

MENTAL

HEALTH

TOOLKIT



COMPOSED BY CHAMINADE

COUNSELING CENTER INTERN

CHRISTOPHER

(MICAHA) SANDERS

THE CHAMINADE

COUNSELING CENTER

THE COUNSELING CENTER IS HERE TO PROVIDE YOU WITH THE SUPPORT YOU NEED TO THRIVE WHILE ATTENDING CHAMINADE UNIVERSITY OF HONOLULU. WE PROVIDE INDIVIDUAL, COUPLES, AND GROUP COUNSELING OPTIONS, AS WELL AS A VARIETY OF OPEN EVENTS GEARED TOWARDS HEALTH AND WELLNESS ON YOUR ACADEMIC JOURNEY. WE HOPE TO CONNECT WITH YOU!

COUNSELING CENTER EMPLOYEES & INFO:

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OFFICE LOCATION: TREDTIN HALL 201

OFFICE HOURS: 8:30AM-4:30PM, MONDAY-FRIDAY

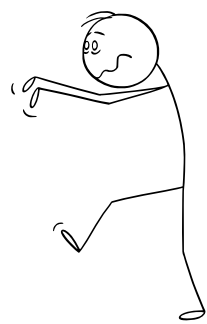
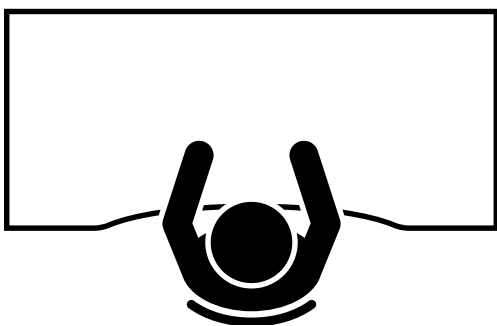
CONTACT INFORMATION

PHONE NUMBER: (808) 735-4845

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CHECK-IN QUESTIONS

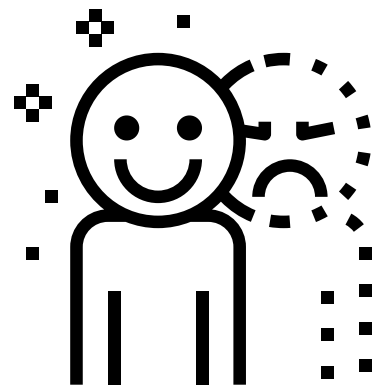
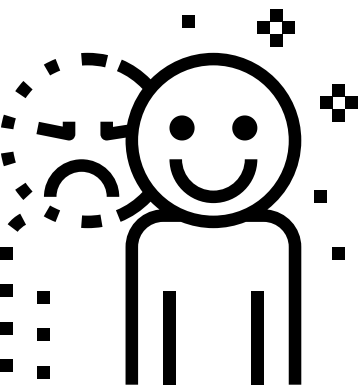
- 1. HOW ARE YOU HONESTLY FEELING TODAY?**
- 2. HOW MANY HOURS OF SLEEP DID YOU GET LAST NIGHT?**
- 3. ARE THERE ANY THOUGHTS, FEELINGS, OR BEHAVIORS THAT HAVE BEEN TROUBLING YOU?**
- 4. WHEN WAS THE LAST TIME YOU HAD A FULL MEAL?**
- 5. HAVE YOU BEEN DRINKING ENOUGH WATER RECENTLY?**
- 6. HAVE YOU BEEN FEELING MORE SOCIAL OR ISOLATED RECENTLY?**
- 7. ARE YOU LOSING INTEREST IN DAILY ACTIVITIES?**
- 8. WHAT ARE SOME POSITIVE EXPERIENCES YOU HAVE HAD THIS WEEK?**
- 9. HAVE THERE BEEN ANY SITUATIONS WHERE YOU FELT SAD, ANGRY, OR HURT IN ANY WAY RECENTLY?**
- 10. WHAT IS A HIGH AND LOW FROM YOUR DAY?**



COPING SKILLS

1. 4-7-8 BREATH METHOD (CLOSE YOUR LIPS AND INHALE THROUGH YOUR NOSE FOR A COUNT OF FOUR. HOLD YOUR BREATH FOR A COUNT OF SEVEN. EXHALE COMPLETELY THROUGH YOUR MOUTH MAKING A WHOOSH SOUND FOR A COUNT OF EIGHT.)

