

Physical Wellbeing Has Two Elements

Exercise -

Goal: 2 ½ hr per week

Benefits:

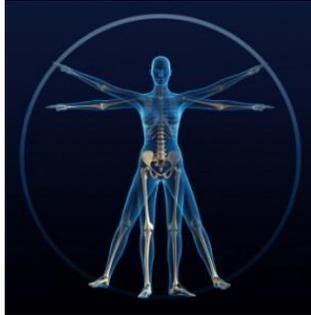
- Improves mood
- Increased energy levels
- Helps with relaxation and sleep

Exercise ideas

- Yoga → Free @ Discovery Green on M, T, Sa
- Running
- Push-up/sit-ups
- Take the stairs
- Parks → Hermann Park

Sleep

- Essential for functioning
- When possible get 6-8 hours a night



Diet

Importance

- Food provides energy, protein, and essential minerals needed to live, grow, and function properly

Healthier options

- Try to eat fruits and vegetables alongside your meals
- Whole milk is packed with nutrition
- Balance the pyramid when you can

Water

- Water balance is essential for survival
- Drink at least ½ a gallon a day

Journaling	Tips to get started
<p><u>Benefits:</u></p> <p>Self-reflect → better understand your own feelings, take the edge off toxic emotions and past challenges, feel more at peace with yourself</p> <p>Track behavior patterns → find clarity on next steps to take</p> <p>Improve creativity and problem-solving skills</p>	<p>Start small 1-sentence recap of your day, rose/bud/thorn, 5 people you talked to today</p> <p>Time yourself 5-10 min limit to prevent boredom and hold yourself accountable</p> <p>Date your entries Allows you to reflect on past experiences and how you've felt at different times</p> <p>Be honest The only person reading it is yourself</p> <p>Make it your own Write or doodle, record inner thoughts, ideas, moments of joy/sadness, a great meal you had, goals...anything you want!</p>



Self Control-Strategies: What to do if you're in a stressful situation



● Paced breathing

- Count the seconds on the clock, if possible
- Breathe in slowly for four seconds through your nose
- And out for six seconds through your mouth
- Repeat

● Counting backwards

- Choose a number and count slowly backwards (by ones, two, or threes)
- Stop counting once you feel more relaxed

● Pleasant imagery visualization

- Close your eyes and imagine a peaceful scene
- Describe scene to yourself:
 - What do you see? Hear? Feel? Smell? Taste?

● Relaxation

- Find a quiet space and sit comfortably
- Close your eyes and take deep breaths
- Tighten each of your muscles, one at a time, from your toes all the way to the top of the head
- Hold each for 10 seconds and then release and relax

● Self-talk

- Identify risky thoughts likely to lead to a negative reaction (anger/rage, substance abuse, etc.)
- Replace these thoughts with healthy self talk

● Taking a break

- Decide if you are in a potentially risky situation
- If you are, leave the situation and get some space

Meditation & Mental Health Resources



Guided meditation:

- Sahaja Yoga meditation center (free guided meditations, twice weekly)
- LGBTQ Meditation Group at Houston Zen Center (free if you email beforehand, last Sunday every month)
- Apps: Calm, Headspace, The Mindfulness App, Mindbody, Smiling Mind, etc. (all have free trials or are completely free)

Other mental health resources:

- NAMI Greater Houston (support & education groups)
- Legacy Community Health (mental health support & LGBTQ+ specific resources)
- The Harris Center for Mental Health & NPC (crisis hotline, treatment & therapy)
- The Montrose Center (therapy & counseling LGBTQ+ community)
- Lyndon B. Johnson Hospital (acute care)
- Harris County Psychiatric Center/HPCPC (therapy, support & acute care)

Mental health hotlines: 800-656-4673 (sexual assault), 800-799-7233 (domestic abuse), 800-273-8255 (suicide), 888-373-7888 (human trafficking)