SAA of New York City

Workshop Handout

Garment District
Sunday April 19th, 3:00 pm

Tools to take care of yourself and your mental health

NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.

By Jeremy

Everything is Amplified

As you will discover, even our addictive, self-destructive diseases are not special or different from the sufferings of so-called normal people. All beings are afflicted with the disease of life and death and of dualistic thinking.

Our disease merely act as amplifiers for our human nature, turning up the volume of our attachments and suffering. In that regard, we are fortunate. **We have to recover our true selves or die**.

- The Zen of Recovery by Mel Ash

How Quarantine Affects Mental Health

Restless

Discontent

Depressed

Fear

Irritable

Stressed

Angry

Dread

Sad

Confused

Numb

Goal of this Work

To give you simple tools and resources to improve your mental health in quarantine

2 Simple Tools to Help Your Mental Health in Quarantine

Stop “Doom Scrolling”

Doom Scrolling: When you are glued to your phone screen, mindlessly thumbing through depressing pandemic news for hours on end and all you can feel is a deep sense of existential dread and anxiety. Fun!

How to Stop Doom Scrolling

1. Pick a **time of day** to read the news
2. Pick a **device** (phone, computer, tablet, tv)
3. Limit the **amount of time** you read for (5-10 min)
4. Only read the **headlines** from **one news outlet**
5. Bookend it!

Establish a Morning and Nightly Routine

How to Establish Routines

Are you willing to:

1. **Write** down a ***simple*** plan

2. ***Commit*** *to it*

3. ***Practice*** *it*

???

Good AM/PM Routine

To maintain good ***mental*** health, my routine focuses on ***spiritual*** and ***physical*** health***.***

Benefits of Routine

1. **Sobriety**
2. **Serenity**
3. **Service**

By taking care of my mental health, staying sober and being present, I can be more of service to others.

Jeremy's Routines

Morning Routine

1. Prayer
2. Meditation
3. Text a fellow my gratitude list (10 gratitudes)
4. Text a fellow my intention for the day
   - *Just for today, I will surrender and let my higher power guide me*
5. Exercise
   - *Check out a list of free workout apps from James' on nycsaa.org/events*

Nightly Routine

1. Prayer
2. Nightly inventory
   - *Check out Valerie's how-to on nycsaa.org/events*
3. Read a book (no news/no social media)

Resources for Therapy and Meditation While in Quarantine

Therapy

Individual Therapy

- www.talkspace.com
- www.7cups.com

Individual and Couples

- www.betterhelp.com

Other resources:

- All the ways to get free therapy during the coronavirus pandemic
- 8 online mental health resources for coping with coronavirus-related stress and anxiety

NYC Well

1. NYC Well: NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.
2. Digital Mental Health Resources

   https://s20243.pcdn.co/wp-content/uploads/2020/04/COVID-19-Digital-Mental-Health-Resources_v4.7.20.pdf
3. App Library

   https://nycwell.cityofnewyork.us/en/app-library/

Meditation

1. Headspace
   - It’s free for New Yorkers
   - https://www.headspace.com/ny

7 meditation and mindfulness apps with free tools for coronavirus anxiety

Your Turn – 3 Minute Exercise

1. If you don’t have a morning or nightly routine yet, take the next 3 minutes to write down a plan of action.
2. If you have existing routines, how can you improve it? What can you do better?

What is your morning and nightly routine? What does it do for your mental health?

*Time for Shares