2. YOUR SAFE PLACE (IMAGINE YOURSELF IN A PLACE THAT YOU FEEL SAFE; THIS CAN BE REAL OR IMAGINARY. DESCRIBE AND IMAGINE IT THE BEST YOU CAN USING COLORS, SHAPES, SOUNDS, SMELLS AND TEXTURES. USE THIS SPACE AS A WAY TO REFOCUS.)



CONTINUED

3. GO SOMEWHERE YOU FEEL COMFORTABLE AND HAVE A PLACE TO SIT. WHILE SITTING, PLAY SOME OF YOUR FAVORITE MUSIC AND JUST DECOMPRESS. LISTEN TO THE WORDS AND THE BEAT. MUSIC CAN HAVE A BIG INFLUENCE ON YOUR EMOTIONS.

4. WISE MIND MEDITATION– CLOSE YOUR EYES AND LET YOUR ATTENTION REST ON YOUR BREATH. NOTICE THE FLOW OF IN-BREATH AND OUT-BREATH. IF THOUGHTS ARISE, LET THEM DRIFT AWAY AND COME BACK TO SIMPLY NOTICING THE SENSATION OF BREATHING. BEGIN TO TIME BREATHING WITH COUNTING.

CONTINUED

5. BAND OF LIGHT: ENVISION A BAND OF LIGHT THAT ENCIRCLES THE TOP OF YOUR HEAD AND SLOWLY MOVES DOWN YOUR BODY. PLANT YOUR FEET ON THE FLOOR, AND BRING YOUR ATTENTION TO THE BODY. NOTE ANY FEELINGS YOU CAN DETECT IN YOUR BODY, NO MATTER HOW SMALL. AS THE BAND OF LIGHT DESCENDS, LET THAT LIGHT ASSIST YOU IN ENGAGING WITH YOUR BODY, CENTERING YOUR PHYSICAL SENSATIONS.

6. FISH IN THE OCEAN: SET A TIMER FOR 10 MINUTES AND CLOSE YOUR EYES. IMAGINE A BEAUTIFUL OCEAN FLOOR. YOU CAN SEE THE SUN RAYS PROTRUDING THROUGH THE WATER AND GENTLY EXTENDING TO THE OCEAN FLOOR. SLOWLY START BECOMING AWARE OF YOUR THOUGHTS. TRY TO BE IN TUNE WITH WHAT YOUR MIND IS THINKING. AS FISH GO BY IMAGINE THERE YOUR THOUGHTS.

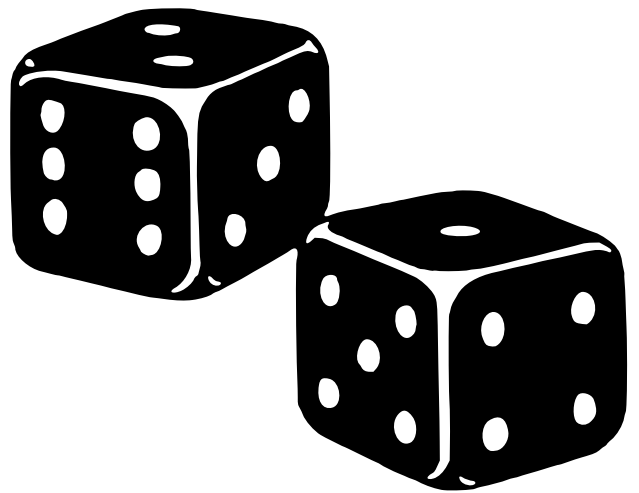
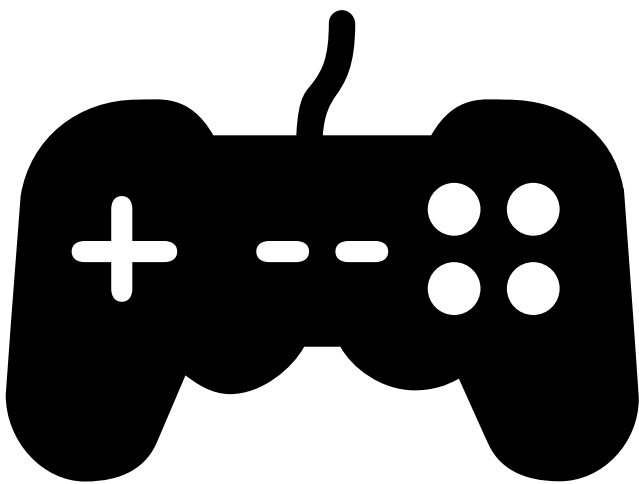
CONTINUED

