

GUARDIANS MH



MENTAL
HEALTH
KIDS



GUARDIANS **MH** - MENTAL HEALTH KIT - ESPORTS EDITION

EVIDENCE-BASED, CLINICALLY REVIEWED MENTAL HEALTH RESOURCES
SENSORY ITEMS AND GAMING RESOURCES, CURATED BY THE GUARDIANS **MH** STAFF

STAND WITH GUARDIANS **MH**
YOU ARE NOT ALONE

discord.gg/guardiansmh

twitch.tv/guardiansmh

guardiansmh.org

@GuardiansMH



GUARDIANS **MH**
A 501c3 Non-Profit

GUARDIANS MENTAL HEALTH IS A 501c3 NON-PROFIT ORGANIZATION - JOHNSON CITY NY 13790
NOTE: THIS PACKAGE CONTAINS BASIC PRINTED MENTAL HEALTH RESOURCES AND IS **NOT** A REPLACEMENT FOR DEDICATED THERAPY OR MEDICAL TREATMENT



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VISUAL AIDS
FOR CONTENT
& MENTAL HEALTH
EXERCISES

VIDEOS WITH
HELPFUL NARRATION
BY THE GMH STAFF

EXPLANATIONS OF MHK
CONTENT AND THE VARIOUS
MENTAL HEALTH CONCEPTS
AND EXERCISES CONTAINED
IN THIS KIT.

[↻] UPLOADED NOV 01, 2023 // GMH MHK - ESPORTS DIGITAL KIT // URL: /guardiansmh.org/guardian-kits



WELCOME TO YOUR MENTAL HEALTH KIT

AN INTRODUCTION FROM GUARDIANS MH

Inside this kit, you will find various items to aid you during difficult times. You can use these items at any time to help take care of yourself when you need them most. Mental health has not been considered essential or even real for so long. Many believe that people who struggle with it are weak, that it's in their head, and that they have to "just push through." We are here to advocate that this is not true. Mental Health is health. It needs to be taken seriously by everyone. Recognizing and seeking care is not a weakness but a sign of strength. Self-care, self-understanding, and self-compassion can be powerful allies. No matter who you are or where you are, we all go through life's challenges differently, and sometimes we all need some help. We hope these tools will aid you on this journey.

Remember, you are stronger and more resilient than you may realize. Whatever the challenge, you have the tools to learn, adapt and persevere through adversity. Let this kit constantly remind you that you have the tools within and around you to overcome all hardships. Even during your most difficult times, when you feel at your most vulnerable, remember that one of the most important things you can do is ask for help from those closest to you or a professional. **YOU ARE NOT ALONE.** We are strongest when we are together. There are people there, even some you may not have thought of, who are ready to help. Remember, you are worth it, you matter and most of all, you deserve it.v

There is always room in our minds for hope. Letting it in enables us to do wonders. Give yourself the time to rest and care for yourself. No matter what, you are never alone; there is always someone out there who cares.

YOU ARE NOT ALONE.

The Guardians Mental Health Team

  Matthew Seardi
 moshpatt Shaire Deller  Bird Nimsa
 Holly Funk  J. W. B.  M. L.  Stephen



Please note that the techniques and resources in this kit contain elements of the following:

mindfulness, meditation, relaxation, stress reduction, physical exercise, and positive reinforcement.

The tools herein are to be used in conjunction with your mental health journey (or as supplementary information). **They are NOT a replacement for therapy with a licensed mental health professional.** While the exercises we share are designed to be accessible to as many people as possible, individuals may find themselves unable to complete some of the techniques or exercises as listed. As such, some may need to be skipped or modified to allow them to be accomplished effectively.

Discretion is advised.

Important: if any exercise or technique makes you feel uncomfortable, please stop immediately. If any discomfort persists, please consult a medical professional.



GUARDIANS MENTAL HEALTH

INTRODUCTION, MISSION, AND SELF-CARE



Guardians MH is a 501(c)3 nonprofit mental health organization that is focused on spreading mental health awareness and meaningful resources throughout the gaming community.

We provide first step support with gathering resources, peer support and where to find a mental health professional near you in a safe and inclusive atmosphere.

WHO WE ARE

Started in 2016, our founders created an online community with the focus of promoting mental health awareness and supporting mental health organizations that make a difference in the gaming community. Over the next few years, that community grew into a 501(c)3 nonprofit mental health organization that continues to support the ever growing gaming community with programs and resources that make a positive impact.

As we continue to promote and advocate for mental health awareness and its importance through today's culture, we're working with other organizations to bring more meaningful resources and information that can be easily accessible to better support those affected. Our staff is constantly training to positively effect all those in the community.

As our mission continues as a nonprofit, we would not be here if it was not for you. Thank you from the whole team for your support.

SELF-CARE PLAN

Self-care can mean a variety of things to different people, thus needing a personalized plan. However, there are a series of key aspects we can all utilize.

Developing a personalized self-care plan is and can be a daunting task. While the information discussed here is by no means a replacement for seeking professional mental health treatment, it can serve as a stepping-stone to bettering your mental wellbeing and helping with emotional regulation.

Often, people forget about taking care of themselves, or simply push it back due to how busy their lives are. Unfortunately, this can have considerable negative consequences on oneself and the people around them. Self-care is not only what you do out of work for leisure activities, but it involves your wellbeing in a variety of areas of life such as but not limited to: professional, psychological, physical and emotional. When we neglect taking care of ourselves, we may not automatically notice the impact. Lack of self-care can slowly lead to difficulties with emotional regulation and the possibility of developing burnout.

When creating a self-care plan, it is important to not create a schedule that is not too rigid and to be kind to yourself about missing a day. Changing habits is hard, but that's why most New Year's resolutions fail. Contrary to popular beliefs, creating new habits takes much longer than 21 days. Lally et al. (2009) stated it took anywhere between 18 and 254 days (on average 66 days). A self-care plan is not a quick fix, but a change in lifestyle, that in hopes, will help make your life much more enjoyable.

