

The page features several large, teal-colored decorative swirls and a starburst graphic. The swirls are positioned at the top, bottom, and sides of the page. The starburst is located to the right of the 'wish' logo.

wish

WADADLI
INITIATIVE FOR
SELF-CARE AND
HEALING
BY CHANEIL IMHOFF

*Resource
Kit*

Introduction

Welcome to the WISH Resource Kit for Mental Health and Self-Care. This kit has been designed to support individuals, volunteers, and organizations in prioritizing mental health and incorporating self-care practices into their daily lives. Mental health is just as important as physical health, and through this resource, we aim to empower you to break the stigma, foster understanding, and create spaces that promote healing and well-being.



Understanding Mental Health


Mental health encompasses our emotional, psychological, and social well-being. It influences how we think, feel, and act, and it impacts our relationships, decision-making, and how we cope with stress. Just as physical health requires care and attention, so does mental health. Mental health affects everyone, and it's important to recognize that we all have mental health, just like we all have physical health. Mental health challenges are common, and acknowledging them is the first step in overcoming stigma.

The Importance of Self-Care

Self-care refers to activities and practices that we engage in to maintain and improve our health and well-being. It's about prioritizing our needs and practicing habits that nourish our mind, body, and spirit. Self-care is not selfish – it's an essential practice for managing stress, preventing burnout, and improving overall health. When we take care of ourselves, we are better equipped to take care of others, especially in volunteer or caregiving roles.

How Mental Health & Self-Care are connected

Mental health and self-care are interdependent. Practicing self-care can improve our mental health by reducing stress, improving mood, and helping us manage our emotions. Conversely, poor mental health can make it harder to practice self-care, creating a vicious cycle. The key is recognizing the signs of mental strain and integrating self-care practices into our daily routines to keep our mental health in check.





*“Self-Care
is **NOT**
Selfish”*



Practical Self-Care Strategies

Daily Routines

Establishing a consistent daily routine helps create a sense of stability and structure, which can improve mental health. Try to include activities that promote well-being such as exercise, meal planning, and downtime. A balanced routine that includes work, relaxation, and sleep is key to sustaining long-term mental health.

Mindfulness Practices

Mindfulness is the practice of being fully present in the moment without judgment. It can reduce stress and anxiety, increase emotional regulation, and improve focus. Simple mindfulness techniques include deep breathing exercises, body scans, and guided meditation. Even just five minutes of mindfulness a day can make a significant difference in mental well-being.

Physical Activity & its role in Mental Health

Physical activity, such as walking, yoga, or any form of exercise, has a profound impact on mental health. It releases endorphins, which are chemicals in the brain that act as natural mood boosters. Regular exercise can also reduce symptoms of depression and anxiety, improve sleep, and enhance cognitive function.



Creative Expression (Art, Journaling, etc.)

Engaging in creative activities such as painting, drawing, or writing can be therapeutic. These activities allow individuals to express emotions that might be difficult to verbalize. Art and journaling can be powerful tools for processing emotions and releasing mental stress, offering a way to make sense of feelings and experiences.

*Act
with
Intention*



Breaking the Stigma: Talking about Mental Health

Addressing Myths and Misconceptions

Mental health is often misunderstood due to societal stigma and misconceptions. Common myths include the belief that mental health problems are a sign of weakness or that they can be easily “fixed” by simply “thinking positively.” These myths can prevent individuals from seeking help. By learning the facts and sharing accurate information, we can begin to change these perceptions.

How to Initiate a Mental Health Conversation

Talking about mental health can be challenging, but it’s an important step in breaking the silence. Start by creating a safe and open environment where individuals feel comfortable sharing. You can begin by simply asking how someone is feeling, normalizing the conversation around mental health, and offering support.



Self-Care Assessment Worksheet

This worksheet helps individuals evaluate their current self-care habits and identify areas for improvement. It can be used as a baseline assessment for those beginning to focus more on their mental health and self-care practices.

Instructions:

Take a few minutes to answer the following questions honestly. These questions will help you understand where you currently stand regarding self-care and highlight areas that might need more attention.

How often do you engage in self-care activities?

Never | Rarely | Sometimes | Often | Always

When you feel stressed or overwhelmed, do you have a go-to self-care routine?

Yes | No | Sometimes

On a scale of 1-10, how satisfied are you with your current self-care practices?

1 (Not satisfied) to 10 (Completely satisfied)

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Do you make time for activities that help you relax or de-stress (e.g., reading, meditation, hobbies)?

Never | Rarely | Sometimes | Often | Always

How do you prioritize your mental health in comparison to other responsibilities

Rarely | Sometimes | Often | Always

Do you feel you are getting enough sleep?

Rarely | Sometimes | Often | Always

How often do you check in with yourself to assess how you are feeling mentally and emotionally?

Never | Rarely | Sometimes | Often | Always

Do you talk to anyone about your mental health when you're feeling down?

Never | Rarely | Sometimes | Often | Always

Do you make time for physical activity?

Never | Rarely | Sometimes | Often | Always

Reflection

- Based on your answers, identify 2-3 areas where you feel you could improve your self-care routine.
- Consider making small adjustments to your routine to incorporate more time for yourself, whether through relaxation, physical activity, or simply checking in with how you feel.