- 7. EMOTION LOG: WRITE DOWN YOUR EMOTIONS FOR THE DAY AND MEDITATE ON WHY YOU FELT THOSE POSITIVE OR NEGATIVE EMOTIONS.**
- 8. CONFLICT LOG: WRITE DOWN YOUR RECENT CONFLICTS AND EXPLAIN HOW THEY WERE HANDLED OR COULD HAVE BEEN HANDLED BETTER.**

MENTAL HEALTH

GAMES

- 1. DAILY MOOD TRACKER**
- 2. MENTAL HEALTH MANAGEMENT
BINGO**
- 3. CREATE A STORY OR USE PROMPTS**
- 4. FEELINGS/EMOTIONS Pictionary**
- 5. MENTAL HEALTH CROSSWORD
PUZZLE**

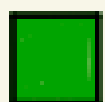


Chaminade Sword Monthly Feelings Tracker



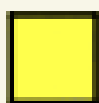
joyful, happy,
relaxed, silly,
content, great

sad, lonely,
depressed,
numb



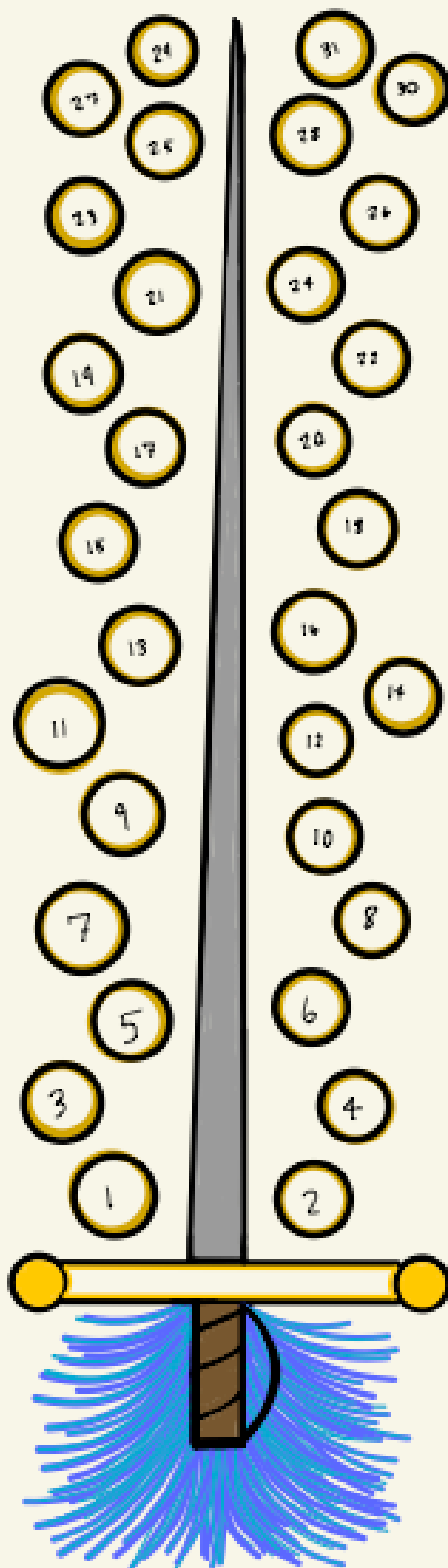
productive,
energetic, active,
motivated, alive