KNOW YOUR LIMITS

Firstly, know your limits, don't try and take on too much. The more we take on, that we have on our plate, the more "productive" or "valuable" we feel; however, there is a point of diminishing return where performance deteriorates.

With self-care, it is important to take care of the four (4) essential pillars to emotional regulation: Sleep, Nutrition, Hydration and Social Interaction.

For Sleep, make sure that you are getting enough quality sleep. While time can vary from person to person, a good average is still eight (8) hours. It is also recommended, if possible, to wake up slightly earlier than you would normally to spend a few moments preparing for your day while being mindful of the moment. This helps you start your day more relaxed and not feeling so rushed.

For Nutrition, it's important to have a healthy, balanced diet, making quality choices and not going too long without food. While three (3) meals per day is a good rule of thumb, listen to your body and eat on a regular basis throughout the day.

For Hydration, it is important to drink water regularly during the day (no, coffee does not count due to its diuretic nature). There is no specific amount of water recommended, but try to always have water ready nearby.

Lastly, Social Interaction refers to the connections we make with other individuals. Humans are social creatures and thrive in the company of others. The more people are isolated, the more difficulty they have in dealing with stressful situations.

With self-care, it is important to not neglect ourselves and practice activities we enjoy, a rule of thumb should be one kind action or activity per day for yourself. This can involve just about anything, but should also include taking your lunch breaks, not skipping scheduled breaks, and respecting time off.

VISIT US ONLINE

Visit our website for more mental health resources, and more about our cause! Find out about our dedicated staff and volunteers, our Mental Health Kits, programs, content, articles and much more!

Go to:
guardiansmh.org

**WHEN YOU'RE DOWN,
EYES UP.
YOU ARE NOT ALONE.
WE'RE HERE TO HELP.**

CONTACT US



Johnson City, NY 13790
(607) 595-2044
guardiansmh.org
support@guardiansmh.org



CRISIS LINE INFORMATION & SAFETY PLAN

CONTACT INFORMATION / PRINTABLE DOWNLOAD (PDF)



IT'S OKAY TO ASK FOR HELP

In case of a life threatening emergency call 911

National Suicide Prevention Lifeline
988

RAINN, National Sexual Assault Lifeline
1-800-656-4673

National Eating Disorders Association
1-800-931-2237

National Domestic Violence Hotline
1-800-799-7233

National Drug Helpline
1-844-289-0879

SAMSHA's National Hotline
1-800-662-4357

Games and Online Harassment Hotline
Text SUPPORT to 23368

Crisis Text Line
Text HELLO to 741-741

The Trevor Project Text Line
Text TREVOR to 202-304-1200

Free Mental Health Smartphone Apps Recommended by GuardiansMH

Breathe2Relax

RX Refill

Insight Timer

Mindfulness Coach

Insomnia Coach

GuardiansMH App



Use this QR code or go to download a printable copy of the GMH Safety Plan, shown at right.



DOWNLOAD

National Crisis Line: Dial 988
Chat Online or Text 838255



ESPORTS MHK - SAFETY PLAN



List key warning signs of personal distress

Thoughts, images, mood, behavior, events, time of day/week/month/year.

- 1 _____
- 2 _____
- 3 _____

List some effective coping strategies to help deal with intrusive thoughts Relaxation, Grounding, Breathing, etc.

- 1 _____
- 2 _____
- 3 _____

People who can help during a time of crisis:

- 1 - Trusted Individual(s) _____
- 2 - Crisis Line _____
- 3 - My Therapist _____
- 4 - My Doctor _____
- 5 - My Neighbor _____
- 6 - Local Hospital _____

If no one from the above list is available and you feel unsafe, what are the steps to take to stay safe until one of them become available?

Remember, you are not alone. If you are currently struggling with suicidal ideation, whether passive or active, please reach out for help or contact your local crisis line.

National Suicide Prevention Lifeline
24/7 Availability
Dial 988
Go to: suicidepreventionlifeline.org

International Suicide prevention line
24/7 Availability
Dial 08457-90-90-0 (UK)
Go to: Suicide.org



REFERENCE: [SAFETY PLAN] - guardiansmh.org/references/safetyplan



GUIDED MEDITATIONS

COMPETITIVE FOCUS & COMPETITIVE LOSS RELAXATION



GUIDED
MEDITATION
DIRECT DOWNLOAD

MP3

NARRATED BY
Quin Rey Studios



FOCUSED ESSPORTS, CONTENT CREATION, AND VISUAL AID VIDEO LIBRARIES

Access our free digital library full of resource videos focused on Esports, Content Creation, Visual Aid Videos, and finding your passion with careers and education in the gaming industry



VISUAL AID VIDEOS

Video versions of printed and digital resources to increase accessibility



ESPORTS FOCUSED RESOURCES AND CONTENT

Topics focused on esports including communication, teamwork, and scheduling



FINDING YOUR PASSION IN GAMING

Explore casting, coaching, content creation and education opportunities in the gaming industry.

NUTRITION FOR PEAK COGNITIVE PERFORMANCE IN GAMERS, WITH INFO FROM NMC NUTRITION



Hydration

Dehydration impairs cognitive (mental) performance, by reducing attention, concentration, visual vigilance, executive function (control of thoughts, actions, and emotions) visual memory response, ability for precision work, speed of movement, and motor coordination. Improper liquid intake also increases fatigue and anxiety.



Tips

- Carry a water bottle wherever you go
- Consume 1/2 to 3/4 gallon (2-3 Liters) of liquid (milk, water, carbonated water) **daily IN SMALL, FREQUENT SIPS** - do not chug!

RED FLAG FOR DEHYDRATION - darker colored urine (look for "apple juice" tint)!
Note - Urine tint can be affected by medical condition or medication.

Caffeine

Excessive caffeine intake can increase cardiac rhythm, anxiety and recovery during sleep.

- Limit yourself to 1 medium coffee (or certified* energy drink) in the morning and another around lunch if need be
- Remember that energy drinks (and most sports drinks developed for gamers) can contain much more caffeine (guarana, green tea, etc.) than what is written on the label
- No caffeine in the 6 hours before bedtime!
- * - Limit yourself to energy drinks with the logo NSF certified for sport or Informed-Sport on the bottle.

