

 <https://www.psychologytoday.com/us>

American Psychiatric Association

National Online Locator for Psychiatrists



 <https://finder.psychiatry.org/s/>

Therapy for Black Girls

National Directory for Therapists serving the
BIPOC Community

**THERAPY for
BLACK GIRLS**

 <https://therapyforblackgirls.com>

Therapy for Black Men

National Directory for Therapists serving the
BIPOC Community



 <https://therapyforblackmen.org>

MENTAL HEALTH RESOURCES



Educational | Community-based Support

SAMHSA

Substance Abuse and Mental Health Services Administration

National Helpline
1-800-662-4357

 <https://samhsa.gov>



NAMI

National Alliance on Mental Illness

National Helpline
1-800-950-6264

Text "NAMI"
741741

 <https://nami.org>



NIMH

National Institute of Mental Health

Customer Service Contact
1-301-496-9576

 <https://nimh.nih.gov/health>



MHA

Mental Health America

Customer Service Contact
1-800-969-6642

 <https://mhanational.org>



ADAA

Anxiety and Depression Association of America

Customer Service Contact
1-301-496-9576

 <https://adaa.org>



HRSA

Health Resources & Services Administration

Customer Service Contact
1-800-969-6642

 <https://hrsa.gov>





**BUILDING
FAMILIES**
ACCORDING TO PATTERN, LLC

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Worksheets

- Self-care Assessment
 - Stress Management Tips
 - Stress Management Assessment
-

Self-Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

Physical Self-Care	1	2	3	★
Eat healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Take care of personal hygiene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Wear clothes that help me feel good about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Eat regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Participate in fun activities (e.g. walking, swimming, dancing, sports)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Get enough sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Go to preventative medical appointments (e.g. checkups, teeth cleanings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Rest when sick	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Overall physical self-care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Psychological / Emotional Self-Care	1	2	3	★
Take time off from work, school, and other obligations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Participate in hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Get away from distractions (e.g. phone, email)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Learn new things, unrelated to work or school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Express my feelings in a healthy way (e.g. talking, creating art, journaling)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Recognize my own strengths and achievements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Go on vacations or day-trips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Do something comforting (e.g. re-watch a favorite movie, take a long bath)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Find reasons to laugh	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Talk about my problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Overall psychological and emotional self-care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Social Self-Care	1	2	3	★
Spend time with people who I like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Call or write to friends and family who are far away	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Have stimulating conversations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Meet new people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Spend time alone with my romantic partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Ask others for help, when needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Do enjoyable activities with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Have intimate time with my romantic partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Keep in touch with old friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Overall social self-care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Spiritual Self-Care	1	2	3	★

Spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Meditate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Pray	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Recognize the things that give meaning to my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Act in accordance with my morals and values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Set aside time for thought and reflection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Participate in a cause that is important to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Appreciate art that is impactful to me (e.g. music, film, literature)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Overall spiritual self-care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Professional Self-Care	1	2	3	★
Improve my professional skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Say "no" to excessive new responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Take on projects that are interesting or rewarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Learn new things related to my profession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Make time to talk and build relationships with colleagues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Take breaks during work				

	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Maintain balance between my professional and personal life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Keep a comfortable workspace that allows me to be successful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Advocate for fair pay, benefits, and other needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Overall professional self-care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

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Stress Management Tips

Keep in mind that stress isn't a bad thing.

Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to *manage stress*, not to eliminate it.

Talk about your problems, even if they won't be solved.

Talking about your stressors—even if you don't solve them—releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.

Prioritize your responsibilities.

Focus on completing quick tasks first. Having too many "to-dos" can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.

Focus on the basics.

Stress can start a harmful cycle where basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

Don't put all your eggs in one basket.

People who are overinvolved in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your career, family, friendships, and personal hobbies.

Set aside time for yourself.

Personal time usually gets moved to the bottom of the list when things get hectic. However, when personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun every day, without interruptions.

Keep things in perspective.

In the heat of the moment, little problems can feel bigger than they are. Take a step back, and think about how important your stressors are in a broader context. Will they matter in a week? In a year? Writing about your stressors will help you develop a healthier perspective.

Please write any feedback or questions for your counselor about this exercise.

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Stress Management

Stress: an emotional and physical response to demanding situations, including symptoms that may include worry, a feeling of being overwhelmed, increased heart rate, headaches, sleep difficulties, procrastination, and more.