sick, tired,
unmotivated,
bored, dull



average, normal,
uneventful, good

angry, anxious,
frustrated,
annoyed, grumpy



Emotions Bingo

Guilt	Distrust	Insecure	Pride
Depression	Fear	Shame	Frustration
Grief	Anger	Anxious	Stress
Confusion	Jealousy	Loneliness	Paranoia

BINGO

BINGO CAN BE PLAYED IN NUMEROUS WAYS

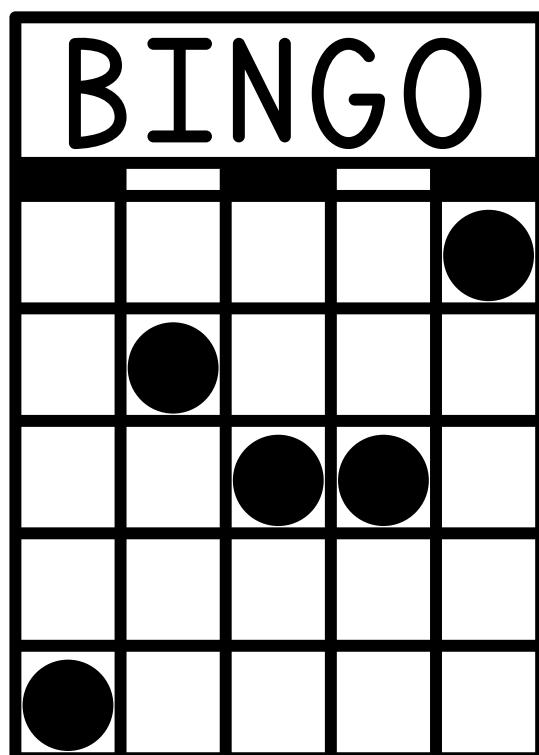
A FEW OF THOSE WAYS INCLUDE:

**1) DESCRIBING A PERSON AND WHAT EMOTION
THEY ARE FEELING THAT MATCHES WITH THE
BOARD**

**2) USE SPECIFIC MENTAL ILLNESSES AND ASK
WHICH EMOTIONS ARE MOST COMMON TO THE
ILLNESS**

**3) MAKE YOUR OWN BOARD OR USE PREMADE
BOARDS ON BINGOBAKER.COM**

[HTTPS://BINGOBAKER.COM/VIEW/4964220](https://bingobaker.com/view/4964220)



SPECIFIC HEALTH STORY PROMPTS

- 1. WHAT DO YOU FIRST THINK ABOUT WHEN YOU HEAR ABOUT COPING MECHANISMS? GIVE AN EXAMPLE!**
- 2. HOW CAN WE HELP OURSELVES WHEN THINGS GET HARD? GIVE AN EXAMPLE!**
- 3. HOW CAN WE STOP OURSELVES FROM BEING DETRIMENTAL TO ONE ANOTHER? GIVE AN EXAMPLE!**
- 4. WHAT'S A SITUATION IN YOUR LIFE THAT YOU WISH COULD'VE GONE DIFFERENTLY AND HOW?**
- 5. HOW WOULD YOU HANDLE A SITUATION WHERE SOMEONE IS ON THE VERGE OF DYING BY SUICIDE?**

