

# Mental Health & Mindfulness

*Lesley Ramirez, OTS*





# IceBreaker: Would you Rather?

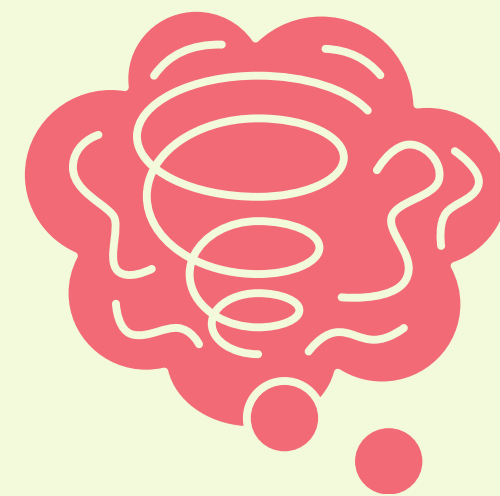


# What is Mental Health?





**What do you do to manage your mental health?**



**Do you think it's effective?**



# Mindfulness

## What is it?

“Mindfulness is awareness of one’s internal states and surroundings.

Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.”

American Psychological Association. (n.d.). Mindfulness.  
<https://www.apa.org/topics/mindfulness>

# Activity #1: Inspirational Rocks



# Rock Painting



- **Choose a word that describes a worry/stress you've been feeling.**
- **Write it on one side of your rock.**
  - examples: overwhelmed, stressed, sad, angry, lonely
- **On the other side, write a positive word or quote that counters the word on the back**
  - examples: hopeful, happy, relax, excited
- **Draw, paint, and color your rock how you please!**
- **Place it in a location where you can see it daily and be reminded to keep pushing forward.**





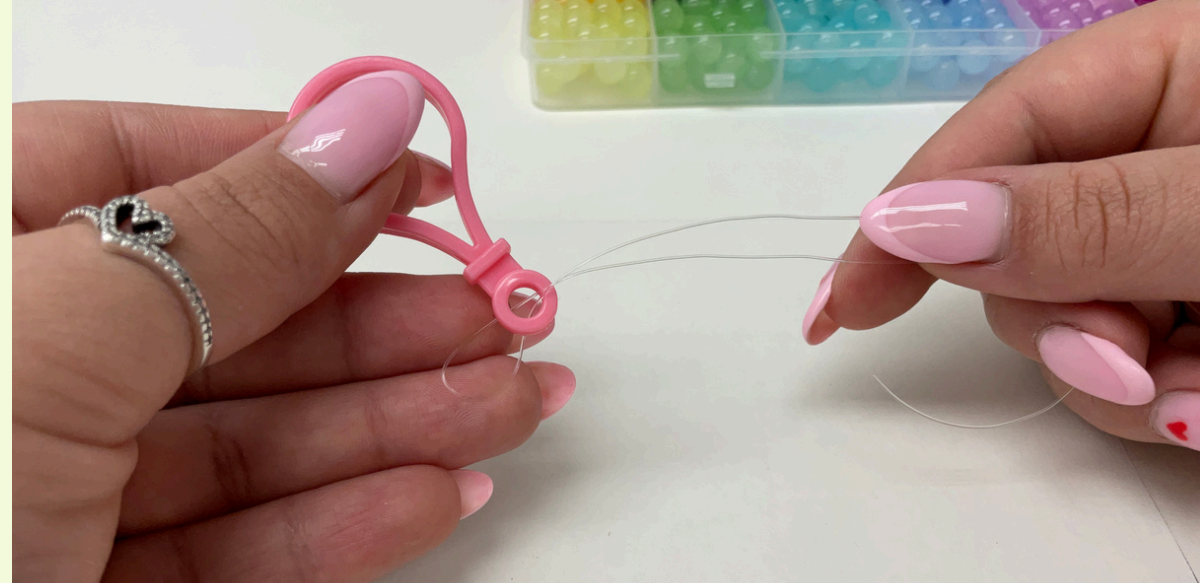
# Activity #2: Breathing Beads





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**Step 2: Attach the string to the keychain.**