Is YOUR energy drink certified?

Search for your supplements online nsfsport.com/certified-products
 sport.wetestyoutrust.com

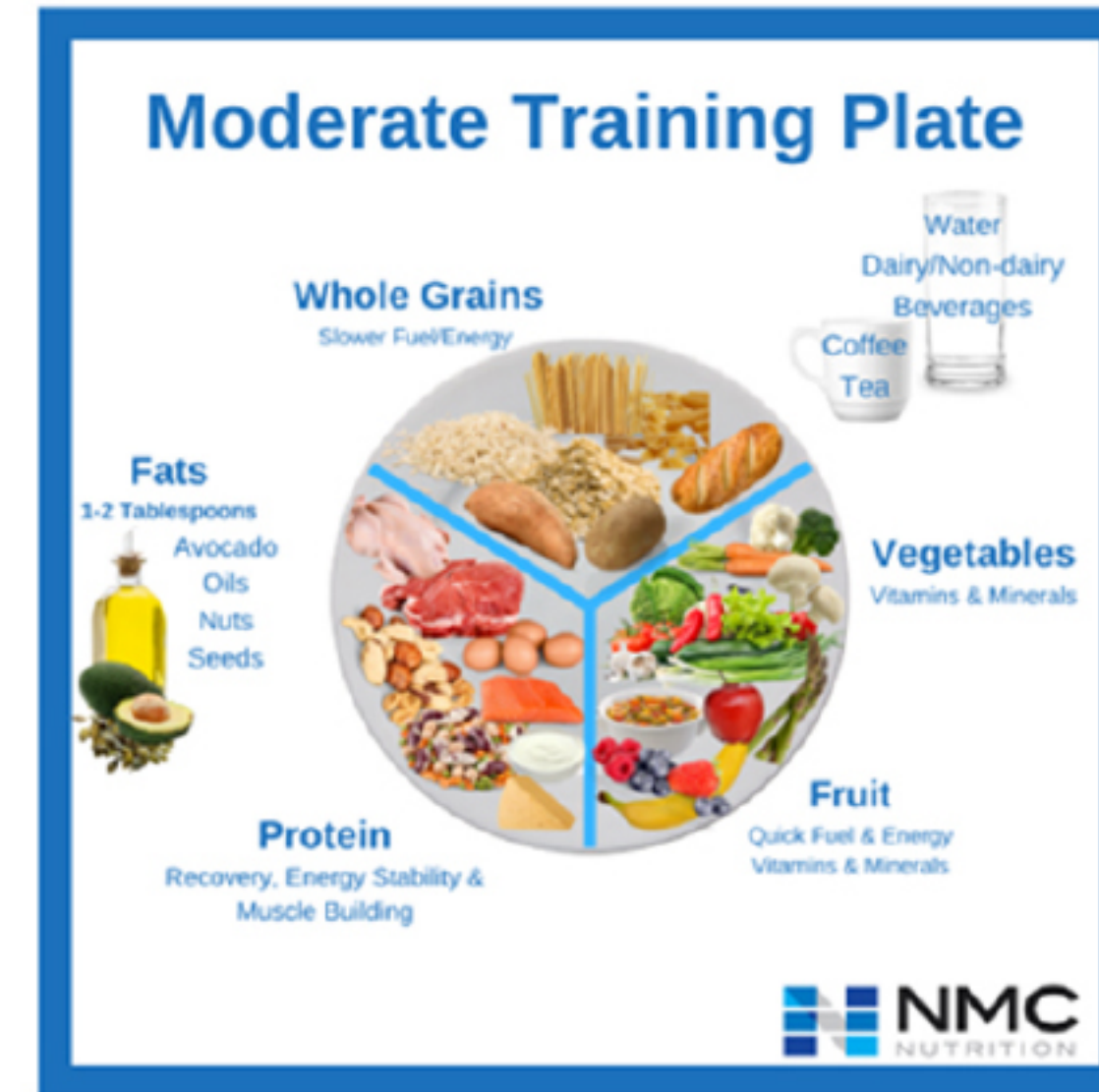
Balanced Plate

Combination & Timing

Proper combinations and timing for meals and snacks are key to optimizing focus, concentration, and reaction time in gaming while reducing risk of energy crashes, irritability, headaches, and dizziness.

Tips

- Eat a balanced breakfast **within the hour** after waking
- Consume only enough to be hungry **every 3 hours**
- Choose **3 parts** from this chart every meal & snack



Snack Ideas

- Apple and Cheese
- Granola, Fruit, and Greek Yogurt Bowl
- Banana & Peanut Butter in Protein Wrap
- Smoothie made w/ Greek Yogurt, Milk, and Fruit
- Cheese and Whole-Grain Crackers
- Trailmix
- Protein Bar
- Meal Replacement Shake

* THIS EDUCATIONAL INFORMATION SHOULD NEVER REPLACE MEDICAL THERAPY WITH A HEALTHCARE PROFESSIONAL



Keeping yourself in mind when planning out how your time is spent is important. Life can become quite hectic for us all! Ensure that you are developing a proper balance between work and life. The amount of time you spend doing your job versus the amount of time you spend with your loved ones or pursuing personal interests matters.

Points That Promote Quality of Life:

- Reaching out for support is not a weakness.
- Setting daily expectations can better assist you in managing your time more effectively.
- Be open to taking breaks, even if they are brief.
- Schedule in family time and/or leisure activities just as you would with work.

Goals to Maintain a Healthy Score:

- Know the warning signs.
- Reach out for support when you are struggling to set limits to your own expectations.
- Know when boundaries are being pushed.
- Re-assess what is important to you.
- Identify your values and commitment to them.

Warning Signs That Indicate You Might Be Off-Course

Poor Boundaries...

Are you overcommitting or over-booking yourself?
Are you consistently putting others needs in front of your own?

Burnout...

Are you feeling mentally and/or physically worn out?
Are you noticing a decline in work performance?

Negative Mood...