GENERAL HEALTH STORY PROMPTS

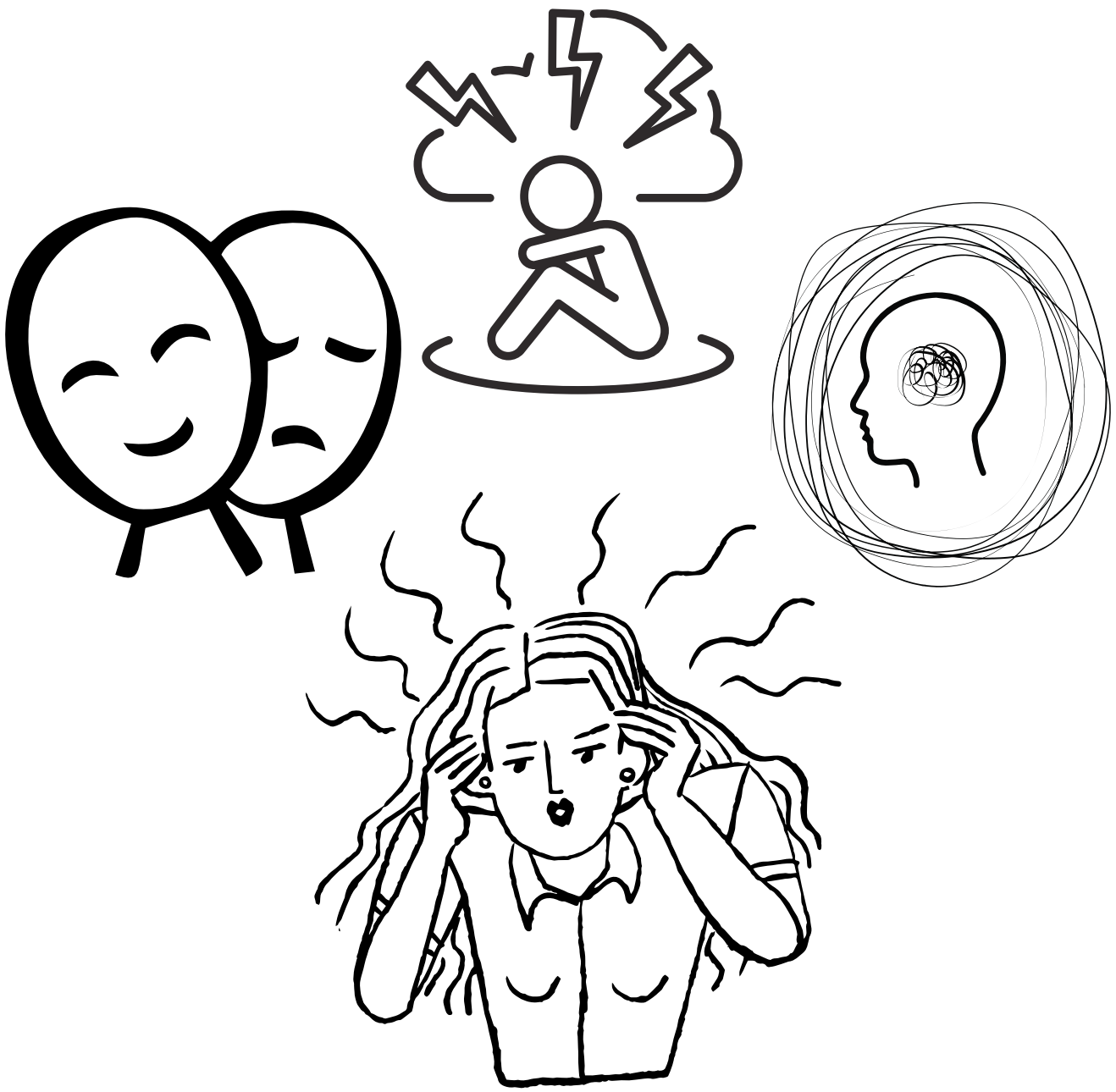
- 1. HOW WOULD YOU DEPICT A DAY OF SELF CARE?**
- 2. DESCRIBE A SITUATION WHERE SOMEONE WOULD BE DEPRESSED**
- 3. DESCRIBE A SITUATION WHERE SOMEONE WOULD BE ANXIOUS**
- 4. DESCRIBE A SITUATION WHERE SOMEONE WOULD BE CAUGHT DOING SELF HARM**
- 5. DESCRIBE A SITUATION WHERE SOMEONE WITH BIPOLAR DISORDER WOULD BE IN A MANIC STATE**

