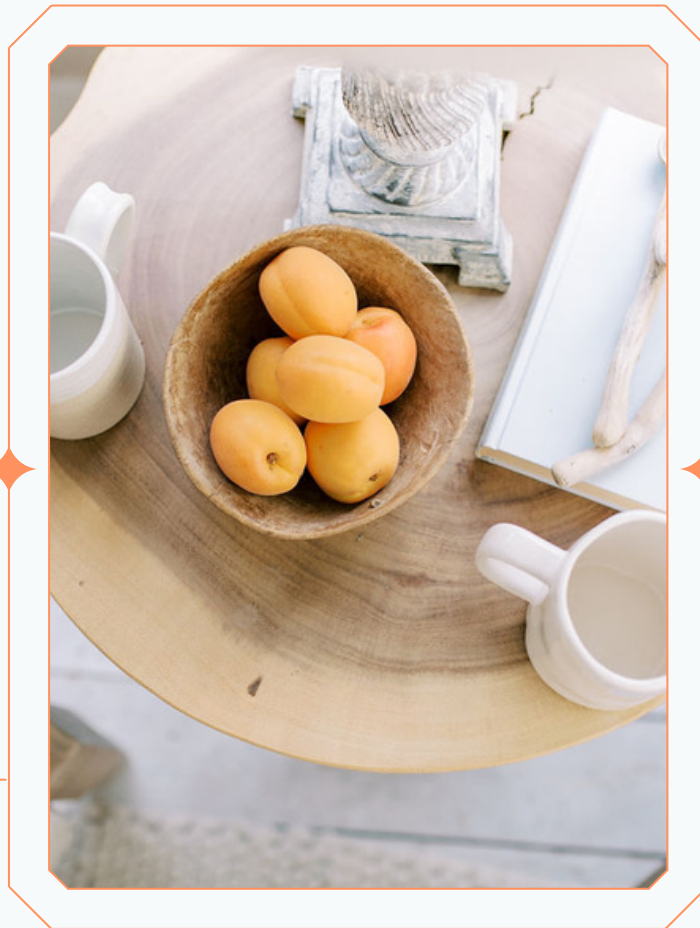


NURTURING YOUR MENTAL HEALTH

An E-book from The Cove

www.thecovetherapy.ca



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THE WELCOME



Hello and welcome! We're glad you're here. The following pages are a guide for nurturing your mental health. What might feel nurturing to you might not be nurturing to another, so take what speaks to you and skip what doesn't resonate.

We recommend moving through this e-book in order, as each page leads to the next page. You are welcome to take pause or a break at any time.

Please note that this resource is not a replacement for professional mental health services. Please seek the support you need/require for your mental health.



The Cove Therapy is in-person and virtual therapy centre located in Hamilton, Ontario.

THE LANDING



It can be very difficult to turn our attention inward, when the external conditions feel overwhelming or uncomfortable. Let's take a few moments to get set-up and centred.

Take a moment to notice your physical surroundings. If you'd like to take a moment to tidy the area directly in front of you, do that now.

If you consider your physical comfort, is there anything you can do to be more comfortable in this moment? A different chair or a cushion beneath you? Comfier pants? Tend to this now.

If you'd like to take a moment to refill your glass of water, make yourself a warm beverage or snack, or use the washroom do that now.

Are you as comfortable as you can be in this moment? If no, take a few more moments to care for your physical comfort. If yes, continue to the next exercise.

THE QUESTIONS

Q1 In what ways do you already nurture your mental health? (If this is challenging to answer, consider what may have been helpful to you in the past, OR what you see other people do that inspires you)

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What are your favourite ways to rest? (This is a judgement free zone!)

Q2

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Q3 For you, what connection have you noticed between mental wellness and rest?

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THE CALM PLACE

The use of visualization can be an incredibly powerful tool for nurturing our mental health. In this exercise, we consider and then describe a place (real or imagined) that evokes feelings of calm for us. In times of stress and overwhelm, we can call on our Calm Place as a way to “shift our state” from feelings of stress, anxiety, tension, or overwhelm. Calling on your calm place can shift you towards feeling more calm or relaxed. And the more we practice using the Calm Place, the more effective it can be!



CREATING YOUR CALM PLACE

Practice Exercise

Take a moment to think of a place that brings feelings of calm or relaxation. What do you see when you look around this place? Is anybody or anything there with you?

What sounds can you hear?

What can you feel - against your skin, in your hands, beneath your feet...?

As you breathe, you might begin to notice a smell...

Perhaps there's a taste...

Begin to feel aware of how you feel in this place. What emotions come up?

What sensations do you feel in your body while you're in this place?

If you can, settle on one word that can represent this place. Know that this word can bring you back to this place, anytime you would like.

Spend as much time as you'd like in your Calm Place, and when you're ready, bring yourself back. Take note of the physical space around you. Take a few moments to move your body in any way, and to maybe have a sip of water. Take care to allow yourself a few minutes to return to your space around you.



Congratulations on creating a Calm Place for yourself! Use the space below to take note of the word that represents your Calm Place, and any other important details.

Note: Sometimes in this exercise, your Calm Place can be disrupted by an upsetting memory, person, or emotion. If this happens, please take care of yourself and reach out for the support that you need. Know that as long as it feels emotionally safe, you can always try again until you land on a place that feels just right for you.

GROUNDING

5 4 3 2 1

After spending time inward, whether it's a visualization or a meditation, it's important to reconnect to the environment around you. This next exercise is a quick and easy way to re-connect to the present moment through your five senses. This exercise can also be used to ground during periods of high anxiety or panic. Let's try it!

- 5 LOOK AROUND YOU NOW, AND NAME 5 THINGS YOU CAN SEE
- 4 TOUCH 4 DIFFERENT TEXTURES
- 3 ALLOW YOURSELF TO NOTICE 3 SOUNDS
- 2 BE CURIOUS IF YOU CAN NOTICE 2 SCENTS
- 1 NOTICE 1 TASTE, OR ALLOW YOURSELF TO IMAGINE YOUR FAVOURITE TASTE

Check in with yourself: How do you feel now?

THANK YOU



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*You can do everything right
for your mental health, and
still struggle..*

It's okay to need more support.

At The Cove, we are passionate about mental health . If you have questions, comments, or if you'd like to work with us, we'd love to hear from you! You can reach us at hello@thecovetherapy.ca