Burnout Check-In Worksheet

This worksheet helps volunteers identify the early signs of burnout, which is especially important for individuals who are constantly giving their time and energy to others. It prompts users to reflect on their emotional and physical state.

Instructions:

This tool will help you assess whether you're experiencing symptoms of burnout. Rate each of the following statements on a scale of 1-5, where 1 is "Strongly Disagree" and 5 is "Strongly Agree."

I often feel exhausted even after a full night's sleep.



I have a decreased sense of motivation or energy for my work or volunteer activities.



I find it difficult to get excited about things I once enjoyed.



I am often irritable or frustrated with others.



I have trouble concentrating or focusing on tasks.



I feel emotionally distant or detached from my volunteer work.



I have a decreased sense of motivation or energy for my work or activities.



I feel overwhelmed by my responsibilities.



I am often irritable or frustrated with others. I have trouble sleeping, either too much or too little.



I feel like I'm "giving too much" and not getting enough in return.



Reflection

- Add up your scores. If your total score is above 30, it might indicate you are experiencing signs of burnout.
- If you scored highly on the burnout scale, it may be time to take a step back and assess your workload or seek support. Reflect on ways to recharge or adjust your boundaries. Consider reaching out to a supervisor, mentor, or mental health professional if needed.

Goal-Setting for Mental Health Worksheet

This worksheet is designed to help individuals set clear, actionable goals for improving their mental health and self-care practices. It provides structure for planning and tracking progress over time.

Instructions:

Use the prompts below to create realistic, measurable goals that will improve your mental health and well-being. Break them down into smaller steps and check in with your progress regularly.

- What is one area of your mental health that you would like to improve?
- What specific action can you take to work on this goal?
- How will you measure progress in this area?
- What's a short-term milestone you can set for yourself?
- What's a long-term milestone you'd like to achieve?

Progress Tracking

Set a regular schedule (weekly or monthly) to review your goals and reflect on your progress. Adjust your strategies as needed, and celebrate small wins along the way.

Stress Audit

This Stress Audit helps individuals identify the sources and levels of stress in their lives. It offers a comprehensive look at both external stressors (work, relationships, etc.) and internal responses (thought patterns, physical symptoms), providing a clearer picture of where stress is originating and how it's affecting their well-being.

Instructions:

Complete this audit by honestly assessing various aspects of your life. Mark the frequency of stressors and the intensity of your responses. This can help you pinpoint areas to focus on for stress management.

Part 1: Identifying Stressors

Check all that apply to your current life:

- Work-related stress (e.g., deadlines, workload, conflict)
- Family or relationship issues (e.g., communication problems, expectations)
- Financial stress (e.g., debt, job insecurity)
- Health concerns (e.g., chronic illness, lack of sleep, fitness)
- Social pressure (e.g., expectations from peers, social obligations)
- Major life changes (e.g., moving, breakups, loss of loved ones)
- Time management (e.g., too many commitments, feeling overwhelmed)
- Other: _____



Part 3: Stress Response

How does your body respond to stress? (Check all that apply)

- Headaches / Migraines
- Muscle tension / Tightness (especially in shoulders, neck, or jaw)
- Fatigue / Lack of energy
- Insomnia / Difficulty sleeping
- Changes in appetite (eating more or less)
- Increased heart rate or shallow breathing
- Feeling overwhelmed or anxious
- Difficulty concentrating or feeling "foggy"
- Irritability or mood swings
- Other: _____

Progress Tracking

Based on your audit, identify your top 3 stressors. Focus on the ones that are most intense and determine what immediate steps you can take to manage them (e.g., delegation, prioritization, seeking help).

Gratitude Journaling Activity

Focusing on gratitude can shift your mindset from stress to appreciation, helping reduce anxiety and increase overall well-being. This simple exercise encourages individuals to cultivate a daily practice of gratitude.

Instructions:

Take 5-10 minutes at the end of your day to reflect on things you are grateful for. Write them down in the space provided below. If you're struggling to come up with things to be thankful for, start with small moments or simple pleasures.

Gratitude Journal Prompt

3 Things I'm Grateful for Today:

How These Things Made Me Feel:

How Can I Carry This Feeling of Gratitude into Tomorrow?

Reflection

Review your gratitude journal entries after a week. Do you notice any patterns or recurring themes? This activity can help you shift your focus toward positive experiences and build resilience against stress.





Thank You!

We want to thank you for taking the time to explore the tools and activities in this kit. You've taken an important step toward nurturing your mental well-being and enhancing your self-care practices. Remember, mental health is just as important as physical health, and by making self-care a priority, you are building a foundation for a healthier, happier life.

Your commitment to self-care is powerful. We believe that by breaking the silence and creating a culture of understanding, we can shatter stigmas and empower ourselves and others. Thank you for being part of this important journey.

Remember, you are worthy, you are enough, and your mental health matters.



The page is decorated with large, thick, teal-colored wavy lines that resemble stylized calligraphy or brushstrokes. These lines are scattered across the page, with some forming loops and others being straight curves. The teal color is a vibrant, slightly desaturated shade.

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