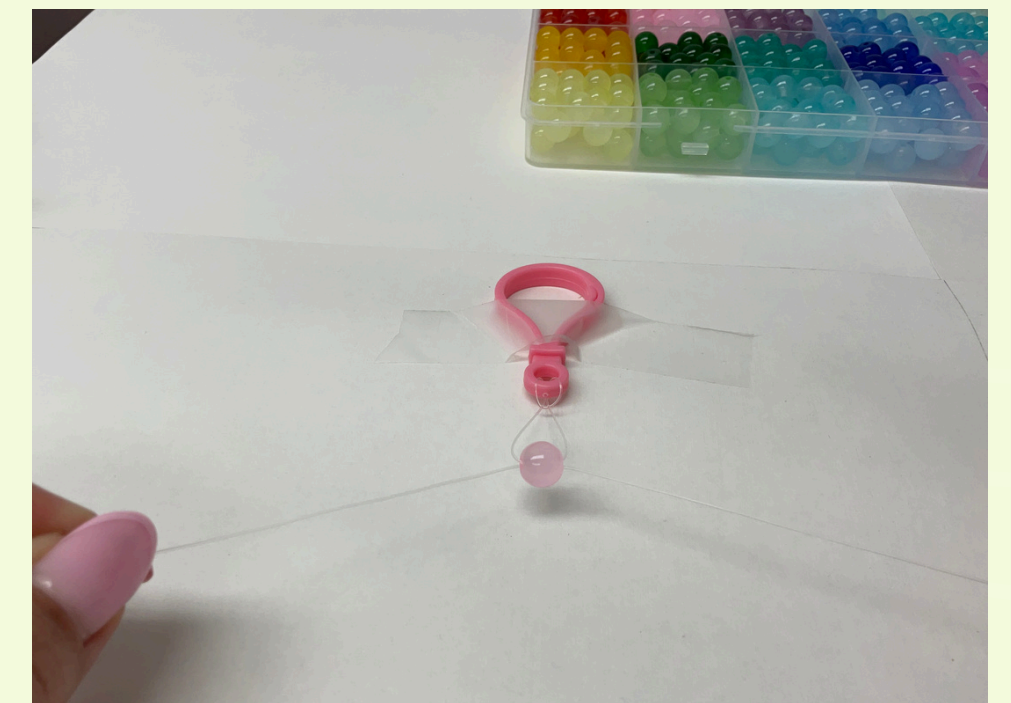
**Step 3: Add the first bead.**



**Step 4: Add the bead to the opposite string.**



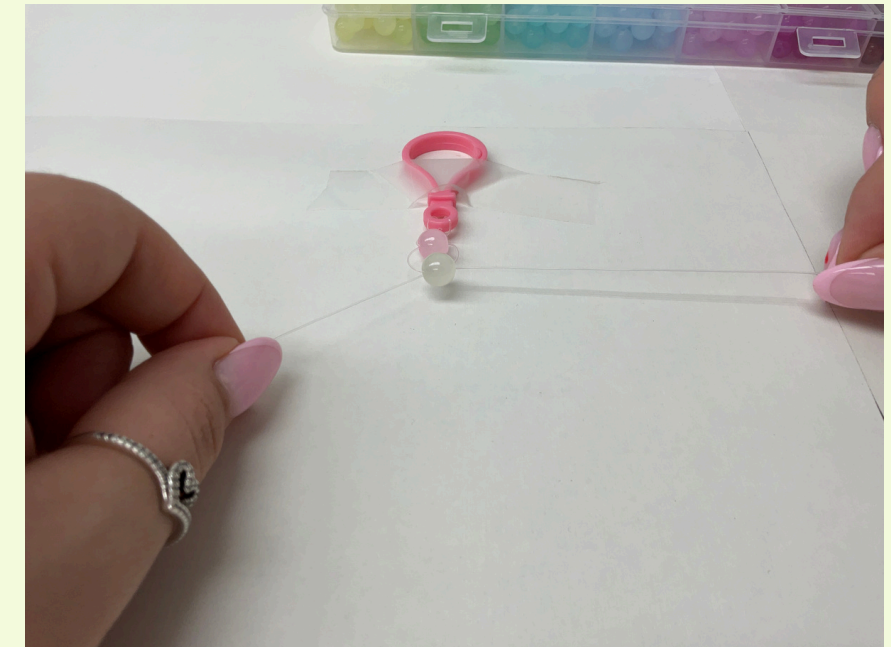