PICTIONARY

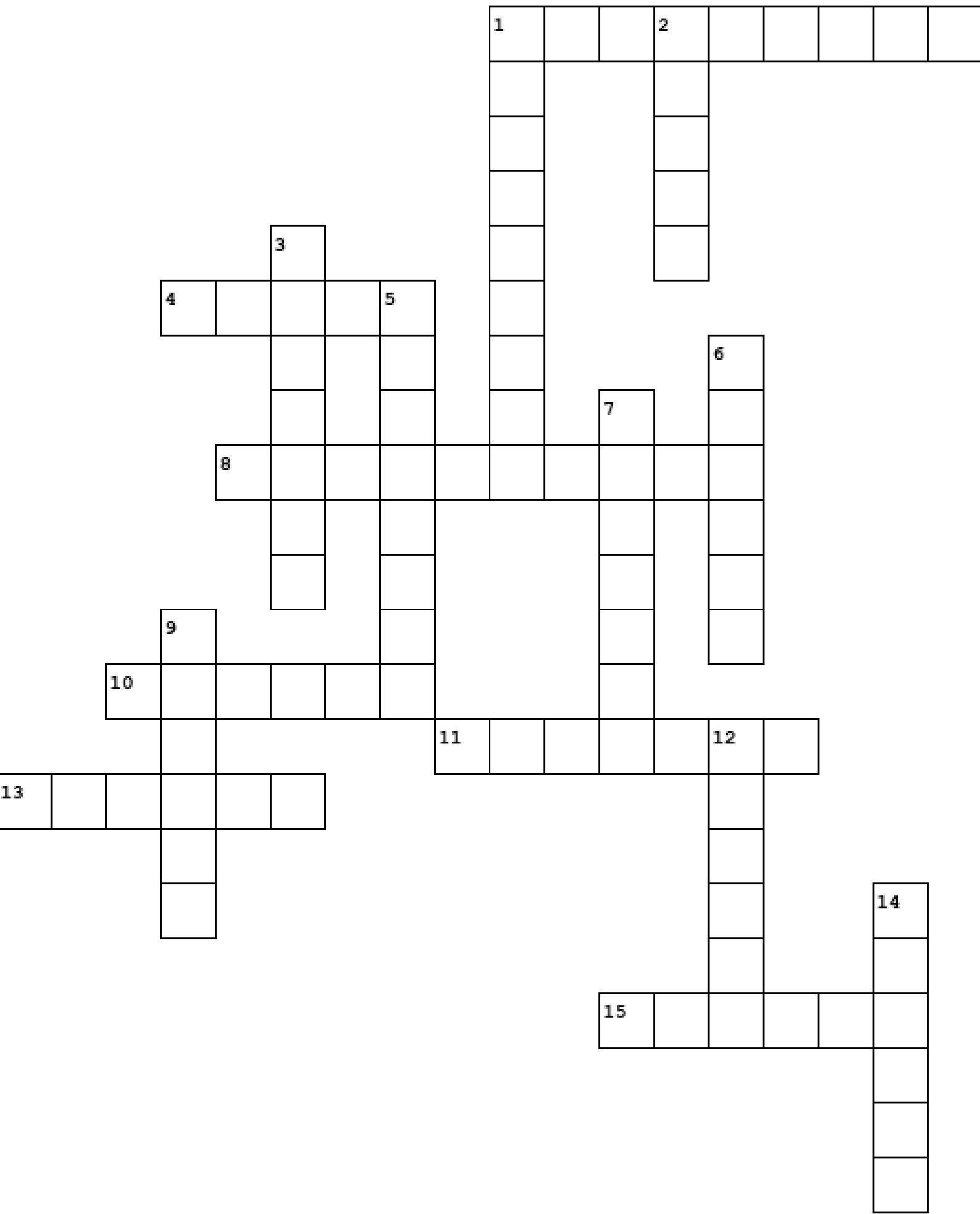
**PICTIONARY IS: DRAWING USING A WORD SO PEOPLE
CAN GUESS**

**WORD BANK EXAMPLES-BIPOLAR, ANXIETY,
DEPRESSIVE, DISSOCIATIVE, OBSESSIVE-COMPULSIVE,
AND TRAUMA AND STRESSOR-RELATED ETC.**

SUPPLIES: DRY ERASE BOARD AND MARKER.



