

NAME: _____ DATE: _____

"THE SELF CARE CAR"

by Sarah Tierney, LCPC, Sarah Tierney Counseling

Holistic mental health treatment involves caring for multiple parts of the self, not just our mind. Like a car needs all four tires to run, we need all four parts of the self to be full and functioning, so we can "get from A to B" in life.



*What fills these four tires for YOU?
What is one action step you can take in each category (what TIME/DATE will you take it)?*

PHYSICAL HEALTH

- *GOOD SLEEP
- *SUNLIGHT
- *WATER
- *NUTRITION
- *MOVEMENT
- *HYGIENE
- *BREATHWORK OR GROUNDING EXERCISES
- *REDUCED PHONE USE
- *CHECK IN WITH PROS: DOCTORS, DENTISTS, THERAPISTS, ETC.

RELATIONAL HEALTH

- *WHO SUPPORTS ME AND GIVES ME:
QUALITY TIME...
SHARED INTERESTS...
ENCOURAGEMENT...
LAUGHTER AND FUN...
HELPING HAND...
TOUCH OR AFFECTION...
- WHO ARE THE GOOD PEOPLE WHO PUT AIR IN MY TIRES?

MENTAL HEALTH

- *JOURNALING
- *MENTAL HEALTH APPS
- *GRATITUDE LIST
- *MENTAL HEALTH MUSIC PLAYLIST
- *AFFIRMATIONS
- *INSPIRATIONAL QUOTES OR VERSES
- *MEDITATIONS
- *BOOKS/PODCASTS

SPIRITUAL HEALTH (PURPOSE)

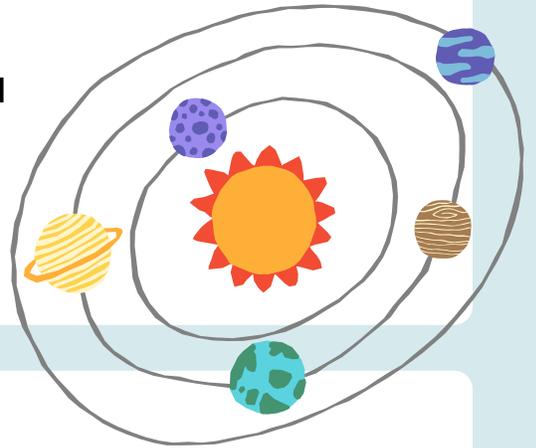
- *MENTORING
- *ACTIVISM
- *FAMILY CULTURE AND HISTORY
- *NATURE: HIKING, GARDENING, ETC.
- *SPIRITUAL PRACTICES
- *COMMUNITY SERVICE
- *LEARNING
- *SPORTS OR HOBBIES
- *MUSIC OR ART

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"THE SOCIAL SOLAR SYSTEM"

by Sarah Tierney, LCPC, Sarah Tierney Counseling

A support system is very important to your mental health. Use the idea of a solar system to draw out your relationships below. You are the sun in the middle and the people who are most safe, close, and trustworthy will orbit closer...while the people who are less safe will orbit farther away. Get creative: use shooting stars, black holes, planets, asteroid belts, different colors, etc. to express relationships.



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"THE PUZZLE BRAIN"

by Sarah Tierney, LCPC, Sarah Tierney Counseling

Divide up the mind below into different size puzzle pieces to represent what takes up space in your brain right now: BIG pieces for things that take up a lot of brain space or feel extra heavy...and smaller pieces for things that don't take up quite as much space and feel lighter. On the mouth, write down at least two people you could go talk to about the bigger stuff.



Connect with Sarah Tierney @sarahlewththerapy on Instagram!

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"BE A GOOD FRIEND"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



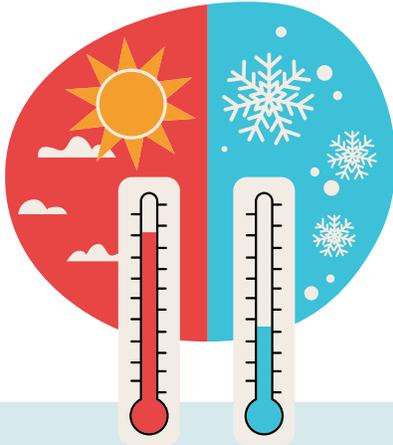
In the blue space around the person, write words that describe qualities you want in a great friend. (Think of someone you admire as a friend for inspiration.) Then, in the yellow part, write words that represent friendship qualities you would like to develop in yourself. Last, in the red heart, write down one thing you want to work on this week, to be a good friend.