Are you noticing racing thoughts and/or anxiety?
Are you having a hard time concentrating?

Resources:

healthdirect.gov.au/work-life-balance
coursera.org/articles/work-life-balance



The **PERMA** Model of Positive Psychology

Gaming is a reward-driven activity that provides instant feedback to players. Video games can contribute to Positive Emotions, Engagement, and Relationships by immersing players in worlds, in their character's development, and by creating global communities that foster long-lasting friendships. That participation can provide individuals with a sense of Meaning (or purpose). Collaborating and planning tasks, overcoming challenges, and Achieving goals can help lead to a massive sense of accomplishment in the real world.

- P** Positive Emotions
- E** Engagement
- R** Relationships
- M** Meaning
- A** Achieving

Engaging in gaming has been shown to have a positive impact on emotional stability, as it can reduce feelings of depression and loneliness. Recent clinical studies have demonstrated that playing video games can also aid in managing symptoms of PTSD and anxiety while promoting emotional stability and encouraging positive social interactions. Gamers who participate in massively multiplayer online (MMO) games, which are highly social, often form meaningful friendships and emotional bonds. Some individuals have shared sensitive personal information with their online friends that they would not have disclosed in real life. Additionally, research has found that some gamers maintain lifelong friendships through their shared love of gaming.

Studies have also shown that adults who engage in video games experience higher levels of emotional well-being, happiness, and overall satisfaction. They often feel a sense of purpose, mastery, and self-acceptance. Positive emotions play a crucial role in promoting well-being and happiness. Research also suggests that playing video games can enhance mental well-being by reducing stress and promoting relaxation. Despite its negative reputation, recent studies and literature have demonstrated that video games offer numerous benefits, such as supporting leisure activities, connecting with others, and improving mental health.



Ways to Increase Your Resilience

Failure as Feedback

Know how to learn from failure when working toward a successful future. Experience and feedback are key.

Self Regulation

Even in the heat of battle, our greatest ally is ourselves. When we are stressed, thinking there is nothing more we can do, remember, there is Light within you.

Be Mindful of What You Feel

Accept

Recognize that it's okay to be anxious or fearful. Our emotions make us who we are, and they also can make us stronger.

Breathe

Always make sure to breathe. Give yourself a moment to breathe, even if it is short. Breathing helps you reset and react to things the way you need to.

Trust your Team

In the most stressful of times, something that makes us strong is knowing we have a great team behind us, ready to help if we need it. Having faith and trust in them helps us be stronger and have the resilience to continue forward.



NIU Esports Pre-game Tips to Get Ready for Your Best Match



Preparation: You should feel well prepared for your game. It is important to attend practices, so you're able to build team synergy and understand the compositions you will be playing. You should practice for 1-2 hours before your game with a 15-minute break before the game.



Rest: Before your game you should be well rested. Try to achieve 7-9 hours of sleep. Do not stay up all night playing! This might cause burnout and tiredness during the game.



Eat: Your belly should be full of nutritious food. Don't load up on sugar or soda. Healthy food and lots of water will help your body perform to its maximum capabilities.



Stretch: Stretching is very important; it should always consist of wrist, neck and arm stretches. You can include some back stretches as well.



Expectations: For competitive gaming you should always have your expectations and goals in mind to be able to improve even throughout a live game. It should include team goals from the coach and your own personal goals to perform your best.



Positivity: Be positive about your progress even if you lose or have bad plays throughout your set. Don't be too hard on yourself or take what people say in chat to heart.



Review: Always review your games/plays throughout your set and list good and bad things. Then re-review or modify your expectations if needed.



See more Healthy Gaming tips
from NIU Esports Players!

Brought to you by NIU Esports, Northern Illinois University. Promoting Healthy Gaming Practice.
niu.edu/esports and Dr. Levi Harrison, the Gamers and Esports Doctor, drleviharrison.com

NIUESPORTS

Jillian "HAZE" Thomason
NIU Esports
Varsity Overwatch Team





DISTRESS SCALE

SELF-CARE INFO



MINIMAL TO MILD

MODERATE

SEVERE

EMERGENCY



1 FEELING VERY RELAXED, NO DISTRESS

2 COPING WITH MINIMAL DISTRESS

3 MILDLY UPSET

4 MILD DISTRESS-ANXIETY, BODY TENSION

ENGAGE IN REGULAR
SELF-CARE ROUTINES

5 MODERATELY DISTRESSED

6 SOMETHING NEEDS TO CHANGE

7 FEELING SUBSTANTIAL DISTRESS

REACH OUT FOR SUPPORT,
AND USE COPING TOOLS

8 SIGNIFICANT, INTOLERABLE DISTRESS

9 CRITICAL LEVELS OF DISTRESS

CONTACT A CRISIS LINE
OR MENTAL HEALTH PROFESSIONAL

HIGHEST DISTRESS
LEVEL POSSIBLE

OVERWHELMED
SEVERE PANIC

SEEK IMMEDIATE EMERGENCY
MEDICAL ATTENTION

USING THE SUDS SCALE WITH GUARDIANS MH MHK EXERCISES

MEASURE YOUR CURRENT DISTRESS LEVEL, RELATIVE TO THIS SCALE
CHECK INCLUDED CARDS FOR EXERCISES THAT MATCH YOUR DISTRESS LEVEL
ADDITIONAL INFORMATION FOR EACH EXERCISE ONLINE: [GUARDIANSMH.ORG](https://guardiansmh.org)