Describe your largest source of stress, in detail.

Briefly list two other stressors you are experiencing.

Check off any symptoms you have experienced in response to stress.

- Anger/Frustration
- Anxiety
- Decreased Sex Drive
- Drug or Alcohol Use
- Fatigue
- Headaches
- Indigestion

- Muscle Tension
- Nail Biting
- Over or Under-eating
- Procrastination
- Sleep Difficulties
- Social Withdrawal
- Teeth Grinding
- Worry
- Other

i Contrary to popular belief, not all stress is bad. The stress response is a powerful tool used by your body to increase the odds of overcoming obstacles. It's when stress becomes too intense, or lasts for too long, that it becomes problematic.

The negative effects of stress can be reduced with the use of social support, emotional management skills, maintaining a healthy life balance, and attending to basic needs. We'll explore each of these strategies below.

Social Support

Even when your social support cannot solve a problem, just talking can sometimes be enough. When we talk about our problems, hormones are released inside our brains that ease the undesirable symptoms of stress.

List three people who you can turn to for support.

Name:	How they can help:
<input data-bbox="168 1346 657 1413" type="text"/>	<input data-bbox="699 1310 1461 1449" type="text"/>
<input data-bbox="168 1518 657 1585" type="text"/>	<input data-bbox="699 1482 1461 1621" type="text"/>
<input data-bbox="168 1688 657 1755" type="text"/>	<input data-bbox="699 1652 1461 1791" type="text"/>

How can you use social support to ease one of your current stressors?

Emotional Management

Stress can trigger many emotions such as anxiety, self-doubt, and anger. When these feelings are ignored, they can exacerbate the original stressor. Remember, emotional management isn't about eliminating emotions—it's about dealing with them in a healthy way.

When faced with unpleasant emotions, do you have any habits or tendencies that *worsen* the situation?

List two ways that you have successfully handled unpleasant emotions in the past.

Life Balance

Stress can be especially destructive if your life is heavily focused on one area. For example, a person who is only focused on a relationship will struggle if their relationship becomes rocky.

Rate each of the following life areas from 1 to 5. A "1" means that you devote little attention to this part of your life, while a "5" means that you devote a high amount of attention to this area.

Career

Family

Fun / Recreation

Spirituality

Socializing

Intimate Relationship

Education

Other

Based upon your ratings, are there any areas where you would like to devote more attention?

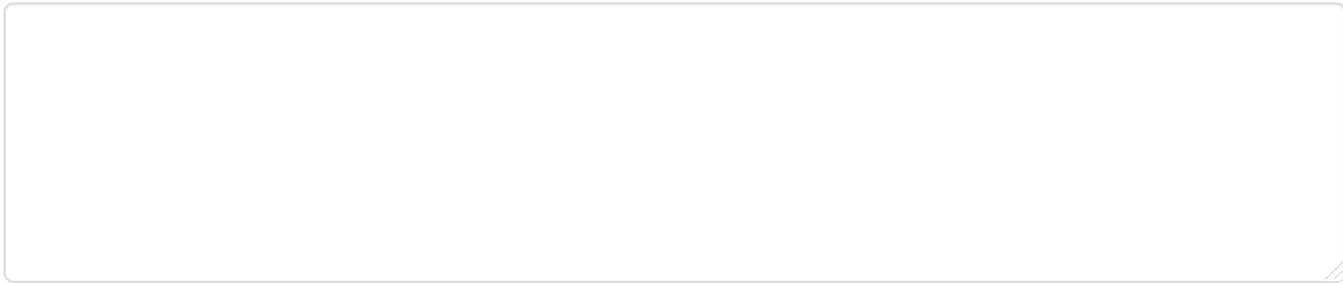
Basic Needs

During periods of high stress, many people take shortcuts when it comes to their basic needs. Examples include sleep, a healthy diet, exercise, and other forms of self-care. When basic needs are neglected, health and mental well-being deteriorate, which contributes to additional stress.

Check off any basic needs that you tend to neglect during periods of high stress.

- Sleep
- Healthy Diet
- Exercise
- Medical Adherence (medications, appointments, etc)
- Personal Hygiene
- Social / Love Needs
- Managing Addictions
- Other

Describe the steps you can take to protect your basic needs during periods of high stress.



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