CROSSWORD



ACROSS

1. THE LIKELY COURSE OF A DISEASE OR AILMENT
4. MARKED BY PERIODS OF GREAT EXCITEMENT OR EUPHORIA
8. PERSISTENT SADNESS AND LOSS OF INTEREST
10. A MARK OF DISGRACE ASSOCIATED WITH A PARTICULAR CIRCUMSTANCE, QUALITY OR PERSON
11. TREATMENT INTENDED TO RELIEVE OR HEAL A DISORDER BY VERBAL COMMUNICATION OR INTERACTION
13. STRICT OR HARSH
15. A DEEPLY DISTRESSING OR DISTURBING EXPERIENCE

DOWN

1. THOUGHTS AND EMOTIONS ARE SO AFFECTED THAT THERE IS A LOSS WITH EXTERNAL REALITY
2. DEEP SORROW, ESPECIALLY THAT CAUSED BY SOMEONE'S DEATH
3. FEELING OF WORRY OR UNEASE
5. INTENSE FEAR OF GAINING WEIGHT AND DISTURBED PERCEPTION OF BODY WEIGHT AND IMAGE.
6. RELATING TO THE MIND
7. CHARACTERIZED BY BOTH MANIC AND DEPRESSIVE EPISODES
9. A STATE OF MENTAL OR EMOTIONAL STRAIN RESULTING FROM DEMANDING CIRCUMSTANCES
12. AN INTENSE IRRATIONAL FEAR OF SOMETHING
14. THE STATE OF BEING FREE FROM ILLNESS OR INJURY

WORD BANK

ANOREXIA • ANXIETY • BIPOLAR • DEPRESSION • GRIEF • HEALTH • MANIA
• MENTAL • PHOBIA • PROGNOSIS • PSYCHOSIS • SEVERE • STIGMA •
STRESS • THERAPY • TRAUMA

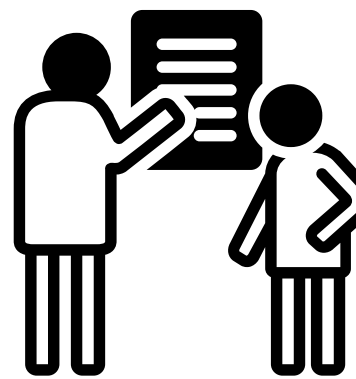
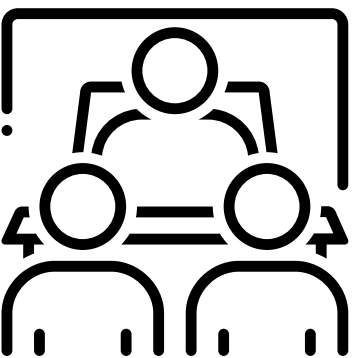
SILENT ACTIVITIES

FOR WELLNESS

- 1. SPIRAL DRAWING- GAZING AT A SPIRAL CAN GIVE YOU A SENSE OF BEING DRAWN DOWNWARD TO A PLACE OF PEACE AND CONTEMPLATION OR INWARD TO AN INTERIOR SPACE OF MEMORY OR SELF-EXPLORATION**
- 2. PROMPT BASED MEDITATION**
- 3. JOURNALING WITH PROMPTS**
- 4. BLACK OUT POETRY- PROVIDES PEOPLE WITH THE POWER TO RECLAIM AND TRANSFORM ORIGINAL MATERIAL AND CONTENT INTO SOMETHING NEW THAT FITS THEIR VOICES AND PERSPECTIVES**
- 5. FEELING TRACKERS- TRACK YOUR FEELINGS FOR THE DAY OR THE WEEK AND REASSESS**
- 6. MANTRA CARD/QUOTE OF THE DAY**
- 7. LISTEN TO YOUR FAVORITE SONG**
- 8. 5-10 MINUTES OF NAP/MEDITATION TIME**
- 9. HAVING A TEA STATION**
- 10. WATCH MENTAL HEALTH VIDEOS**