EXAMPLE

1

2

3

4

5

6

7

8

9

10

1

TO

4

MINIMAL TO MILD DISTRESS RELIEF

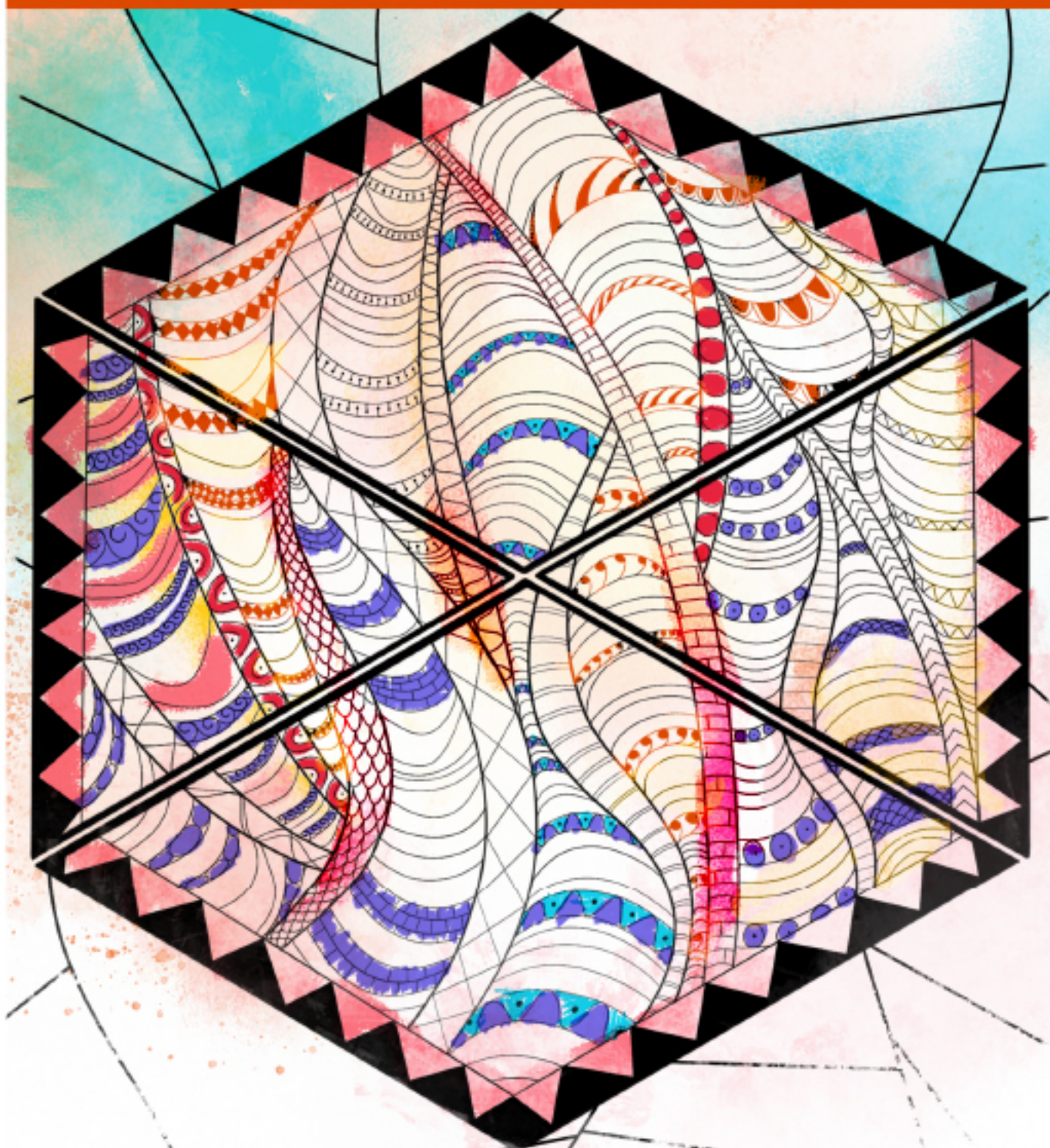


MINDFULNESS ACTIVITIES

DOWNLOADABLE ACTIVITY BOOK



MHK ESPORTS KIT
MINDFULNESS ACTIVITIES



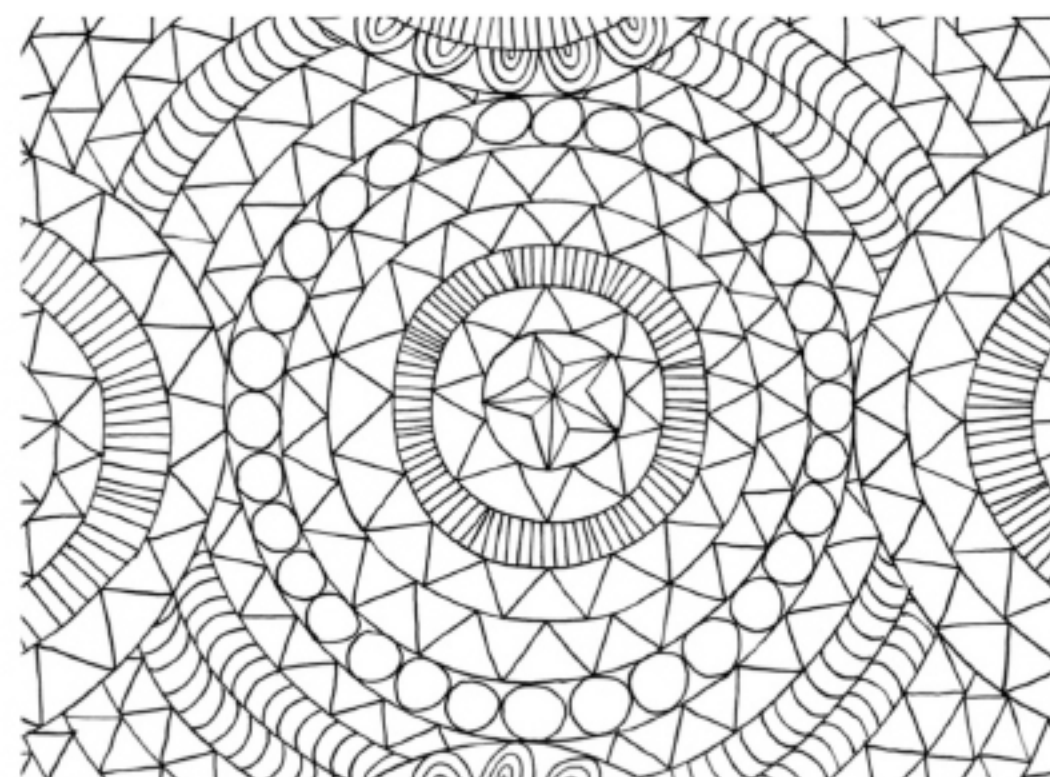
MINDFULNESS ACTIVITIES

REFERENCE: [COLORING BOOK] - <https://guardiansmh.org/references/coloringbook>

guardiansmh.org



MHK ESPORTS KIT
MINDFULNESS ACTIVITIES



Mindfulness coloring books can relieve stress similar to meditation. Being present can help us forget the things that commonly stress us out. Coloring and the other mindfulness activities in this book are "in-the-moment" activities, designed to have positive mental health benefits.