**Step 5: Pull the 2 strings apart.**



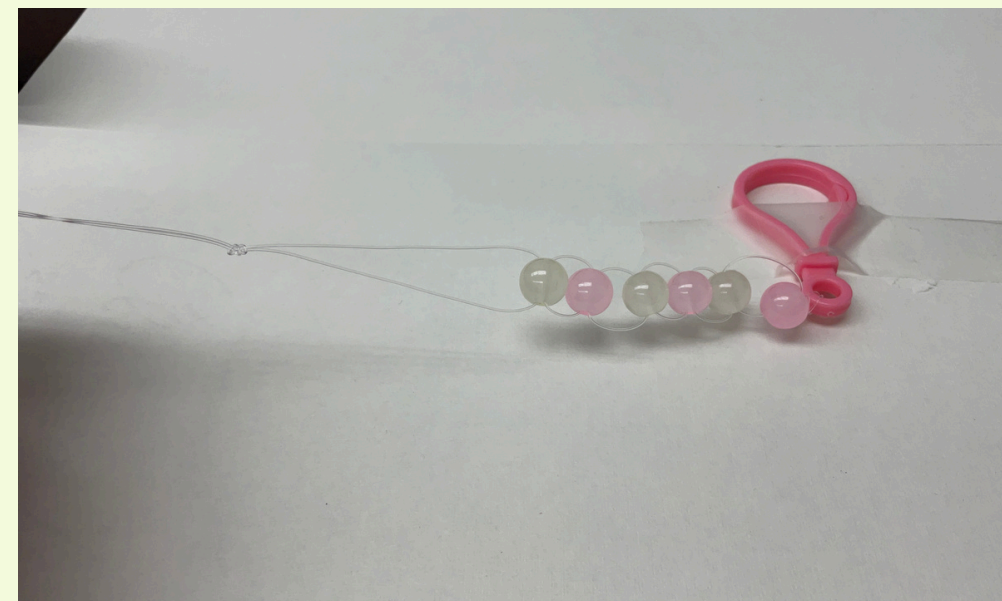
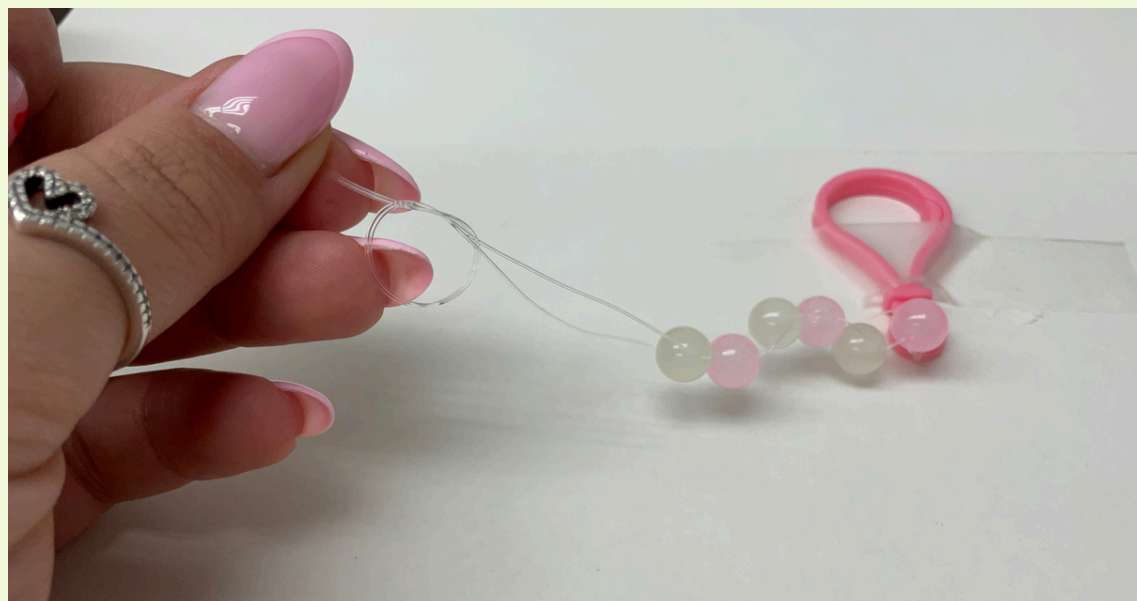
# Activity #2: Breathing Beads



