

Here's a comprehensive **Mental Health Support Kit** inspired by the blog that was shared. This kit includes:

1. **A Mental Health Awareness & Check-In Checklist**
 2. **A Grounding and Reframing Exercise**
 3. **Daily/Weekly Practices for Emotional Wellness**
 4. **Supportive Resources (Free + Paid)**
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1. Mental Health Awareness & Check-In Checklist

This checklist is designed to help individuals pause, assess their inner state, and identify areas where they might need support or adjustment.

Mental & Emotional Check-In

- Have I slept at least 6–8 hours in the last 24 hours?
- Am I feeling overwhelmed or anxious without a clear cause?
- Do I feel like my emotions are “too much” or “not enough”?
- Have I laughed, cried, or connected with someone in the past 48 hours?
- Have I been isolating or avoiding things that once brought me joy?
- Am I holding myself to unrealistic standards or shaming myself for needing rest?

Spiritual & Soul Awareness

- Have I grounded myself today (in nature, in silence, in breath)?
- Do I feel like I'm ‘performing’ wellness instead of experiencing it?
- Have I listened to my intuition or inner knowing recently?

- Am I allowing myself to feel and process, or pushing emotions down?

Support System & Environment

- Have I reached out to someone I trust this week?
- Do I feel safe in my current environment (physically and emotionally)?
- Am I comparing myself to others' highlight reels (social media, etc.)?
- Do I need help, but feel afraid or ashamed to ask for it?

Compassionate Reminder: It is *not weakness* to be aware of your emotional needs. It is strength.

2. Grounding & Reframing Exercise

"From Chaos to Clarity"

This is a **5-step self-guided writing and awareness exercise** for moments of mental fog, sadness, or overwhelm.

Step 1: Breathe (2 minutes)

Sit or lie down. Take **five deep breaths**. Inhale through your nose for 4 seconds, hold for 4, exhale for 6. Let your body settle.

Step 2: Name the Feeling

Write down the answer to:

- "What am I feeling right now?"
- "Where do I feel it in my body?"

Step 3: Ask the Deeper Question

- “What does this feeling need from me?”
- “Am I afraid of something beneath the surface?”

Let yourself write freely for 2–5 minutes. No judgment.

Step 4: Reframe

Choose **one sentence** to reclaim your truth:

“I am allowed to feel this and still be healing.”

“This is a moment, not the whole story.”

“My spirit is not broken. It is resting.”

“I am not behind. I am real.”

Write your chosen sentence **three times** slowly.

Step 5: Anchor

Now do **one simple thing** to anchor your nervous system:

- Step outside barefoot
- Hold a warm cup of tea
- Wrap yourself in a blanket and hum softly
- Touch something natural (tree, plant, stone)



3. Daily/Weekly Practices for Emotional Wellness

Daily:

- 🌞 Morning: Sit in stillness (5 min), speak aloud a mantra:

“I meet myself with compassion before the world meets me with judgment.”

- 💧 Hydration goal: Drink 1 glass of water upon waking. Add lemon or mint if available.
- 📖 Journal prompt: “What emotion is present today, and how can I support it?”

Evening:

- 🧘 Gentle stretch or body scan before bed.
- 🎧 Listen to calming sound (binaural beats, ocean, forest, or healing frequencies).
- 📵 Turn off screens 30 minutes before sleep. If you can't, at least shift to blue-light filter mode and lower brightness.

Weekly:

- 📖 Choose a “soul-nourishing” activity: Art, music, dancing, gardening, or cooking something from scratch.
- 🤝 Connect with one person without pressure to fix anything — just presence.
- 🌿 Try a natural support: A calming herbal tea (passionflower, lemon balm, or chamomile).



4. Resources for Mental & Emotional Support

Free Online Support:

- **7 Cups of Tea** (Free anonymous emotional support): www.7cups.com
- **Insight Timer App** – Free meditations for anxiety, trauma, sleep, grief
- **The Trevor Project** – Support for LGBTQ+ youth (Chat/Text/Call): www.thetrevorproject.org
- **NAMI (National Alliance on Mental Illness)**: Free education and local support groups www.nami.org

Low-Cost Support Options:

- **Open Path Collective** – Affordable therapy (\$30–\$60/session):
www.openpathcollective.org
- **Talkspace or BetterHelp** – Offers sliding scale options
- **Crisis Text Line** – Text HOME to 741741 (Free 24/7 support)

Spiritual & Somatic Support:

- **The Holistic Psychologist (Dr. Nicole LePera)** – Tools for inner child work, self-healing
- **@heyamberrae** (Instagram) – Mental health meets creative emotional processing
- **“The Body Keeps the Score” by Bessel van der Kolk** – On trauma and healing