Guardians MH is a 501c3 nonprofit mental health organization focused on promoting mental health awareness and evidence-based resources throughout the gaming community. We aim to provide an inclusive, familiar, and safe environment for support. Based on the web and in our Discord Server, we provide an ever-growing peer support network, curated mental health resources, and assistance with finding local mental health professionals.

Special thanks to the Guardians MH staff and contributors who took the time to share their art and work to help make this resource possible.



SOLO ACTIVITIES
5 MIN -- 30 MIN (PER PAGE)

1 2 3 4 5 6 7 8 9 10
3 HELPS WITH DAILY ROUTINES THAT RELIEVE DISTRESS

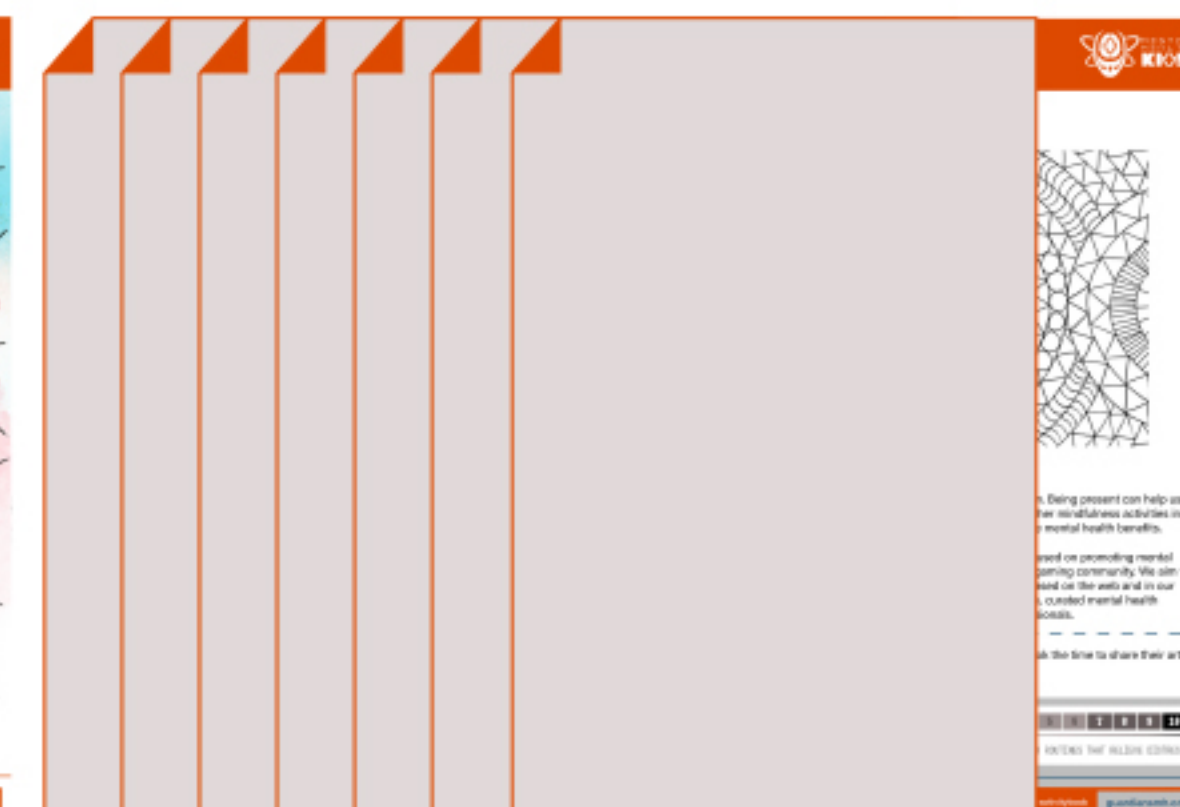
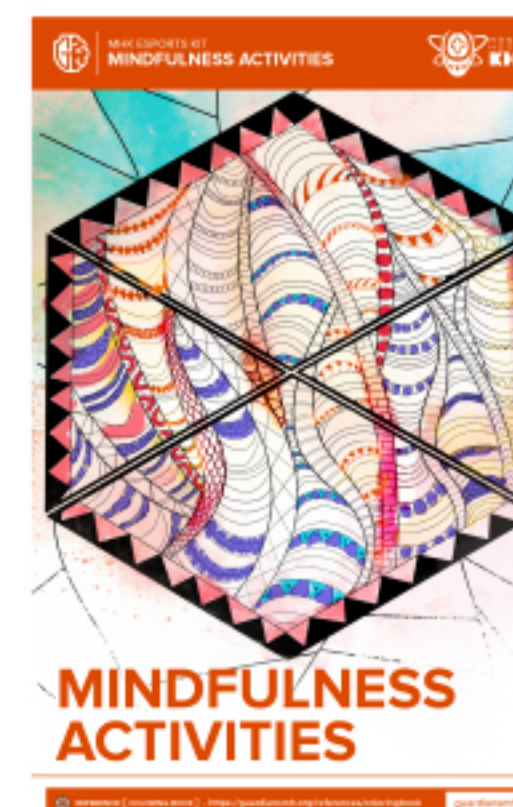
REFERENCE: [VETERAN ACTIVITY BOOK] - <https://guardiansmh.org/references/vet-activitybook>

guardiansmh.org

Use this QR code or go to the URL below to download a printable copy of the GMH Mindfulness Activity Book, shown at left.