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"TAKE YOUR TEMP"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Good mental health is not about having happy feelings all the time. Some bad days are normal. But what can you do to help regulate your feelings? In fight/flight mode, we might feel anxious, angry, or overwhelmed, with big energy. But in freeze mode we feel numb, dissociated, depressed, with low energy. Circle the things that might help you cope in those situations.

HYPER-AROUSAL: FIGHT/FLIGHT

CALM, MELLOW MUSIC

TAKE A SHOWER

VIGOROUS MOVEMENT

GENTLE PRESSURE: WEIGHTED BLANKET OR GIVE SELF A HUG

LONG EXHALES OR YAWNING

DIM THE LIGHTS

SET A TIMER FOR 20 MIN: TRY "GROUNDING" OR "TAPPING" OR BREATHING EXERCISES

LAVENDER/VANILLA SCENT

HYPO-AROUSAL: FREEZE MODE

POWERFUL, ENERGETIC MUSIC

EAT A SNACK

MOVE: DANCE, SHAKE, JUMP (RAISE YOUR HEART RATE)

STAND UP AND EXPAND

TAP INTO A PASSION

LIGHTS ON

GARGLE, SING, HUM, LAUGH

CITRUS/PEPPERMINT SCENT

TALK OR WRITE IT OUT



"SMART ABOUT SMARTPHONES"

by Sarah Tierney, LCPC, Sarah Tierney Counseling

We know that smartphones impact our mental health in many ways. There are dangers such as: dopamine addiction, eye/neck strain, sleep interference, reduced attention span, more sedentary lifestyle, and the many pitfalls of social media. Try to think of three negative ways your phone is hurting or addicting you...and three positive ways your phone could actually help your mental health. Then circle or write an action step.



NEGATIVE...

POSITIVE...

CIRCLE ACTION STEPS:

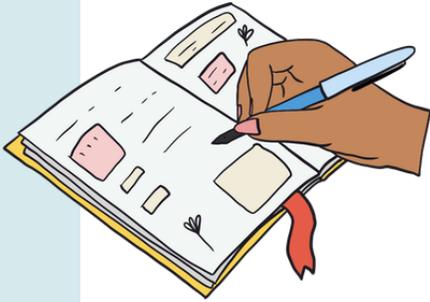
- *TRY GRAYSCALE MODE
- *TRY OUT NEW MENTAL HEALTH APPS OR GRATITUDE JOURNAL
- *CURATE MY ALGORITHM TO CREATE A MORE POSITIVE SPACE
- *UNFOLLOW TRIGGERING ACCOUNTS OR PLATFORMS
- *TURN OFF THE "LIKES"
- *SET TIME LIMITS FOR GAMING OR OTHER APPS (OR DELETE)
- *BUY AN ALARM CLOCK (KEEP THE PHONE OUT OF MY BEDROOM)
- *WRITE YOUR OWN:



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"GRATITUDE JOURNAL"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Gratitude journaling is a powerful, evidence-based mental health practice. On the left hand side, list out things you're grateful for. Try to be specific and use your five senses as much as you can to describe: "I love how the mug of tea feels warm in my hands every morning." On the right hand side, list out ways you were involved in having these good experiences: "I made my favorite mug in Art class."

THINGS I'M GRATEFUL FOR...

THE WAYS I CONTRIBUTED...



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"MENTAL HEALTH PLAYLIST"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Music is a powerful tool to help us manage our mental health. Make **TWO** mental health playlists for yourself. Write down songs that help you calm down: these songs should feel sleepy and soothing. Write down others that lift your mood and energy levels: these songs should automatically make you want to move your body. Keep lyrics positive if possible!



CHILL SONGS



UPBEAT SONGS

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"WHO AM I?"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Figuring out who you are is a critical part of this life stage called "Identity Development." The first column is all about who you are **NOW**: list out your likes and dislikes, jot down a few words that describe you, and add any activities or hobbies you love doing. Then in the second column, write three words that describe who you used to be and three words that describe who you might become. Our identities are always growing and changing!