DEBRIEF QUESTIONS

- 1. WHAT HAS GONE WELL IN YOUR LIFE RECENTLY?**
- 2. HAVE YOU LEARNED ANYTHING NEW ABOUT YOURSELF?**
- 3. WHAT COULD YOU HAVE DONE DIFFERENTLY THIS WEEK? WHY?**
- 4. WHAT IS SOMETHING OR SOMEONE YOU ARE PROUD OF THIS WEEK? WHY?**
- 5. HAS ANYTHING HAD A MEANINGFUL IMPACT ON YOU RECENTLY? WHY WAS IT MEANINGFUL?**
- 6. DO YOU THINK YOU MADE MORE EMOTIONAL DECISIONS OR LOGICAL DECISIONS THIS WEEK? WHY?**
- 7. WHAT IS YOUR GOAL FOR THE WEEK?**
- 8. HOW CAN YOU IMPROVE FROM LAST WEEK?**
- 9. HOW HAVE YOU BEEN FEELING? WHY?**
- 10. WHEN WAS THE LAST TIME YOU FELT COMFORTABLE?**



BELONGING

QUESTIONS

- 1. HOW HAS YOUR SOCIAL LIFE BEEN RECENTLY?**
- 2. ARE YOU ATTENDING ANY SCHOOL EVENTS? WHY OR WHY NOT?**
- 3. WHAT DO YOU THINK IT MEANS TO BELONG?**
- 4. DO YOU FEEL ISOLATED FROM YOUR PEERS? WHAT MAKES YOU FEEL ISOLATED?**
- 5. DO YOU FEEL ACCEPTED BY THE PEOPLE AROUND YOU? WHAT MAKES YOU FEEL ACCEPTED?**
- 6. IS THERE ANYTHING KEEPING YOU FROM SOCIALIZING?**
- 7. WHAT WAYS CAN WE HELP YOU FEEL LIKE YOU BELONG?**
- 8. DO YOU NEED TO SPEAK TO ANYONE ABOUT HOW YOU ARE FEELING?**
- 9. HAS THERE BEEN A SITUATION THAT CAUSED YOU TO FEEL LIKE YOU DON'T BELONG?**
- 10. WHAT IS ONE TIME THAT YOU CAN REMEMBER FEELING A SENSE OF BELONGING?**

RECOMMENDATIONS

FROM THE AUTHOR

MUSIC RECOMMENDATIONS

- 1) BAD DAY- DANIEL POWTER**
- 2) A PLACE IN THE SUN- MAOLI**
- 3) WE ARE THE WORLD- U.S.A FOR AFRICA**
- 4) IMAGINE- JOHN LENNON**
- 5) FOUND- TEMS (FEAT. BRENT FAIYAZ)**
- 6) THREE LITTLE BIRDS- BOB MARLEY**
- 7) DON'T WORRY, BE HAPPY- BOBBY MCFERRIN**
- 8) SMILE- KIRK FRANKLIN**
- 9) REVOLUTION- KIRK FRANKLIN**
- 10) HOME- DIANA ROSS**
- IF YOU HAVE BACKGROUND SOUNDS USE THE RAIN**

RELAXTION

RECOMMENDATIONS

- 1) TAKE A NICE WARM OR COLD SHOWER**
- 2) GO TO A QUIET PARK OR BEACH AND THINK ABOUT YOUR LIFE**
- 3) LISTEN TO RAIN OR RAINFOREST SOUNDS**
- 4) HAVE A MOVIE NIGHT**
- 5) TAKE DEEP BREATHS AND LISTEN TO YOUR BREATHING**
- 6) WATCH A YOUTUBE VIDEO ON CLEARING YOUR MINDFULNESS**
- 7) PRAY**



Chaminade University

OF HONOLULU

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