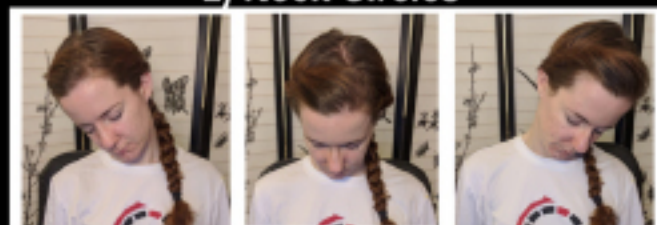
DOWNLOAD





LootBox: Neck Pain Edition

1) Neck Circles



Start with your head rolled down towards your chest. Slowly roll to the left, then back, then to the right, making a circle.

1HP Rx: Do 10 circles to each side

2) Chin Tucks



Sit upright with your back supported. Tuck your chin towards your chest, making a double chin and flattening the back of your neck. Hold for 3 seconds, then relax.

1HP Rx: Do 10 chin tucks

3) Wall Slides

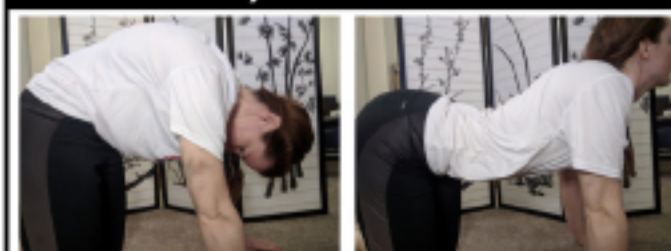


Sit or stand with your shoulders, elbows, and hands against the wall. Slide them up along the wall, keeping your elbows and shoulders back.

1HP Rx: Do 10 wall slides

LootBox: Anti-Slouch Edition

1) Cat Camels



Start on all fours. Slowly round your back up and tuck your chin and butt down. Move back to neutral, then arch your back and lift your head up. Hold each position for 2-3s.

1HP Rx: Do 10 each morning, or after being in the same position for >1 hr.

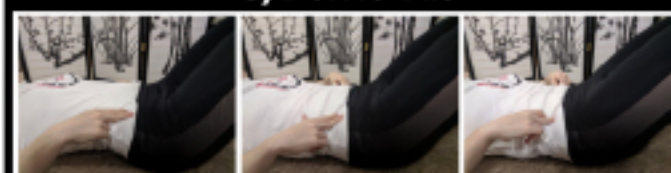
2) Planks



With your elbows directly under your shoulders, tighten your core to keep your torso flat. Hold 30s.

1HP Rx: Do 3x before bed. Increase time by 5-10s each day until you can hold 60s.

3) Pelvic Tilt



Lie on your back with knees bent. Roll your hips back, arch your back. Then roll your hips forward, rounding your back.

1HP Rx: Do 10 tilts every hour while sitting

The 1HP x Guardians Virtual Medkit

Got hand or wrist pain?
Check out our free video
resources here:



Or visit us at 1-hp.org to get the help and support from the experts so you can play more, hurt less