WHO I AM RIGHT NOW:

WHO I USED TO BE:

WHO I MIGHT BE:



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"SPIRITUAL HEALTH"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Spirituality does not refer only to your religious beliefs or your worldview. Spirituality is a word that means you are connecting to something bigger than yourself. If you don't like this word, another option could be "purpose" or "meaning." Purpose, meaning, and/or spiritual connectedness are deeply important to our mental health and overall well-being. Circle ways that help you feel connected to something bigger than just you.

WAYS I MIGHT CONNECT:

- *MENTORING
- *VOLUNTEERING
- *ACTIVISM
- *MY FAMILY'S CULTURE OR HISTORY
- *GETTING INTO NATURE: HIKING, GARDENING, ETC.
- *SPIRITUAL OR RELIGIOUS PRACTICES, LIKE PRAYER
- *TIME WITH FRIENDS
- *COMMUNITY INVOLVEMENT
- *LEARNING
- *SPORTS OR HOBBIES
- *MUSIC, BOOKS, OR ART

ONE TIME WHEN I FELT CONNECTED TO SOMETHING BIGGER WAS:



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"BE KIND ONLINE"

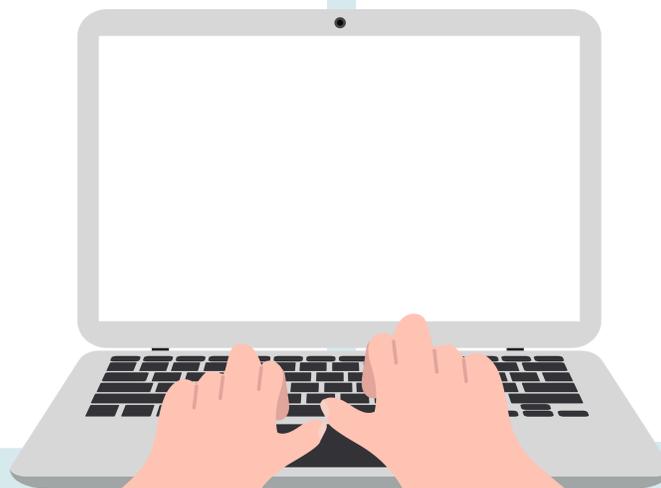
by Sarah Tierney, LCPC, Sarah Tierney Counseling



It can be too easy to bully others online, especially since we can hide behind our computer screens and don't see how much harm we cause with our words. Write down at least three ways that you have witnessed people being mean and uncool to others online (no names please). Write down at least three ways that you have witnessed people being kind and cool to others online.

ONLINE UNCOOLNESS:

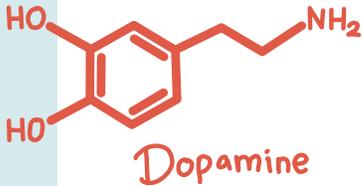
ONLINE COOLNESS:



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"DOPAMINE ROLLERCOASTER"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Dopamine helps us seek out pleasurable experiences to survive: eating food, connecting with other humans, being outside in the sunshine, etc. These things tend to “drip” dopamine into our brains in normal amounts. But highly stimulating things tend to “dump” dopamine into our brains in potentially harmful amounts and can create a rollercoaster of addiction. Circle one item you want to limit from column 1 and one you want to focus on from column 2!

THESE THINGS TEND TO DUMP DOPAMINE:

- *ONLINE GAMBLING
- *SHOPPING BINGES
- *"BINGE-WORTHY" TV
- *SCARY/GRAPHIC MOVIES
- *VIDEO GAMING
- *JUICY GOSSIP/REALITY TV
- *HIGH ADRENALINE SPORTS
- *SCROLLING/REELS
- *PORNOGRAPHY
- *LIMERENT OR "SNAPCHAT" RELATIONSHIPS
- *OTHER:

THESE THINGS TEND TO DRIP DOPAMINE:

- *EXERCISE OR YOGA
- *TALKING WITH FRIENDS
- *GOING ON A WALK
- *GARDENING
- *CREATING ART
- *HUGS AND SNUGGLES
- *MASSAGE
- *COOKING FOOD
- *PLAYING WITH A PET
- *MUSIC OR DANCE
- *PLANNING TRAVEL
- *OTHER:



"BODY AFFIRMATIONS"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Body image struggles are real and eating disorders can be deadly. Though these disorders are often recognized by their physical symptoms, some of the most harmful aspects of these conditions take place in the mind. Instead of repeating negative thoughts to yourself, which become ingrained and intrusive over time, choose to repeat affirmations instead. Body-positive or body-neutral affirmations can counteract hateful self talk.