**Step 6: repeat steps 3-5 until you have 6-8 beads.**





**Step 7: Tie a knot at the end with enough space to move beads.**





# Activity #2: Breathing Beads

## **Step 8: Practice mindful breathing.**

- Hold your breathing beads in one hand and use your thumb and forefinger to move the beads one at a time.
  - Inhale slowly through your nose as you move the first bead, and exhale through your mouth as you move the next bead. Continue this process while focusing on your breath and the movement of the beads. Repeat as needed to calm your mind and body.
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# Activity #3: Gratitude Jar

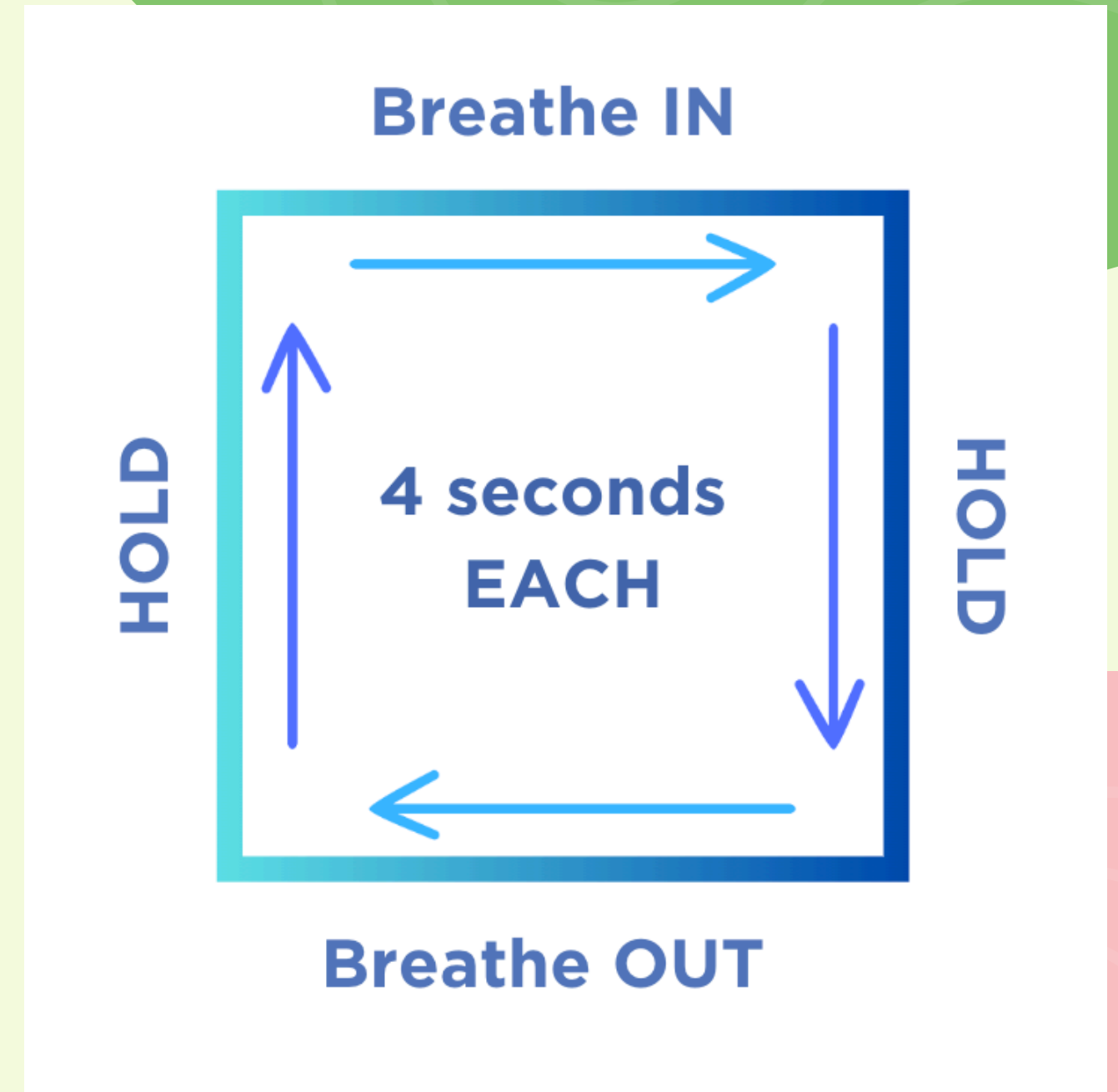