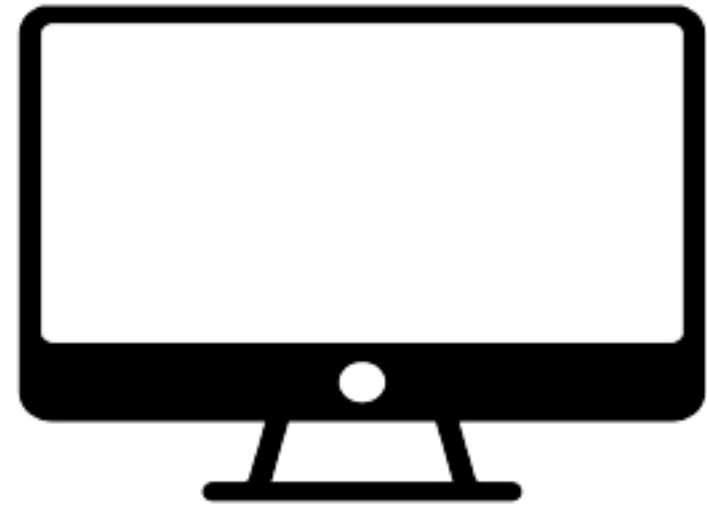
LIVE | GAME | REPLENISH



Reducing the Effects of Computer Vision Syndrome



Every 20 minutes



**Take a break for
20 seconds**



**Look at an object
20 feet away**

RESILIENCY & GOAL-SETTING
INTERVAL, SOLO ACTIVITY



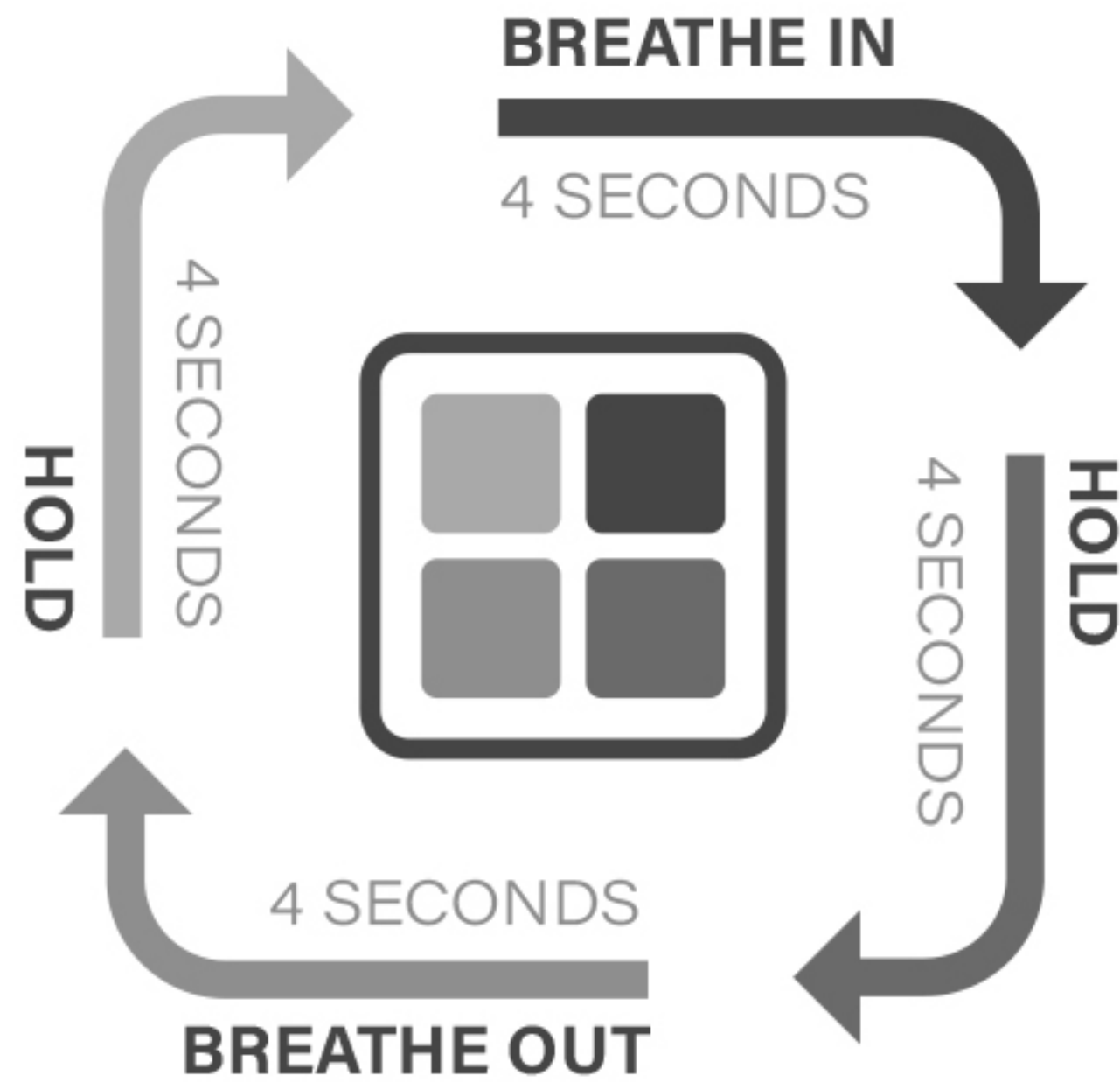
Computer vision syndrome, also referred to as digital eye strain, describes a group of eye- and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. “CVS” can cause headaches, blurred vision, and dry or watery eyes.

Follow the **20 / 20 / 20** Rule and Give your Eyes the Break they Need.



BOX BREATHING

PATTERNED BREATHING TECHNIQUE



Step 1

Breathe in through your nose, using your diaphragm, for 4 seconds
Feel the air enter your lungs

Step 2

Hold your breath for 4 seconds
Try to avoid inhaling or exhaling

Step 3

Slowly exhale through your mouth for 4 seconds

Step 4

Hold your breath for 4 seconds
Centered

And repeat for approximately 10 or 15 repetitions.

RESILIENCY & GOAL-SETTING

3-5 MINUTES, SOLO ACTIVITY





4-7-8 BREATHING



4 ■ ■ ■ ■ Breathe in through your nose, to the count of 4

7 ■ ■ ■ ■ ■ ■ ■ Hold your breath to the count of 7

8 ■ ■ ■ ■ ■ ■ ■ ■ Breathe out through your mouth, to the count of 8

“From the perspective of meditation, every state is a special state, every moment a special moment.” — Job Kabat-Zinn

MEDITATIVE BREATHING TECHNIQUE
3-5 MINUTES, SOLO OR GROUP ACTIVITY





S

STOP

When you feel a negative thought or action come into your mind, physically stop and take a few moments to yourself.

T

Take a Breath

Taking a big deep breath in and out allows our minds to slow down.

O

Observe

Explore why you're feeling this way, starting with a mental inventory of your day.

P

Plan

Make a plan to move forward and better manage your thoughts.

RELAXATION TECHNIQUE
3-5 MINUTES, SOLO ACTIVITY

1 2 3 4 5 6 7 8 9 10

4 TO 5 MILD TO MODERATE DISTRESS RELIEF



5•4•3•2•1 GROUNDING



Bring awareness to your surroundings - focus and describe your senses - one at a time:

- | | | | |
|---|--|-----------------------------|---|
| 5 | | Things You Can Hear | Sounds, both soft and loud. |
| 4 | | Things You Can Touch | Even the breeze on your skin. |
| 3 | | Things You Can Smell | Smells in reach, coming from nearby. |
| 2 | | Things You Can See | Objects in a room, on the table or on the wall. |
| 1 | | Things You Can Taste | A snack, a meal, or a even a beverage. |

RELAXATION TECHNIQUE
3-5 MINUTES, SOLO ACTIVITY





Warning Signs of Fatigue & Burnout

Withdrawal from Friends / Family

Loss of Interest in Established Hobbies or Regular Interests

Changes in Appetite or Weight (or both)

Changes in Sleep Patterns

Getting Sick More Frequently

Emotional and/or Physical Exhaustion

Irritability

IMPORTANT
Thoughts of Self-Harm

Contact a mental health professional if you or someone around you is experiencing thoughts of self-harm.

Self Care is unique to each individual, but it can include:



Hydration.

It may sound corny, but don't lose sight of primary care and needs.



Set obtainable goals for yourself.

Allow yourself to feel successful and make room for growth.



Enjoy small victories.

They lead to bigger things and motivate us to continue forward.



Work with your peers on how they manage to help with your process.

How to React to Burnout/Fatigue



Accept that this work is not easy, and it is okay to admit that.



If you notice a major shift in emotions or behavior, seek assistance.

THANK YOU FOR READING

VISIT US ONLINE

Visit our website for more mental health resources, and more about our cause! Find out about our dedicated staff and volunteers, our Mental Health Kits, programs, content, articles and much more!

Go to:
guardiansmh.org

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