BODY AFFIRMATIONS:

1. MY BODY IS THE LEAST INTERESTING THING ABOUT ME.
2. MY BODY HOLDS ME UP, WORKS HARD, AND CARES FOR ME EVERY DAY. I AM SO THANKFUL FOR MY BODY.
3. EVEN IF I DON'T LOVE EVERY SINGLE PART OF MY BODY, IT STILL DESERVES KINDNESS, REGARDLESS OF HOW IT LOOKS.
4. I CHOOSE TO NOURISH MY BODY. EATING IS AN ACT OF CARE.
5. PEOPLE OF ALL SIZES OR SHAPES DESERVE RESPECT.
6. MY BODY SHAPE OR SIZE IS NOT MY WHOLE IDENTITY.
7. HOW I FEEL INSIDE IS MORE IMPORTANT THAN HOW I LOOK.
8. MY BODY ALLOWS ME TO EXPERIENCE LIFE. I AM GRATEFUL FOR WHAT MY BODY IS CAPABLE OF DOING.

WRITE ONE AFFIRMATION HERE:

WRITE ONE WAY TO SHOW LOVE TO YOUR BODY:



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"BUILDING MY HOUSE"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Draw a diagram of a house in the space below and label the following parts of you:

WALLS: write names of people who support you

CHIMNEY/SMOKE: write ways you blow off steam and coping skills you use in stressful times

WINDOWS: write what you show to the world

DOOR: write what you keep locked up inside

FOUNDATION: write your most important values

ROOF: write down anything that helps you feel safe and sheltered during the storms of life

NAME: _____ DATE: _____

"FUTURE SELF"

by Sarah Tierney, LCPC, Sarah Tierney Counseling

If you had a magic wand and you could make your future look like anything you wanted...what would you choose? How would you spend your time? What kind of morning, afternoon, and evenings would you have? What would you do to financially support yourself? What would your relationships look like? How would you dress? Where would you live? How would you feel about yourself? Write it aaaaaall out...then write one action step you could take to move you a little closer towards the future you want.

**ONE ACTION STEP I CAN TAKE,
WITH TIME AND DATE:**



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"LET'S TALK ABOUT TRAUMA"

by Sarah Tierney, LCPC, Sarah Tierney Counseling

Trauma is sadly very common. We experience trauma when a highly distressing event overwhelms our ability to cope and leaves a lasting adverse impact on our well-being. Circle any items which apply to you:

Common symptoms after traumatic event might include:

- intrusive thoughts, flashbacks, and/or nightmares
- avoiding things that remind you of the trauma (people, places, objects)
- hypervigilance (hyper-awareness of danger)
- being easily startled or "jumpy"
- being emotionally activated by triggers that remind you of the trauma
- changes in how you see yourself, such as believing you are "bad" or "alone in the world" or feeling excess guilt or shame
- feeling overwhelmed easily or struggling to control your emotions

Traumatic stress can show up in your physical health, too. Body-based somatic symptoms can include (but are not limited to):

- chronic pain
- sleep problems
- chest pain
- headaches
- stomach pain

If you are struggling with symptoms of trauma or having any thoughts of hurting yourself or others, please do not hesitate to reach out to someone today to get help. Getting help is what strong, resilient people do. You can heal! Trauma is treatable! *If you are in crisis or feel like hurting yourself or others: call the suicide hotline at 988 or text HOME to 741741 to talk to a real human being any time day or night for FREE!*



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"SELF CARE BINGO"

by Sarah Tierney, LCPC, Sarah Tierney Counseling



Bingo!

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH MY FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MOVED MY BODY	MEDITATION OR DEEP BREATHING	ATE FOOD	PLAYED WITH A PET	SPENT TIME ON A HOBBY
MADE PROGRESS ON A GOAL	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	USED A COPING SKILL	POSITIVE AFFIRMATIONS	GOT STUFF DONE
TOOK A MENTAL HEALTH BREAK	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	BRUSHED MY TEETH

zzz