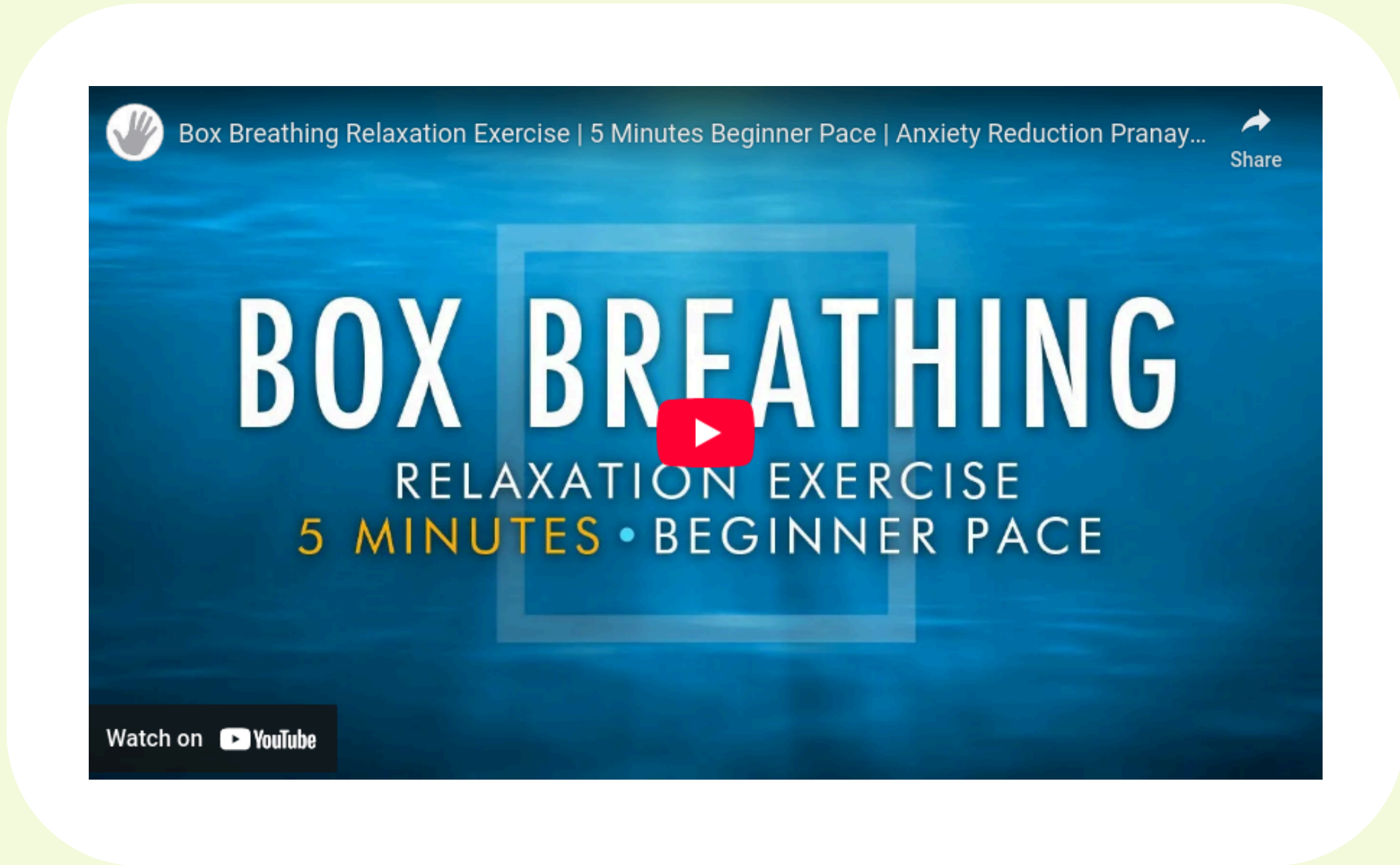


# Activity #3: Gratitude Jar



- Using the provided handout or a piece of paper, write down 5-10 things you are grateful for. These can be things, people, memories, anything you are thankful for!
- Cut them out and fold them into smaller sizes and place in your jar.
- Place the jar in a visible place in your home.
- Retrieve a piece of paper when you need a reminder of reasons to be grateful for.

# Closing Activity





# THANK YOU!

**THANK YOU FOR PARTICIPATING IN  
THIS SESSION.**

**TAKE CARE OF YOURSELF AND MAKE  
MENTAL HEALTH A PRIORITY.**

**[Iramirez44@twu.edu](mailto:Iramirez44@twu.edu)**